**Questionnaire about “BURNOUT”**

Please, answer the following questions in order to get information about the influence of your work at school on your psychological, physical and emotional well-being.

The survey is confidential and its overall results are intended to prepare a reflection on the conditions of work that are carried out by teachers.

The answer will be given by placing an ⌧ in the indicated place, corresponding the sum of the points. You will be given a key to interpret the result.

Classify each of the 15 questions according to the following scale:

* Never (**1**);
* rarely (**2**);
* sometimes (**3**);
* all the time/ always (**4**);
* very often (**5**)

**QUESTIONNAIRE**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Questions:** | | **1** | **2** | **3** | **4** | **5** |
| **1.** | Do you feel depressed as if your physical and emotional energy were exhausted? | **1**  **🞏** | **2**  **🞏** | **3**  **🞏** | **4**  **🞏** | **5**  **🞏** |
| **2.** | Do you consider you are prone to think negatively about your work? | **1**  **🞏** | **2**  **🞏** | **3**  **🞏** | **4**  **🞏** | **5**  **🞏** |
| **3.** | Do you consider yourself colder and /or less sensitive to other people than they deserve? | **1**  **🞏** | **2**  **🞏** | **3**  **🞏** | **4**  **🞏** | **5**  **🞏** |
| **4.** | Are you easily annoyed by small problems or by your colleagues or co-workers? | **1**  **🞏** | **2**  **🞏** | **3**  **🞏** | **4**  **🞏** | **5**  **🞏** |
| **5.** | Do you feel misunderstood or disregarded by your colleagues or co-workers? | **1**  **🞏** | **2**  **🞏** | **3**  **🞏** | **4**  **🞏** | **5**  **🞏** |
| **6.** | Do you feel there is nothing to talk about? | **1**  **🞏** | **2**  **🞏** | **3**  **🞏** | **4**  **🞏** | **5**  **🞏** |
| **7.** | Do you think you are getting lower results than you should? | **1**  **🞏** | **2**  **🞏** | **3**  **🞏** | **4**  **🞏** | **5**  **🞏** |
| **8.** | Do you feel pressured to succeed? | **1**  **🞏** | **2**  **🞏** | **3**  **🞏** | **4**  **🞏** | **5**  **🞏** |
| **9.** | Do you feel that you are not getting what you want out of your job? | **1**  **🞏** | **2**  **🞏** | **3**  **🞏** | **4**  **🞏** | **5**  **🞏** |
| **10.** | If you could, would you change your job/ profession? | **1**  **🞏** | **2**  **🞏** | **3**  **🞏** | **4**  **🞏** | **5**  **🞏** |
| **11.** | Are you frustrated in certain tasks of your job? | **1**  **🞏** | **2**  **🞏** | **3**  **🞏** | **4**  **🞏** | **5**  **🞏** |
| **12.** | Do you feel that bureaucracy and organizational politics frustrate your ability to do good work? | **1**  **🞏** | **2**  **🞏** | **3**  **🞏** | **4**  **🞏** | **5**  **🞏** |
| **13.** | Do you feel you have to perform tasks/ functions that you aren’t enabled for, or should not perform? | **1**  **🞏** | **2**  **🞏** | **3**  **🞏** | **4**  **🞏** | **5**  **🞏** |
| **14.** | Do you feel you do not have time to many things that are important and do quality work? | **1**  **🞏** | **2**  **🞏** | **3**  **🞏** | **4**  **🞏** | **5**  **🞏** |
| **15.** | Do you think you don’t have time enough to plan and prepare what you would like to do? | **1**  **🞏** | **2**  **🞏** | **3**  **🞏** | **4**  **🞏** | **5**  **🞏** |
| Subtotal | |  |  |  |  |  |
| **Total Score** | | \_\_\_\_\_\_ points | | | | |

You've got the following score: \_\_\_\_\_ points.

Thank you for your cooperation!

**Burnout index (INTERPRETATION)**

- Rate your score.

|  |  |
| --- | --- |
| 15 -18 | * No sign of burnout. |
| 19 – 32 | * Small sign of burnout, unless some items (punctuation) are particularly high. |
| 33 – 49 | * Beware, you are at risk of burnout. Do something about it urgently. |
| 50 – 59 | * You are at great risk of suffering from burnout. It´s urgent to do something. |
| 60 – 75 | * You are already suffering from burnout. You must do something urgently. |