



## 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 | Several times a week  | 10   | 6     |
| EE-2     | I often feel 'I can't do this anymore'                            | Several times a month | 10   | 6     |
| EE-3     | My exhaustion from work carries over to friends and family events | Several times a month | 10   | 6     |

SCORE TABULATION LOGIC

(10) Sustain

(15-24) Severe

(10-14) Emerging

(>24) Acute

YOUR RESULT

18

Your Total Score

Severe

Result

#### CE) Cynicism and Empathy Loss

| Category | Question  | Answer                | Mark | Score |
|----------|---|-----------------------|------|-------|
| CE-1     | Engaging with people at my work is too stressful                            | several times a week  | 10   | 6     |
| CE-2     | I am less interested in what is happening with my colleagues than I used to | Several times a month | 10   | 6     |
| CE-3     | I notice I often talk about my work in a negative way                       | Several times a month | 10   | 6     |

SCORE TABULATION LOGIC

(10) Sustain

(15-24) Severe

(10-14) Emerging

(>24) Acute

YOUR RESULT

18

Your Total Score

Severe

Result

(WA) Work Accomplishment

| Category  | Question  | Answer                | Mark  | Score |
|---|---|-----------------------|---|-------|
| WA-1  | I feel I am giving less energy to my work now than I can            | several times a month | 10  | 6     |
| WA-2  | I know if I felt better I could do my tasks much better             | several times a month | 10  | 6     |
| WA-3  | I feel I care less about accomplishing my tasks on time and quality | Several times a month | 10  | 6     |
| SCORE TABULATION LOGIC<br>(10) Sustain (10-14) Emerging<br>(15-24) Severe (>24) Acute |   |                       | YOUR RESULT<br>18<br>Your Total Score Severe Result |       |

Burnout Profile

|                                       |                   |
|---------------------------------------|-------------------|
| YOUR RESULT<br>54<br>Your Total Score | 90<br>Total Score |
|---------------------------------------|-------------------|

SE - Supportive Environment

| Category  | Question   | Answer                | Mark  | Score |
|---|--|-----------------------|---|-------|
| SE-1  | I feel my boss is supportive of my workplace challenges                                  | Several times a month | 10  | 6     |
| SE-2  | I notice my coworkers proactively supporting each other emotionally                      | Several Times a month | 10  | 6     |
| SE-3  | I feel I can share my feelings without judgement at my workplace                         | Several times a Month | 10  | 6     |
| SE-4  | I feel I have control over the nature of my work tasks and the timing to accomplish them | Several times a month | 10  | 6     |
| SCORE TABULATION LOGIC<br>(10) Up Supportive (10-14) Supportively<br>(15-24) Supportively (>24) Very Supportive |  |                       | YOUR RESULT<br>24<br>Your Total Score Supportively Result |       |

FO - Foundation Habits

| Category | Question  | Answer                   | Mark | Score |
|----------|---|--------------------------|------|-------|
| FO-1     | How regularly have you been getting more than 7 hours of sleep?   | Several times a month    | 10   | 6     |
| FO-2     | How regularly have you had more than 1 glass of wine/drink a day? | Several times in a month | 10   | 6     |
| FO-3     | How regularly are you getting more than 20mins of daily exercise? | Several times a month    | 10   | 6     |

SCORE TABULATION LOGIC

(10) Very Poor

(15-24) Acceptable

(10-14) Poor

(>24) Good

YOUR RESULT

18

Your Total Score

Acceptable

Result

Change of State Score

| Category | Question  | Answer                | Mark | Score |
|----------|---|-----------------------|------|-------|
| WA-1     | I feel I am giving less energy to my work now than I can                    | several times a month | 10   | 6     |
| WA-2     | I know if I felt better I could do my tasks much better                     | several times a month | 10   | 6     |
| WA-3     | I feel I care less about accomplishing my tasks on time and quality         | Several times a month | 10   | 6     |
| SE-2     | I am less interested in what is happening with my colleagues than I used to | Several times a month | 10   | 6     |

SCORE TABULATION LOGIC

(10) Stable

(10-14) Emergent

(15-24) Moderate

(>24) Acute

YOUR RESULT

24

Your Total Score

Moderate

Result