



## Dental Burnout Self-Assessment<sup>1</sup>

Write a number from 1 to 7 in the blank to the left of each statement to indicate the degree to which each of the statements is most LIKE or UNLIKE you.

Very much UNLIKE me. | 1 → 2 → 3 → 4 → 5 → 6 → 7 | Very much LIKE me.

1. \_\_\_\_\_ I feel emotionally drained from dentistry.
2. \_\_\_\_\_ I feel used up at the end of each day at the office.
3. \_\_\_\_\_ I feel fatigued when I get up in the morning and have to face another day at the office.
4. \_\_\_\_\_ I feel uncomfortable about the way I have treated some of my staff.
5. \_\_\_\_\_ I can't seem to understand how members of my staff feel about things.
6. \_\_\_\_\_ I feel I treat some members of my staff as if they were impersonal "objects."
7. \_\_\_\_\_ Working with patients all day is really a strain for me.
8. \_\_\_\_\_ I don't deal very effectively with problems my staff experiences.
9. \_\_\_\_\_ I feel burned out from dentistry.
10. \_\_\_\_\_ I doubt I'm positively influencing the lives of staff members through my work.
11. \_\_\_\_\_ I've become more callous toward the lives of staff members through my work.
12. \_\_\_\_\_ I worry that dentistry is hardening me emotionally.
13. \_\_\_\_\_ I don't feel energetic.
14. \_\_\_\_\_ I feel frustrated by dentistry.
15. \_\_\_\_\_ I feel I'm working too hard as a dentist.
16. \_\_\_\_\_ I don't really care what happens to some members of my staff.
17. \_\_\_\_\_ Working directly with patients puts too much stress on me.
18. \_\_\_\_\_ I can't seem to create a relaxed atmosphere with my staff.
19. \_\_\_\_\_ I feel exasperated after working closely with my staff.
20. \_\_\_\_\_ I haven't accomplished many worthwhile things as a dentist.
21. \_\_\_\_\_ I feel like I'm at the end of my rope.
22. \_\_\_\_\_ As a dentist, I don't deal with emotional problems very calmly.
23. \_\_\_\_\_ I feel members of my staff blame me for some of their problems.

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<sup>1</sup> Adapted from Maslach Burnout Inventory  
Maslach, Christina, and Susan E. Jackson. "The Measurement of Experienced Burnout." *Journal of Occupational Behaviour*, vol. 2, no. 2, 1981, pp. 99–113. JSTOR, [www.jstor.org/stable/3000281](http://www.jstor.org/stable/3000281).

Transfer scores from inventory to indicated burnout dimension and total in the space provided. Each question matches only once.

**Depersonalization (DP), also referred to as cynicism:**

- 4. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 11. \_\_\_\_\_
- 12. \_\_\_\_\_
- 16. \_\_\_\_\_
- 17. \_\_\_\_\_
- 23. \_\_\_\_\_

**Total** \_\_\_\_\_ (A higher score may be indicative of a tendency to distance yourself from others.)

**Personal Accomplishment Reversed (PAR), also referred to as inefficacy:**

- 5. \_\_\_\_\_
- 8. \_\_\_\_\_
- 10. \_\_\_\_\_
- 13. \_\_\_\_\_
- 18. \_\_\_\_\_
- 19. \_\_\_\_\_
- 20. \_\_\_\_\_
- 22. \_\_\_\_\_

**Total** \_\_\_\_\_ (A higher score implies poor performance in a profession perceived to be of limited worth.)

**Emotional Exhaustion (EE):**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 9. \_\_\_\_\_
- 14. \_\_\_\_\_
- 15. \_\_\_\_\_
- 21. \_\_\_\_\_

**Total** \_\_\_\_\_ (A higher score suggests stress beyond comfortable coping limits.)

Place an “X” to represent your total score for each of the areas evaluated on the appropriate corresponding line below to obtain your burnout profile. In general higher scores in each area indicate a stronger likelihood of experiencing some aspects of burnout.

DP [-----LO-----][-----HI-----]  
 7 18 40 56

PAR [-----LO-----][-----HI-----]  
 7 26 40 56

EE [-----LO-----][-----HI-----]  
 7 22 40 49

**Please note:** this assessment is an adaptation of the original Maslach Burnout Inventory. This version is not a validated tool and is provided for general information and awareness-raising purposes only. If you have any concerns or need further information, please seek out an appropriate professional.

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