



Parent Burnout Quiz

	Not at all	A little	Somewhat	Moderately	Very much
1 I get/feel easily irritated with my kids.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 I feel that I'm not the good parent I used to be.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 I wake up exhausted at the thought of another day with my kids.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 I find joy in parenting my kids.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 I have guilt about being a working parent, which impacts how I parent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 I feel like I'm in survival mode as a parent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 Parenting my kids is stressful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 I lose my temper easily with my kids.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 I feel overwhelmed trying to balance my job and parenting responsibilities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 I am doing a good job being a parent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Scale Credits: Kate Gawlik and Bernadette Mazurek Melnyk, 2021.



Teacher Burnout Quiz

	Not at all	A little	Somewhat	Moderately	Very much
1 I get/feel easily irritated with my students	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 I feel that I'm not the good teacher I used to be.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 I wake up exhausted at the thought of another day with my students.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 I find joy in teaching.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 I have guilt about being irritable, which impacts how I teach.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 I feel like I'm in survival mode as a teacher.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 Teaching my students is stressful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 I lose my temper easily with my students.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 I feel overwhelmed trying to balance my responsibilities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 I am doing a good job being a teacher.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Score Your Quiz

SCORE EACH ITEM ON THE SCALE

For all questions except questions 4 and 10, use these point values:

Not at all = 0 points

A little = 1 point

Somewhat = 2 points

Moderately = 3 points

Very much = 4 points

Use these point values for questions 4 and 10:

Not at all = 4 points

A little = 3 points

Somewhat = 2 points

Moderately = 1 point

Very much = 0 points

CALCULATE THE TOTAL SCORE

Add all points together for a final score.

0-10 Points: No or few signs of burnout

11-20 Points: Mild burnout

21-30 Points: Moderate burnout

31+ Points: Severe burnout

Score 31+: Severe burnout – Ask for help from your healthcare provider or mental health professional; connect with family members and friends. Utilize available resources.

Score 21-30: Moderate burnout – Take action! Start interventions (e.g., take time out of each day to do something for your mental health and well-being), decrease stressors, use available resources and consider asking for help. If your level of burnout is interfering with your ability to function or concentrate, seek mental health help immediately. It is a strength to recognize when help is needed, not a weakness.

Score 11-20: Mild burnout – Start preventive interventions such as taking short recovery breaks each day to do something for your mental health and well-being, decrease stressors and identify resources to help.

Score 0-10: No or few signs of burnout – you should continue to do the things you are doing and remember to prioritize good self-care.

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