



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	Never	10	1
EE-2	I often feel 'I can't do this anymore'	Never	10	1
EE-3	My exhaustion from work carries over to friends and family events	Never	10	1

SCORE TABULATION LOGIC		YOUR RESULT	
(10) Sustain	(10-14) Emerging	3	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	never	10	1
CE-2	I am less interested in what is happening with my colleagues than I used to	Never	10	1
CE-3	I notice I often talk about my work in a negative way	Never	10	1

SCORE TABULATION LOGIC		YOUR RESULT	
(10) Sustain	(10-14) Emerging	3	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	Never	10	1
WA-2	I know if I felt better I could do my tasks much better	never	10	1
WA-3	I feel I care less about accomplishing my tasks on time and quality	never	10	1
SCORE TABULATION LOGIC		YOUR RESULT		
(10) Sustain	(10-14) Emerging	3 Sustain		
(15-24) Severe	(>24) Acute	Your Total Score Result		

Burnout Profile

YOUR RESULT	9	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	Never	10	1
SE-2	I notice my coworkers proactively supporting each other emotionally	Never	10	1
SE-3	I feel I can share my feelings without judgement at my workplace	Never	10	1
SE-4	I feel I have control over the nature of my work tasks and the timing to accomplish them	Never	10	1
SCORE TABULATION LOGIC		YOUR RESULT		
(10) Up Supportive	(10-14) Rarely supportive	4 Up 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?	Never	10	1
FO-2	How regularly have you had more than 1 glass of wine/drink a day?	Never	10	10
FO-3	How regularly are you getting more than 20mins of daily exercise?	Never	10	1

SCORE TABULATION LOGIC

(10) Very Poor

(15-24) Acceptable

(10-14) Poor

(>24) Good

YOUR RESULT

12

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	Never	10	1
WA-2	I know if I felt better I could do my tasks much better	never	10	1
WA-3	I feel I care less about accomplishing my tasks on time and quality	never	10	1
SE-2	I am less interested in what is happening with my colleagues than I used to	Never	10	1

SCORE TABULATION LOGIC

(10) Stable

(10-14) Emergent

(15-24) Moderate

(>24) Acute

YOUR RESULT

4

Stable

Your Total Score

Result