



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 |
| EE-2 | I often feel 'I can't do this anymore' | Once in a while | 10 | 3 |
| EE-3 | My exhaustion from work carries over to friends and family events | once in a while | 10 | 3 |

| | | | |
|------------------------|------------------|------------------|---------|
| SCORE TABULATION LOGIC | | YOUR RESULT | |
| (10) Sustain | (10-14) Emerging | 9 | Sustain |
| (15-24) Severe | (>24) Acute | 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 | once in a while | 10 | 3 |
| CE-2 | I am less interested in what is happening with my colleagues than I used to | Once in a while | 10 | 3 |
| CE-3 | I notice I often talk about my work in a negative way | Once in a while | 10 | 3 |

| | | | |
|------------------------|------------------|------------------|---------|
| SCORE TABULATION LOGIC | | YOUR RESULT | |
| (10) Sustain | (10-14) Emerging | 9 | Sustain |
| (15-24) Severe | (>24) Acute | 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 | once in a while | 10 | 3 |
| WA-2 | I know if I felt better I could do my tasks much better | once in a while | 10 | 3 |
| WA-3 | I feel I care less about accomplishing my tasks on time and quality | once in a while | 10 | 3 |

| | | | |
|------------------------|------------------|------------------|---------|
| SCORE TABULATION LOGIC | | YOUR RESULT | |
| (10) Sustain | (10-14) Emerging | 9 | Sustain |
| (15-24) Severe | (>24) Acute | Your Total Score | Result |

Burnout Profile

| | |
|------------------|-------------|
| YOUR RESULT | |
| 27 | 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 | Once in a while | 10 | 3 |
| 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 | Once in a while | 10 | 3 |
| SE-4 | I feel I have control over the nature of my work tasks and the timing to accomplish them | Once in a while | 10 | 3 |

| | | | |
|-------------------------------|---------------------------|------------------|-------------------|
| SCORE TABULATION LOGIC | | YOUR RESULT | |
| (10) Up Supportive | (10-14) Rarely supportive | 12 | Rarely supportive |
| (15-24) Moderately Supportive | (>24) 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? | Once in a while | 10 | 3 |
| 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? | Once in a while | 10 | 3 |

SCORE TABULATION LOGIC

(10) Very Poor

(15-24) Acceptable

(10-14) Poor

(>24) Good

YOUR RESULT

14

Your Total Score

Poor

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 | once in a while | 10 | 3 |
| WA-2 | I know if I felt better I could do my tasks much better | once in a while | 10 | 3 |
| WA-3 | I feel I care less about accomplishing my tasks on time and quality | once in a while | 10 | 3 |
| SE-2 | I am less interested in what is happening with my colleagues than I used to | Once in a while | 10 | 3 |

SCORE TABULATION LOGIC

(10) Stable

(10-14) Emergent

(15-24) Moderate

(>24) Acute

YOUR RESULT

12

Emergent

Your Total Score

Result