



Universal Burnout Meter

This assessment is based on the world health organization (WHO) classification for Burnout-related symptoms released in 2019.

Burnout Category Score

(EE) Emotional Exhaustion

Category	Question	Answer	Mark	Score
EE-1	I feel exhausted in the morning thinking of a full work day ahead	once in a while	10	3
SCORE TABULATION LOGIC			YOUR RESULT	
(10) Sustain	(10-14) Emerging	3		
(15-24) Severe	(>24) Acute	Sustain		
			Your Total Score	Result

CE) Cynicism and Empathy Loss

Category	Question	Answer	Mark	Score
EE-1	Engaging with people at my work is too stressful	once in a while	10	3
SCORE TABULATION LOGIC			YOUR RESULT	
(10) Sustain	(10-14) Emerging	3		
(15-24) Severe	(>24) Acute	Sustain		
			Your Total Score	Result

(WA) Work Accomplishment

Category	Question	Answer	Mark	Score
WA-1	I feel exhausted in the morning thinking of a full work day ahead	Several times a month	10	6
WA-2	I feel exhausted in the morning thinking of a full work day ahead	Several times a month	10	6
WA-3	I feel exhausted in the morning thinking of a full work day ahead	Several times a month	10	6

SCORE TABULATION LOGIC

(10) Sustain

(10-14) Emerging

(15-24) Severe

(>24) Acute

YOUR RESULT

24

Your Total Score

SEVERE

Result

YOUR RESULT

72

Your Total Score

90

Total Score

(WA) Work Accomplishment

Category	Question	Answer	Mark	Score
EE-1	I feel exhausted in the morning thinking of a full work day ahead	Several times a month	10	6
EE-1	I feel exhausted in the morning thinking of a full work day ahead	Several times a month	10	6
EE-1	I feel exhausted in the morning thinking of a full work day ahead	Several times a month	10	6
SCORE TABULATION LOGIC (10-14) Emerging (10-14) Emerging (10-14) Emerging (10-14) Emerging			YOUR RESULT 24 Your Total Score SEVERE Result	

(WA) Work Accomplishment

Category	Question	Answer	Mark	Score
EE-1	I feel exhausted in the morning thinking of a full work day ahead	Several times a month	10	6
EE-1	I feel exhausted in the morning thinking of a full work day ahead	Several times a month	10	6
EE-1	I feel exhausted in the morning thinking of a full work day ahead	Several times a month	10	6
SCORE TABULATION LOGIC			YOUR RESULT	
(10-14) Emerging	(10-14) Emerging		24	SEVERE
(10-14) Emerging	(10-14) Emerging		Your Total Score	Result

(WA) Work Accomplishment

Category	Question	Answer	Mark	Score
EE-1	I feel exhausted in the morning thinking of a full work day ahead	Several times a month	10	6
EE-1	I feel exhausted in the morning thinking of a full work day ahead	Several times a month	10	6
EE-1	I feel exhausted in the morning thinking of a full work day ahead	Several times a month	10	6
SCORE TABULATION LOGIC			YOUR RESULT	
(10-14) Emerging	(10-14) Emerging		24	SEVERE
(10-14) Emerging	(10-14) Emerging		Your Total Score	Result