

Burnout Index

Cunningham (1997)

Write a number in the blank to the left of each statement below, based on this scale: To what degree is each of the statements like or unlike you?

1	2	3	4	5	6
Definitely Not True	Not True	Tends to Not Be True	Tends to Be True	True	Especially True

Make certain you use low numbers to describe statements that are unlike you and high numbers to describe statements that are like you.

- ___ 1 I dread going to work lately.
- ___ 2 I feel irritated with some of my coworkers.
- ___ 3 I find myself getting behind in my work lately.
- ___ 4 I feel used up at the end of the day.
- ___ 5 I feel like withdrawing from people lately.
- ___ 6 I need much more time to sort things out.
- ___ 7 Lately, I have felt tired and drained.
- ___ 8 Working with people all day is a strain on me lately.
- ___ 9 I often feel overwhelmed by what I have to do.
- ___ 10 I often feel like I do not have the energy to carry on.
- ___ 11 Lately, I have been more irritated by certain people.
- ___ 12 I feel that my responsibilities are overwhelming.
- ___ 13 I feel like quitting.
- ___ 14 Lately, I have been rather impatient with certain people.
- ___ 15 I worry that I do not have more time to deal with what I have to do.
- ___ 16 I feel emotionally frustrated by my job.
- ___ 17 Lately, I have had little time for close relationships.
- ___ 18 I never seem to have time to enjoy what is important to me.

Scoring:

Enter the answers from each question to the chart below:

Emotional Strain	Interpersonal Strain	Task Strain
1 ___	2 ___	3 ___
4 ___	5 ___	6 ___
7 ___	8 ___	9 ___
10 ___	11 ___	12 ___
13 ___	14 ___	15 ___
16 ___	17 ___	18 ___
Totals: ES= ___	IS= ___	TS= ___

Add the scores in each column.

Scores higher than 25 in each are indicate a high degree of strain.

Total scores higher than 75 indicate that you may be feeling intense strain or burnout.