

JOHN C. McEWAN PhD MNZAC
STRESS, GRIEF, TRAUMA CONSULTANT

BURNOUT QUESTIONNAIRE

FOR EACH OF THE FOLLOWING QUESTIONS ASSIGN A NUMBER FROM 0 - 4, AS TO HOW YOU HAVE BEEN FEELING OVER THE LAST WEEK, FROM TODAY.

0 - NEVER TRUE 1 - ONCE IN A WHILE 2 - SOMETIMES
3 - FREQUENTLY TRUE 4 - ALWAYS TRUE

- 1. I feel tired. I feel fatigued rather than energetic.
- 2. I often feel dissatisfied for no apparent reason.
- 3. I feel sad for no apparent reason.
- 4. I am forgetful(short term memory fails me at times).
- 5. I am irritable and bite, snap and snarl at people.
- 6. I am withdrawn from others.
- 7. I am having trouble sleeping through the night, or am sleeping more but not feeling refreshed.
- 8. I am getting sick a lot with "little" or "big" complaints.
- 9. My attitude towards work is "who gives a toss!".
- 10. I get into conflicts with others at work and/or home.
- 11. I am aware that my job performance is not up to par.
- 12. I use alcohol and or drugs to feel better.
- 13. Communicating with others is a strain/tiresome.
- 14. I can't concentrate on tasks as I used to.
- 15. I am easily bored, yet cannot decide what to do.
- 16. I am working harder, or longer hours, but accomplishing less.
- 17. I feel frustrated with things in my life.
- 18. I find it hard getting up out of bed and going to work.
- 19. Social activities are energy draining, or have lost their old appeal.
- 20. Sex is not worth the effort.

----- TOTAL UP SCORE

00 - 25	You are doing well	26 - 39	Some things to watch
40 - 59	You are getting close	60 - 80	Burnout territory

This questionnaire is designed to be used on a three monthly basis to ensure that "Burnout" is not creeping up on you.

Revised 22 January 2003 Dr John C McEwan