

QUESTIONNAIRE: THE SYDNEY BURNOUT MEASURE (SBM)

PART 1: PATIENT TO FILL OUT

Name (optional): Date:

Please tick the extent to which you are experiencing the following features and symptoms currently.

Note: Several questions below relate to 'work'. If you are currently employed, please answer these questions in relation to your formal work. If you have ceased formal employment due to burnout, please answer the questions in relation to your last job that brought on your burnout symptoms. If you are not formally employed and are primarily responsible for home or care duties (e.g., carer for a family member), please answer the 'work' questions in relation to such home/care duties.

| Section 1 | Not true | Slightly | Moderately | Distinctly |
|--|----------|----------|------------|------------|
| I wake up feeling tired | 0 | 1 | 2 | 3 |
| I lack energy across the day | 0 | 1 | 2 | 3 |
| I have a loss of energy which makes it hard for me to get going in the morning | 0 | 1 | 2 | 3 |
| I constantly feel tired and fatigued | 0 | 1 | 2 | 3 |
| I feel worn out | 0 | 1 | 2 | 3 |
| I am not refreshed by my sleep | 0 | 1 | 2 | 3 |
| Section subtotal | | | | |
| Exhaustion total score | | | | |

| Section 2 | Not true | Slightly | Moderately | Distinctly |
|--|----------|----------|------------|------------|
| My attention is less focused | 0 | 1 | 2 | 3 |
| I cannot concentrate or register new information because of foggy thinking | 0 | 1 | 2 | 3 |
| I find it hard to concentrate on the task at hand | 0 | 1 | 2 | 3 |
| I take longer to finish tasks at work | 0 | 1 | 2 | 3 |
| I feel slowed down mentally (e.g., hard to find words, slowed thoughts) | 0 | 1 | 2 | 3 |
| My capacity to remember things is not as good as usual | 0 | 1 | 2 | 3 |
| I have to re-read things because I was not concentrating the first time | 0 | 1 | 2 | 3 |
| Section subtotal | | | | |
| Cognitive symptoms total score | | | | |

| Section 3 | Not true | Slightly | Moderately | Distinctly |
|--|----------|----------|------------|------------|
| I struggle to understand the feelings of colleagues, customers and/or recipients of my care | 0 | 1 | 2 | 3 |
| I care less about people with whom I work (e.g., colleagues, customers, recipients of my care) | 0 | 1 | 2 | 3 |
| I am less empathetic | 0 | 1 | 2 | 3 |
| I feel less empathy and sympathy towards people in general | 0 | 1 | 2 | 3 |
| Section subtotal | | | | |
| Loss of empathy total score | | | | |

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| Section 4 | Not true | Slightly | Moderately | Distinctly |
|---|----------|----------|------------|------------|
| I withdraw from family and friends | 0 | 1 | 2 | 3 |
| I keep to myself | 0 | 1 | 2 | 3 |
| I do not look forward to spending time with family and friends anymore | 0 | 1 | 2 | 3 |
| I no longer look forward to things that would normally give me pleasure | 0 | 1 | 2 | 3 |
| Section subtotal | | | | |
| Withdrawal and insularity total score | | | | |

| Section 5 | Not true | Slightly | Moderately | Distinctly |
|--|----------|----------|------------|------------|
| I cannot get pleasure out of my work | 0 | 1 | 2 | 3 |
| I no longer feel as driven to meet my responsibilities | 0 | 1 | 2 | 3 |
| I feel like I am contributing less at work | 0 | 1 | 2 | 3 |
| My work performance has declined | 0 | 1 | 2 | 3 |
| I am less productive at work | 0 | 1 | 2 | 3 |
| The quality of my work output is poorer | 0 | 1 | 2 | 3 |
| Section subtotal | | | | |
| Impaired work performance total score | | | | |

| Section 6 | Not true | Slightly | Moderately | Distinctly |
|---|----------|----------|------------|------------|
| I feel emotionally drained and exhausted | 0 | 1 | 2 | 3 |
| I spend much of my day worrying | 0 | 1 | 2 | 3 |
| I feel self-critical and am hard on myself | 0 | 1 | 2 | 3 |
| I feel I am stagnating and that life is passing me by | 0 | 1 | 2 | 3 |
| I find little things and chores frustrating | 0 | 1 | 2 | 3 |
| I feel sad, empty and hopeless | 0 | 1 | 2 | 3 |
| I find it more difficult to take life as it comes | 0 | 1 | 2 | 3 |
| Section subtotal | | | | |
| Unsettled mood total score | | | | |

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PART 2: PRACTITIONER TO FILL OUT

Calculating total SBM score: To determine total burnout score, add up response points for each section using scoring table below.

Interpreting SBM score: The higher the score, the greater severity of burnout symptoms. The highest possible total score is 102. In a sample of patients with self-identified burnout, the average score was 73.8. Research suggests that those experiencing burnout would be expected to score 50 or more. However, there is no formal cut-off score to state whether your patient has or does not have burnout.

Clinical Note: A high score on the SBM does not necessarily mean that your patient has burnout. High scores can be the result of another (or of a co-existing) physical or medical condition (e.g., depression, thyroid disorder, anaemia). Please use clinical reasoning to clarify most likely diagnosis.

SBM subscale scores: The SBM captures differing burnout symptom clusters (e.g., exhaustion, cognitive, behavioural, performance and mood impacts).

You may wish to calculate scores for each of these clusters and compare them the score of a sample of individuals with self-identified burnout. To do this, add up your scores on each item of the six section clusters as listed below.

| | Not true | Slightly | Moderately | Distinctly | Total score | Average burnout subscale score | Highest score possible |
|--|----------|----------|------------|------------|-------------|--------------------------------|------------------------|
| Section 1 Exhaustion | | | | | | 15.5 | 18 |
| Section 2 Cognitive symptoms | | | | | | 15.7 | 21 |
| Section 3 Loss of empathy | | | | | | 6.5 | 12 |
| Section 4 Withdrawal and insularity | | | | | | 7.8 | 12 |
| Section 5 Impaired work performance | | | | | | 12.3 | 18 |
| Section 6 Unsettled mood | | | | | | 16 | 21 |
| Total SBM score | | | | | | | |
| Average score for burnout patients | | | | | 73.8 | | |
| Highest score possible | | | | | 102 | | |