# QUESTIONNAIRE

**EVALUATION OF JOB STRESS AND BURNOUT AMONG ANAESTHESIOLOGISTS**

Dear Colleagues,

We, are conducting a survey to assess the degree of stress and burnout that we, anaesthesiologists, face in our everyday working lives. We request you to kindly participate by filling the attached questionnaire. It is divided into 2 parts. The first part comprises of the demographic data of the interviewee; gender, age, marital status, number of children, designation, years of experience, working hours per week and satisfaction with work-life balance. The second part is the Maslach Burnout Inventory (MBI) which is a validated tool to assess burnout in work life. The MBI constitutes 22 statements divided into 3 different aspects of stress; emotional exhaustion, depersonalization and personal achievement. These statements require a score from 0-6 on a 7-point Likert scale.

0 – Never

1 – Few times per year

2 – Once a month

3 – Few times per month

4 – Once a week

5 – Few times per week

6 - Everyday

**You are not required to fill in your name**. The questionnaire requires a tick mark response and **will not take more than 10-15 minutes of your time**. Please do not fill this questionnaire if you have already filled this before.

If you wish we will share the results of the completed survey with you if you provide us with your email address.

**EVALUATION OF STRESS AND BURNOUT IN ANAESTHESIOLOGISTS**

S.No. \_\_\_\_\_

Gender: (tick one box)

* Male
* Female

Age group: (tick one box)

* 20-30 yrs.
* 31-45 yrs.
* 46-60 yrs.
* Above 60 yrs.

Marital Status: (tick one box)

* Single
* Married

Number of children

* 1
* 2
* 3
* >3

Practicing Hospital: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Academic Level: (tick one box)

* Consultant
* Trainee/Medical Officer

Years of experience: (including years of training)

* 0-2 yrs.
* 3-5 yrs.
* 6-10 yrs.
* 11-15 yrs.
* 16-20 yrs.
* >20 yrs.

Working hours per week: *(do not include night on call or weekend on call)*

* 0-20 hrs/wk.
* 30-40 hrs/wk.
* 40-60 hrs/wk.
* >60 hrs/wk.

On call nights per week:

* 0
* 1-2
* 3-4
* >4

Number of hours spent inside the Operating Rooms:

* <20 hrs/week
* 20-40 hrs/week
* 41-60 hrs/week
* >60 hrs/week

Was Anesthesiology your first career choice for specialization?

* Yes
* No

Satisfaction with work/life balance:

|  |  |  |  |
| --- | --- | --- | --- |
| **1** | **2** | **3** | **4** |
| Not satisfied | Partially satisfied | Satisfied | Very satisfied |

**MASLACH BURNOUT INVENTORY**

Note: Tick one box in each line

**Section A: Burnout**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Questions | Never | A few times per year | Once a month | A few times per month | Once a week | A few times per week | Every day |
| **Section A** | **0** | **1** | **2** | **3** | **4** | **5** | **6** |
| I feel emotionally drained by my work |  |  |  |  |  |  |  |
| Working with people all day long requires a great deal of effort |  |  |  |  |  |  |  |
| I feel like my work is breaking me down |  |  |  |  |  |  |  |
| I feel frustrated by my work |  |  |  |  |  |  |  |
| I feel I work too hard at my job |  |  |  |  |  |  |  |
| It stresses me too much to work in direct contact with people |  |  |  |  |  |  |  |
| I feel like I’m at the end of my rope |  |  |  |  |  |  |  |

**Section B: Depersonalization**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Questions | Never | A few times per year | Once a month | A few times per month | Once a week | A few times per week | Every day |
| **Section B** | **0** | **1** | **2** | **3** | **4** | **5** | **6** |
| I feel I look after certain patients/clients  impersonally, as if they are objects |  |  |  |  |  |  |  |
| I feel tired when I get up in the morning and have to face another day at work |  |  |  |  |  |  |  |
| I have the impression that my patients/clients make me responsible for some of their problems |  |  |  |  |  |  |  |
| I am at the end of my patience at the  end of my work day |  |  |  |  |  |  |  |
| I really don’t care about what happens  to some of my patients/clients |  |  |  |  |  |  |  |
| I have become more insensitive to people since I’ve been working |  |  |  |  |  |  |  |
| I’m afraid that this job is making me uncaring |  |  |  |  |  |  |  |

**Section C: Personal Achievement**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Questions | Never | A few times per year | Once a month | A few times per month | Once a week | A few times per week | Every day |
| **Section C** | **0** | **1** | **2** | **3** | **4** | **5** | **6** |
| I accomplish many worthwhile things  in this job |  |  |  |  |  |  |  |
| I feel full of energy |  |  |  |  |  |  |  |
| I am easily able to understand what my patients/clients feel |  |  |  |  |  |  |  |
| I look after my patients’/clients’ problems very effectively |  |  |  |  |  |  |  |
| In my work, I handle emotional problems very calmly |  |  |  |  |  |  |  |
| Through my work, I feel that I have a positive influence on people |  |  |  |  |  |  |  |
| I am easily able to create a relaxed atmosphere with my patients/clients |  |  |  |  |  |  |  |
| I feel refreshed when I have been close to my patients/clients at work |  |  |  |  |  |  |  |

Note: If you would like us to share the results of the completed survey with you, please provide us with your e-mail address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_