





Take this self-assessment quiz to find out if you should seek help.

# # # # # # # # # # # # # # # # # # # #	How often do you feel physically and emotionally drained after work or daily activities?	
	A. Rarely	
	B. Occasionally	\bigcirc
	C. Frequently	\bigcirc
	D. Almost always	
# 2 # ? #	Do you find yourself becoming more cynical or detached from your work and colleagues?	
	A. Not at all	
	B. Sometimes	\bigcirc
	C. Often	\bigcirc
	D. Constantly	
***	Have you noticed a decline in your work performance or effectiveness?	
	A. Not at all	
	B. Slightly	
	C. Moderately	\bigcirc
	D. Significantly	
	Are you experiencing physical symptoms such as headaches, insomnia, or digestive issues?	
	A. Rarely	\bigcirc
	B. Occasionally	\bigcirc
	C. Frequently	\bigcirc
	D. Almost always	
	How often do you find joy and satisfaction in your work or daily activities?	
	A. Regularly	
	B. Occasionally	
	C. Rarely	\bigcirc
	D. Almost never	
	Scoring:	
Add	up the points for each question (A	A = 1, B = 2, C = 3, D = 4).
	ndicate a higher likelihood of burno	ut. If you're concerned about your results,

How can you prevent a burnout? Scan the QR code to discover tips from **Dr Luke Hong**, a Senior Resident Physician with the Department of Psychological Medicine at NUH.



