

Burnout Check for Professionals (MBI-informed)

Rate each statement for the last 3 months: 1=Never 2=Rarely 3=Sometimes 4=Often 5=Almost always.

Part 1: Emotional Exhaustion

- 1 I feel used up at the end of my workday.
- 2 I wake up already tired thinking about work.
- 3 Work leaves me emotionally depleted, not just busy.
- 4 Rest helps less than it used to.
- 5 I feel like I am running on empty most days.

Part 2: Cynicism and Detachment

- 1 I feel more distant from my work than I used to.
- 2 I catch myself becoming sarcastic or numb about my job.
- 3 I care less about outcomes that used to matter to me.
- 4 I feel irritated by people at work more than I want to admit.
- 5 I protect myself by emotionally checking out.

Part 3: Sense of Effectiveness (reverse-score)

- 1 I feel competent in my work most days.
- 2 I see clear meaning in what I do.
- 3 I can handle challenges without collapsing.
- 4 I still feel proud of my professional identity.
- 5 I trust my judgment at work.

Scoring

Add each section (range 5–25). For Part 3, reverse the scale (5→1, 4→2, 3→3, 2→4, 1→5).

Interpretation

5–10 = Low risk | 11–17 = Moderate | 18–25 = High risk. If two or more sections are high, burnout is likely present.