

SOCIODEMOGRAPHIC QUESTIONNAIRE FOR HEALTHCARE PROFESSIONALS

This is a voluntary, anonymous, and confidential questionnaire. No answer is considered right or wrong. Please mark an "X" in the corresponding option(s). Remember, you may choose more than one option.

AGE:	20 – 24 Yrs	25 – 29 Yrs	30 – 39 Yrs	40 – 49 Yrs	≥ 50 Yrs
SEX:	Male		Female		
YEARS OF SERVICE:	0 – 4 Yrs	5 – 9 Yrs	10 – 14 Yrs	15 – 19 Yrs	≥ 20 Yrs
EDUCATION:	Medium-level technician	Bachelor's	Master's	Doctorate	Other
PROFESSIONAL AREA:	Psychologist	Physician	Psychiatrist	Technician	Nurse
MARITAL STATUS:	Single	Cohabiting	Married	Divorced / Separated	Widowed
TYPE OF PATIENTS YOU ATTEND:	Child	Adolescent	Adult	Elderly	All
Have you ever heard of stress or burnout syndrome?	Yes	No			
To what extent does your occupational stress affect your performance?	Never	Rarely	Sometimes	Frequently	Always
Have you ever felt the need to see a psychologist?	Yes	No			

BURNOUT QUESTIONNAIRE FOR HEALTHCARE PROFESSIONALS

Below you will find a set of statements that describe different feelings you may have regarding your work. Please indicate how often in the last 30 days you have felt this way in your work by marking an “X” on the number that best describes your situation, following the two scales presented below. Some statements are scored as 1 – totally disagree to 5 – totally agree, while others are scored inversely: 5 – totally disagree to 1 – totally agree.

1	2	3	4	5
TOTALLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	TOTALLY AGREE

N	STATEMENTS	1	2	3	4	5
01	There are days when I feel tired even before arriving at work					
02	Increasingly, I speak negatively about my work					
03	After work, I need more time to relax and feel better than I used to					
04	Lately I have been thinking less about my work and I do my tasks almost mechanically					
05	I consider my work a positive challenge					
06	Sometimes I feel fed up with my tasks at work					
07	After work I feel tired and without energy					

5	4	3	2	1
TOTALLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	TOTALLY AGREE

N	STATEMENTS	5	4	3	2	1
01	I often find new and interesting subjects in my work					
02	I can handle the pressure at work well					
03	During my work, I often feel emotionally drained					
04	Over time, I feel detached from my work					
05	After work, I have enough energy for my leisure activities					
06	This is the only type of work I can imagine doing					
07	Overall, I can manage the amount of work I have well					