

Occupational Exhaustion Burnout Index

How frequently do the following statements apply to you?

0= Never

1= A few times a year

2= Once a month

3= Several times a month

4= Once a week

5= Several times a week

6= Daily

	Score
I feel emotionally exhausted because of my work	
I feel worn out at the end of a working day	
I feel tired as soon as I get up in the morning and see a new working day stretched out in front of me	
Working with people the whole day is stressful for me	
I feel burned out because of my work	
I feel frustrated by my work	
I get the feeling that I work too hard	
Being in direct contact with people at work is too stressful	
I feel as if I'm at my wits' end	
Total	