

PROFESSIONAL BURNOUT QUESTIONNAIRE

Name: _____

Date: _____

Instructions: Below you find a series of statements with which you may agree or disagree. Using the scale, please indicate the degree of your agreement by selecting the number that corresponds with each statement.

STATEMENTS	<i>Strongly agree</i>	<i>Agree</i>	<i>Disagree</i>	<i>Strongly disagree</i>
I always find new and interesting aspects in my work (D)	1	2	3	4
There are days when I feel tired before I arrive at work (E.R.)	1	2	3	4
It happens more and more often that I talk about my work in a negative way (D.R)	1	2	3	4
After work, I tend to need more time than in the past in order to relax and feel better (E.R)	1	2	3	4
I can tolerate the pressure of my work very well (E)	1	2	3	4
Lately, I tend to think less at work and do my job almost mechanically (D.R)	1	2	3	4
I find my work to be a positive challenge (D)	1	2	3	4
During my work, I often feel emotionally drained (E.R.)	1	2	3	4
Over time, one can become disconnected from this type of work (D.R)	1	2	3	4
After working, I have enough energy for my leisure activities (E)	1	2	3	4
Sometimes I feel sickened by my work tasks (D.R)	1	2	3	4

Physician Burn Out Questionnaire

DJ Losen



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