



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	Several times a week	10	6
EE-2	I often feel 'I can't do this anymore'	Several times a month	10	6
EE-3	My exhaustion from work carries over to friends and family events	Several times a month	10	6

SCORE TABULATION LOGIC		YOUR RESULT	
(10) Sustain	(10-14) Emerging	18	Severe
(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	several times a week	10	6
CE-2	I am less interested in what is happening with my colleagues than I used to	Several times a month	10	6
CE-3	I notice I often talk about my work in a negative way	Several times a month	10	6

SCORE TABULATION LOGIC

(10) Sustain

(10-14) Emerging

(15-24) Severe

(>24) Acute

YOUR RESULT

18

Your Total Score

Severe

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	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
WA-3	I feel I care less about accomplishing my tasks on time and quality	Several times a month	10	6

SCORE TABULATION LOGIC

(10) Sustain

(10-14) Emerging

(15-24) Severe

(>24) Acute

YOUR RESULT

18

Severe

Your Total Score

Result

Burnout Profile

YOUR RESULT	
54	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	Several times a month	10	6
SE-2	I notice my coworkers proactively supporting each other emotionally	Several Times a month	10	6
SE-3	I feel I can share my feelings without judgement at my workplace	Several times a Month	10	6
SE-4	I feel I have control over the nature of my work tasks and the timing to accomplish them	Several times a month	10	6

SCORE TABULATION LOGIC		YOUR RESULT	
(10) Up Supportive	(10-14) Rarely supportive	24	Moderately 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?	Several times a month	10	6
FO-2	How regularly have you had more than 1 glass of wine/drink a day?	Several times in a month	10	6
FO-3	How regularly are you getting more than 20mins of daily exercise?	Several times a month	10	6

SCORE TABULATION LOGIC

(10) Very Poor

(15-24) Acceptable

(10-14) Poor

(>24) Good

YOUR RESULT

18

Acceptable

Your Total Score

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	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
WA-3	I feel I care less about accomplishing my tasks on time and quality	Several times a month	10	6
SE-2	I am less interested in what is happening with my colleagues than I used to	Several times a month	10	6

SCORE TABULATION LOGIC

(10) Stable

(10-14) Emergent

(15-24) Moderate

(>24) Acute

YOUR RESULT

24

Moderate

Your Total Score

Result