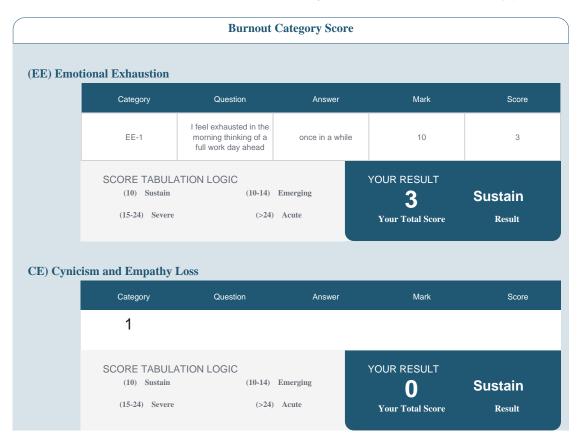


### **Universal Burnout Meter**

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



# (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 TABULA		Emerging	YOUR RESULT	SEVERE
(15-24) Severe	(>24)	Acute	Your Total Score	Result
YOUR RESULT			22	

**72** 

Your Total Score

90

Your Total Score

Result

**Total Score** 

# (WA) Work Accomplishment

(10-14) Emerging

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  YOUR RESULT  24 SEVERE				

(10-14) Emerging

### (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

YOUR RESULT

24

**SEVERE** 

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

(10-14) Emerging (10-14) Emerging

(10-14) Emerging (10-14) Emerging

YOUR RESULT

24

**SEVERE** 

Your Total Score Result