



Burn out self-test



For each question, mark a cross in the column that most applies

15 statements	Not at all	Rarely	Some times	Often	Very often
I feel tired even when I had enough sleep					
I have negative feelings about my work					
I care less about other people's problems					
I am easily frustrated about minor incidents					
I feel my work doesn't really matter					
I feel isolated					
I feel that I am less efficient than by the past					
I work more than 10 H/D and 6 D/W					
I feel dissatisfied by my achievements					
I drink/smoke more than usual					
I have difficulties staying focused					
I disagree with my management					
I feel unable to do a good job on work I am assigned					
I feel «used» at work					
I feel sad					
Sum					
	*1	*2	*3	*4	*5
Total points					

