

# Questionnaire

This questionnaire helps identify the likelihood of experiencing anxiety, depression, or burnout based on your responses to specific symptoms, guiding you towards potential next steps for professional support. This tool is a starting point and does not replace a professional diagnosis. If your scores indicate a moderate to high likelihood for any condition, consider consulting a mental-health professional.

For each statement, rate how often you have experienced the following in the past month:

1 = Never

2 = Rarely

3 = Sometimes

4 = Often

5 = Always

## Questionnaire

1. I feel exhausted even after a full night's sleep.
2. I feel emotionally drained by my work or daily activities.
3. I have trouble falling asleep, staying asleep, or waking up early.
4. I feel restless or have difficulty relaxing, even when I have time to rest.
5. I frequently feel sad and hopeless or have little interest in activities I used to enjoy.
6. I experience frequent worry, nervousness, or a sense of impending doom.
7. I find it hard to concentrate on tasks or make decisions.
8. I feel a sense of detachment or a lack of accomplishment in my work or personal life.
9. I often experience physical symptoms such as headaches, muscle tension, or gastrointestinal issues without a clear medical cause.
10. I feel physically weak or unwell without any specific illness.

## **Scoring Instructions**

### **Anxiety**

Add up scores for these questions: 2, 4, 6, 10.

Score range: 4-20.

4-8: Low likelihood of anxiety. This indicates that you are unlikely to be experiencing this condition.

9-12: Moderate likelihood of anxiety. This suggests that you might be experiencing some symptoms and may benefit from further assessment or support.

13-20: High likelihood of anxiety. This strongly indicates that you are experiencing significant symptoms and should seek professional help.

### **Depression**

Add up scores for these questions: 1, 3, 5, 7.

Score range: 4-20.

4-8: Low likelihood of depression. This indicates that you are unlikely to be experiencing this condition.

9-12: Moderate likelihood of depression. This suggests that you might be experiencing some symptoms and may benefit from further assessment or support.

13-20: High likelihood of depression. This strongly indicates that you are experiencing significant symptoms and should seek professional help.

### **Burnout**

Add up scores for these questions: 1, 2, 8, 9.

Score range: 4-20.

4-8: Low likelihood of burnout. This indicates that you are unlikely to be experiencing this condition.

9-12: Moderate likelihood of burnout. This suggests that you might be experiencing some symptoms and may benefit from further assessment or support.

13-20: High likelihood of burnout. This strongly indicates that you are experiencing significant symptoms and should seek professional help.