

## Stress and Burnout Questionnaire

This brief inventory has been designed to help you discover the warning signals of excessive stress. Relate the questions to your life over the last **3 -6 months**. Look particularly for **changes** in your ways of coping, not so much your normal behaviour.

Score 0 - for experiencing this only occasionally

Score 1 - This is true quite frequently (weekly)

Score 2 - This true often ( usually daily)

- |                   |   |   |  |   |
|-------------------|---|---|--|---|
| 1                 | Feeling constantly exhausted, tired or fatigued   | [ |  | ] |
| 2                 | Becoming increasingly irritable with a shortening fuse  | [ |  | ] |
| 3                 | Having less and less time for people, even family and friends   | [ |  | ] |
| 4                 | Experiencing increasing difficulty making decisions   | [ |  | ] |
| 5                 | Aware of increasing difficulty in concentration   | [ |  | ] |
| 6                 | Feeling a sense of hopelessness, like <i>"Why bother? "; "Who cares anyway ?"</i>   | [ |  | ] |
| 7                 | Chronic forgetfulness   | [ |  | ] |
| 8                 | Regular sleep disturbance, wakefulness, never enough sleep  | [ |  | ] |
| 9                 | Start the day feeling unrefreshed   | [ |  | ] |
| 10                | Frequent feelings of worthlessness  | [ |  | ] |
| 11                | Loss of enthusiasm or enjoyment of work   | [ |  | ] |
| 12                | Change in appetite; over-eating or loss of appetite   | [ |  | ] |
| 13                | Overlooking of normal duties or responsibilities  | [ |  | ] |
| 14                | Feeling unappreciated most of the time  | [ |  | ] |
| 15                | Feeling burdened by responsibilities and pressures  | [ |  | ] |
| 16                | Aware of accomplishing less and less in the time available  | [ |  | ] |
| 17                | Becoming excessively preoccupied with details   | [ |  | ] |
| 18                | Increasingly unable to say <i>"No!"</i>   | [ |  | ] |
| 19                | Becoming overly dogmatic, inflexible or "fussy"   | [ |  | ] |
| 20                | Aware that you are driving yourself too hard at work or home  | [ |  | ] |
| 21                | Becoming cynical or hyper-critical with friends and family  | [ |  | ] |
| 22                | Increasing boredom with work, homelife or life  | [ |  | ] |
| 23                | Losing a clear perspective on work or life  | [ |  | ] |
| 24                | A growing sense of being "out of control" in areas of life  | [ |  | ] |
| 25                | Frequent somatic symptoms such as:<br>Headache, chronic back ache, chest pain, abdominal cramps or wind, mouth ulcers,<br>diarrhea, indigestion, skin rash, persistent colds, allergies, sinusitis, accidents, etc<br>( 1 point for each symptom) | [ |  | ] |
| <b>Total (50)</b> |   | [ |  | ] |