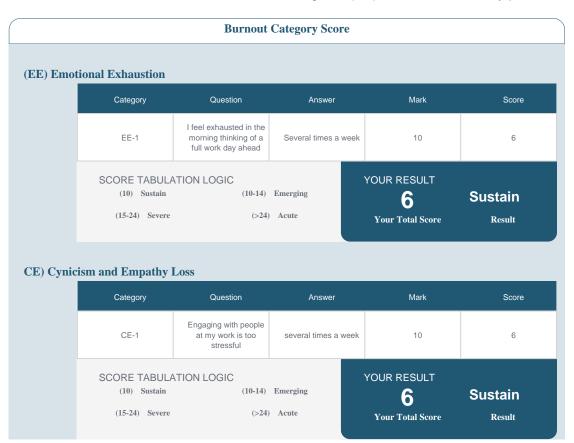


Universal Burnout Meter

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 I am giving less energy to my work now than I can	several times a month	10	6
WA-2	I know if I felt better I could do my tasks much better	several times a month	10	6

SCORE TABULATION LOGIC

(10) Sustain (10-14) Emerging

(15-24) Severe (>24) Acute

YOUR RESULT

12

Emerging

Your Total Score

Result

YOUR RESULT

24

Your Total Score

90

Total Score

(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

(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