

QUESTIONNAIRE

Please complete the 30 statements and then do a preliminary scoring of your *Questionnaire* before attending the virtual session on April 1. The *Questionnaire* information you obtain about yourself in this session is for you only and will not be shared with anyone else.

STEP 1: Complete the 30-statement *Questionnaire* that you have received before moving to **STEP 2**.

STEP 2: Score your *Questionnaire*.

DPP:

Please look at your circled responses to the first 10 statements and the **DPP** scoring column on the right-side of the page. For statements 1 to 5 inclusive, take your circled responses, and write them under the **DPP** column. For statements 6 to 10 inclusive, reverse the scores (i.e., 1=7, 2=6, 3=5, 4=4, 5=3, 6=2, 7=1). For example, if you circled statement 6 as a “5,” its reverse score now becomes a “3” and so on. Ensure that you put each of these reverse scores next to the **R** in the corresponding **DPP** column.

LPA:

Next, look at your circled responses to the statements numbered 11 to 20 and the **LPA** scoring column. For statements 11 to 15 inclusive, take your circled responses, and write them under the **LPA** column. For statements 16 to 20 inclusive, reverse the scores (i.e., 1=7, 2=6, 3=5, 4=4, 5=3, 6=2, 7=1). Put each of these reverse scores next to the **R** in the corresponding **LPA** column.

EEE

Thirdly, look at your circled responses to the statements numbered 21 to 30 and the **EEE** scoring column. For statements 21 to 25 inclusive, take your circled responses, and write them under the **EEE** column. For statements 26 to 30 inclusive, reverse the scores (i.e., 1=7, 2=6, 3=5, 4=4, 5=3, 6=2, 7=1). Put each of these reverse scores next to the **R** in the corresponding **EEE** column.

Totals:

Once you have done this, then add up the totals for the 3 groupings: **DPP**, **LPA**, and **EEE** and write these total scores at the bottom of the page.

The **DPP** total = the scores for statements 1 to 5 plus the reversed scores for statements 6 to 10.

The **LPA** total = the scores for statements 11 to 15 plus the reversed scores for statements 16 to 20.

The **EEE** total = the scores for statements 21 to 25 plus the reversed scores for statements 26 to 30.

STEP 3: During the virtual session, Bob will help you complete the scoring of your *Questionnaire* and identify which phase of burnout you are in.

Questionnaire

The following 30 statements refer to experiences in your work and in your job. Using the 1-7 rating scale, circle the most appropriate number based on the degree to which that statement is **currently FALSE** or **TRUE** for you. A “1” indicates that the item is completely **FALSE** and untrue about you. A “7” indicates that the statement is absolutely **TRUE** about you.

	False							True		DPP	LPA	EEE
1.	1	2	3	4	5	6	7					
2.	1	2	3	4	5	6	7					
3.	1	2	3	4	5	6	7					
4.	1	2	3	4	5	6	7					
5.	1	2	3	4	5	6	7					
6.	1	2	3	4	5	6	7		R			
7.	1	2	3	4	5	6	7		R			
8.	1	2	3	4	5	6	7		R			
9.	1	2	3	4	5	6	7		R			
10.	1	2	3	4	5	6	7		R			
11.	1	2	3	4	5	6	7					
12.	1	2	3	4	5	6	7					
13.	1	2	3	4	5	6	7					
14.	1	2	3	4	5	6	7					
15.	1	2	3	4	5	6	7					
16.	1	2	3	4	5	6	7				R	
17.	1	2	3	4	5	6	7				R	
18.	1	2	3	4	5	6	7				R	
19.	1	2	3	4	5	6	7				R	
20.	1	2	3	4	5	6	7				R	
21.	1	2	3	4	5	6	7					
22.	1	2	3	4	5	6	7					
23.	1	2	3	4	5	6	7					
24.	1	2	3	4	5	6	7					
25.	1	2	3	4	5	6	7					
26.	1	2	3	4	5	6	7					R
27.	1	2	3	4	5	6	7					R
28.	1	2	3	4	5	6	7					R
29.	1	2	3	4	5	6	7					R
30.	1	2	3	4	5	6	7					R

DPP: _____

LPA: _____

EEE: _____