

Are you suffering from burnout?

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



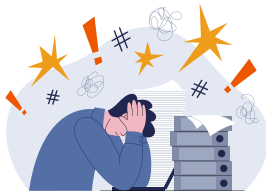
How often do you feel physically and emotionally drained after work or daily activities?

- A. Rarely
- B. Occasionally
- C. Frequently
- D. Almost always



Do you find yourself becoming more cynical or detached from your work and colleagues?

- A. Not at all
- B. Sometimes
- C. Often
- D. Constantly



Have you noticed a decline in your work performance or effectiveness?

- A. Not at all
- B. Slightly
- C. Moderately
- D. Significantly



Are you experiencing physical symptoms such as headaches, insomnia, or digestive issues?

- A. Rarely
- B. Occasionally
- C. Frequently
- D. Almost always



How often do you find joy and satisfaction in your work or daily activities?

- A. Regularly
- B. Occasionally
- C. Rarely
- D. Almost never

Scoring: _____

Add up the points for each question (A = 1, B = 2, C = 3, D = 4).

Higher scores may indicate a higher likelihood of burnout. If you're concerned about your results, consider discussing them with a healthcare professional or seeking support.

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.

