



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					



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Score interpretation

15-18	No risk
19-32	little sign of burn out, unless some answers are particularly severe
33-49	you are probably at risk, particularly if several scores are high
50-59	you definitely are at risk
60-75	you are at severe risk

Company name:.....

You are working iwith contact to clients:

yes	<input type="checkbox"/>
no	<input type="checkbox"/>

you are working in IT department:

<i>yes</i>	<input type="checkbox"/>
<i>no</i>	<input type="checkbox"/>

You are managing people: ☒ yes ☐ no