

Burnout Self-Questionnaire

Below is a tool based on the [Maslach Burnout Inventory](#) (MBI). This is not a scientific survey for the purpose of diagnosis, but rather a way for you to get a sense of your risk for burnout. Check off the box which best reflects your response to each statement.

	Every Day	A few Times a week	Once A Week	A few Times A month	Once A Month	A few Time a Year	Never
I deal with my patients and their problems very effectively.							
I feel like I care for some patients impersonally, as if they were objects.							
I am emotionally drained by my work.							
I'm tired when I get up and think about facing another day at work.							
I've become less empathetic since working in this job.							
Through my work, I have a positive impact on others.							
Caring for people all day is draining for me.							
I don't really care what happens to some of my patients							
I feel energized after working closely with my patients.							

For each statement, indicate the score for that row. Add up your score for each color, these indicate the category, and compare your totals with the scoring results interpretation at the bottom of this page.

	Every Day	A few Times a week	Once A Week	A few Times A month	Once A Month	A few Time a Year	Never	Total
I deal with my patients and their problems very effectively.	6	5	4	3	2	1	0	
I feel like I care for some patients impersonally, as if they were objects.	6	5	4	3	2	1	0	
Caring for people all day is draining for me.	6	5	4	3	2	1	0	
I'm tired when I get up and think about facing another day at work.	6	5	4	3	2	1	0	
I've become less empathetic since working in this job.	6	5	4	3	2	1	0	
Through my work, I have a positive impact on others.	6	5	4	3	2	1	0	
I am emotionally exhausted by my work.	6	5	4	3	2	1	0	
I don't really care what happens to some of my patients.	6	5	4	3	2	1	0	
I feel energized after working closely with my patients.	6	5	4	3	2	1	0	

Maroon - Exhaustion, emotional and physical – normal time off does not adequately restore your energy and attitude. Higher scores indicate greater exhaustion and burnout.

Green - Depersonalization - seeing others, especially patients as objects, diagnoses and even possibly developing a sarcastic attitude toward patients. Depersonalization may also apply to yourself and be felt as a sense of isolation. Higher scores indicate greater depersonalization and burnout.

Purple - Limited Sense of Accomplishment - A feeling at the end of the day that you had minimal positive impact for others and in your own life. Some refer to this as self-efficacy, Maslach Burnout Inventory refers to this as low self value. Higher scores indicate greater personal accomplishment and *less* burnout.