



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	once in a while	10	3

SCORE TABULATION LOGIC

(10) Sustain

(10-14) Emerging

(15-24) Severe

(>24) Acute

YOUR RESULT

15

Severe

Your Total Score

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 month	10	8
CE-2	I am less interested in what is happening with my colleagues than I used to	Every day	10	10
CE-3	I notice I often talk about my work in a negative way	Once in a while	10	3

SCORE TABULATION LOGIC

(10) Sustain

(10-14) Emerging

(15-24) Severe

(>24) Acute

YOUR RESULT

21

Severe

Your Total Score

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	Never	10	1
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

(10) Sustain

(10-14) Emerging

(15-24) Severe

(>24) Acute

YOUR RESULT

13

Emerging

Your Total Score

Result

Burnout Profile

YOUR RESULT	
49	90
Your Total Score	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	8
SE-2	I notice my coworkers proactively supporting each other emotionally	once in a while	10	3
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	Every day	10	10

SCORE TABULATION LOGIC

(10) Up Supportive

(15-24) Moderately Supportive

(10-14) Rarely supportive

(>24) Very Supportive

YOUR RESULT

27

Very Supportive

Your Total Score

Result

FO - Foundation Habits

Category	Question	Answer	Mark	Score
FO-1	How regularly have you been getting more than 7 hours of sleep?	Every day	10	10
FO-2	How regularly have you had more than 1 glass of wine/drink a day?	Once in a while	10	8
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

24

Acceptable

Your Total Score

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	Never	10	1
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	Every day	10	10

SCORE TABULATION LOGIC

(10) Stable

(10-14) Emergent

(15-24) Moderate

(>24) Acute

YOUR RESULT

23

Moderate

Your Total Score

Result