

Shirom-Melamed Burnout Measure (SMBM; Sassi & Neveu, 2010)

English translation of the French version.

Instructions

The following statements concern how you feel at work. Please indicate how frequently you experience each of the situations described below in your professional activity.

Response Scale

1	2	3	4	5	6	7
Never	Almost never	Rarely	Sometimes	Often	Very often	Always

Questionnaire Items

Physical fatigue	I feel tired.
Physical fatigue	I have no energy to go to work in the morning.
Physical fatigue	I feel physically drained.
Physical fatigue	I feel fed up.
Physical fatigue	I feel like my batteries are dead.
Physical fatigue	I feel exhausted.
Cognitive weariness	I have difficulty thinking quickly.
Cognitive weariness	I have trouble concentrating.
Cognitive weariness	I feel that my thinking is not clear.
Cognitive weariness	I feel unable to focus my thoughts.
Cognitive weariness	I have difficulty thinking about complex things.
Emotional exhaustion	I feel unable to be sensitive to the needs of my colleagues and/or students.
Emotional exhaustion	I feel unable to invest emotionally in my relationships with colleagues and/or students.
Emotional exhaustion	I feel unable to be close to my colleagues and/or students.

Open-Ended Question

If you wish, please use the space below to share any additional comments about your profession. In particular, you may describe any contextual factors that make your job more difficult and that may contribute to professional exhaustion.