

BURNOUT ASSESSMENT TOOL (BAT)

CORE SYMPTOMS

1. Exhaustion

- a. I feel mentally exhausted
- b. Everything I do requires a great deal of effort
- c. After a day, I find it hard to recover my energy
- d. I feel physically exhausted
- e. When I get up in the morning, I lack the energy to start a new day
- f. I want to be active, but somehow I am unable to manage
- g. When I exert myself, I quickly get tired
- h. At the end of my day, I feel mentally exhausted and drained

2. Mental distance

- a. I struggle to find any enthusiasm for my work
- b. I feel a strong aversion towards my job
- c. I feel indifferent about my job
- d. I'm cynical about what my work means to others

3. Emotional impairment

- a. I feel unable to control my emotions
- b. I do not recognize myself in the way I react emotionally at work
- c. I become irritable when things don't go my way
- d. I get upset or sad without knowing why
- e. I may overreact unintentionally

4. Cognitive impairment

- a. I have trouble staying focused

- b. I struggle to think clearly
- c. I'm forgetful and distracted
- d. I have trouble concentrating
- e. I make mistakes because I have my mind in other things

SECONDARY SYMPTOMS

5. Psychological distress

- a. I suffer from palpitations or chest pain
- b. I suffer from stomach and/or intestinal complaints
- c. I suffer from headaches
- d. I suffer from muscle pain, for example in the neck, shoulder or back
- e. I often get sick

6. Psychosomatic complaints

- a. My weight fluctuates without being on a diet
- b. I have trouble falling or staying asleep
- c. I tend to worry
- d. I feel tense and stressed
- e. I feel anxious and/or suffer from panic attacks
- f. Noise and crowds disturb me

Frequency scale

- 1. Never
- 2. Sometimes
- 3. Regular
- 4. Often
- 5. Always

Classify every symptom according to the frequency scale and sum to obtain your final score.

Score interpretation

33: No sign of burnout here

33-66: Little sign of burnout here unless some factors are particularly severe.

66-99: Be careful - you may be at risk of burnout, particularly if several scores are high

99 -132: You are at severe risk of burnout - do something about this urgently.

132-165: You are at very severe risk of burnout - do something about this urgently

Score interpretation - puntuación simulador home:

6-12 burnout doesn't seem to be an issue, if you want to be sure check your score in the full Burnout Assessment Tool BAT ([link](#)).

12-18 seems you may be at a low to moderate risk of developing burnout. Confirm it with our full BAT to prevent it on time.

18-24 you may be at moderate to high risk of developing burnout, confirm it in the full BAT and make a move for change.

24-30 burnout may be your main struggle at work now, Complete this preliminary information with our full BAT here and focus on asking for external help.

If your answers indicate that you may be suffering from Burnout symptoms (from 66 score onward) we strongly recommend you to look for professional help, like a certified psychologist, for guidance to manage your current situation.

If untreated, professional related burnout can lead to chronic anxiety or depression with a strong impact on your mental and overall health.