

# 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 PAST 3-6 MONTHS. LOOK PARTICULARLY FOR CHANGES IN YOUR WAYS OF COPING.

SCORING: 0-EXPERIENCING ONLY OCCASSIONALLY  
1-EXPERIENCING QUITE FREQUENTLY (WEEKLY)  
2-EXPERIENCING OFTEN (USUALLY DAILY)

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01 FEELING CONSTANTLY EXHAUSTED, TIRED OR FATIGUED

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02 BECOMING INCREASINGLY IRRITABLE WITH A SHORTENING FUSE

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03 HAVING LESS AND LESS TIME FOR PEOPLE, EVEN FAMILY AND FRIENDS

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04 EXPERIENCING INCREASING DIFFICULTY MAKING DECISIONS

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05 AWARE OF INCREASING DIFFICULTY IN CONCENTRATION

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06 FEELING A SENSE OF HOPELESSNESS LIKE "WHY BOTHER" AND "WHO CARES ANYWAY?"

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07 CHRONIC FORGETFULNESS

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08 REGULAR SLEEP DISTURBANCE, WAKEFULNESS, NEVER ENOUGH SLEEP

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09 START THE DAY FEELING UNREFRESHED



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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 OR PRESSURES

16

AWARE OF ACCOMPLISHING LESS AND LESS IN THE TIME AVAILABLE

17

BECOMING EXCESSIVELY PREOCCUPIED WITH DETAILS

18

INCREASINGLY UNABLE TO SAY "NO!"

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, HOME-LIFE OR LIFE

23

LOSING A CLEAR PERSPECTIVE ON WORK OR LIFE

24

A GROWING SENSE OF BEING OUT OF CONTROL IN AREAS OF LIFE

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FREQUENT SOMATIC SYMPTOMS SUCH AS: HEADACHE, CHRONIC BACK ACHE, CHEST PAIN, ABDOMINAL CRAMPS, MOUTH ULCERS, DIARRHEA, SKIN RASH, INDIGESTION, PERSISTENT COLDS, ALLERGIES, SINUSITIS, ACCIDENTS ETC. (1 POINT FOR EACH SYMPTOM)

Total 50

