



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 month	10	8
SCORE TABULATION LOGIC			YOUR RESULT 8 Your Total Score Sustain Result	
(10) Sustain	(10-14) Emerging			
(15-24) Severe	(>24) Acute			

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
SCORE TABULATION LOGIC			YOUR RESULT	
(10) Sustain	(10-14) Emerging	8		
(15-24) Severe	(>24) Acute	Sustain		
			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	several times a week	10	8
WA-2	I know if I felt better I could do my tasks much better	several times a week	10	8
SCORE TABULATION LOGIC (10) Sustain (10-14) Emerging (15-24) Severe (>24) Acute			YOUR RESULT 16 Your Total ScoreSevere Result	
Burnout Profile			YOUR RESULT 32 Your Total Score90 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	several times a week	10	8
SCORE TABULATION LOGIC (10-14) Emerging (10-14) Emerging (10-14) Emerging (10-14) Emerging			YOUR RESULT 16 Your Total ScoreSevere Result	

FO - Foundation Habits

Category	Question	Answer	Mark	Score
SCORE TABULATION LOGIC			YOUR RESULT	
(10-14) Emerging	(10-14) Emerging		0	Sustain
(10-14) Emerging	(10-14) Emerging		Your Total Score	Result

Change of State Score

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