



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

(10) Sustain

(10-14) Emerging

(15-24) Severe

(>24) Acute

YOUR RESULT

9

Sustain

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

(10) Sustain

(10-14) Emerging

(15-24) Severe

(>24) Acute

YOUR RESULT

9

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	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