

Burnout Assessment Tool (General Version) (BAT-G)

The general version of the BAT is intended for patients who are on sick leave or not currently working, in order to assess a state of exhaustion independently of the immediate work context. It explores the core dimensions of burnout as well as the associated psychological and psychosomatic symptoms.

Number of questions	32 questions
Estimated duration	8 minutes
Language	English
Original name	Burnout Assessment Tool (General Version)
Target audience	Adults
Authors	Hans De Witte, Wouter Schaufeli, Dorien Huyghebaert (2019)
Category	Burnout

Preview of the 32 questions

I feel mentally exhausted

Never | Rarely | Sometimes | Often | Always

Everything I do requires a great deal of effort

Never | Rarely | Sometimes | Often | Always

At the end of the day, I find it hard to recover my energy

Never | Rarely | Sometimes | Often | Always

I feel physically exhausted

Never | Rarely | Sometimes | Often | Always

When I get up in the morning, I lack the energy to start a new day

Never | Rarely | Sometimes | Often | Always

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Responses are given on a scale from 1 (Never) to 5 (Always). The score for each dimension is the mean of the items that make it up.

Primary symptoms (22 items): Exhaustion (items 1-8), Mental distance (items 9-12), Cognitive impairment (items 13-17) and Emotional impairment (items 18-22). The total score is the mean of the 22 items.

Secondary symptoms (10 items): Psychological complaints (items 23-27) and psychosomatic complaints (items 28-32). These two dimensions are strongly correlated and are interpreted together as a single score.

Interpretation: Green zone = no burnout, orange zone = at risk, red zone = severe burnout.

The mean scores of the four core symptoms are calculated by adding up the points of all the questions of a core symptom and dividing the result by the number of questions related to that core symptom. This means that the scores per dimension range from 1 to 5. By adding up the scores of the four core dimensions and dividing them by 23, you obtain the total score, which also lies between 1 and 5. The same applies to the 10 secondary symptoms.

Scoring example

Scoring

Core symptoms

Exhaustion: 3.88

Intense physical and mental fatigue, difficulty recovering one's energy

● < 3.06 | ● 3.06 — 3.31 | ● ≥ 3.31

Mental distance: 3

Psychological detachment, loss of interest and enthusiasm for activities

● < 2.5 | ● 2.5 — 3.1 | ● ≥ 3.1

Emotional impairment: 3

Difficulty controlling one's emotions, irritability, disproportionate reactions

● < 2.1 | ● 2.1 — 2.9 | ● ≥ 2.9

Cognitive impairment: 2.2

Problems with concentration and memory, difficulty thinking clearly

● < 2.7 | ● 2.7 — 3.1 | ● ≥ 3.1

Total score: 3.14

● < 2.59 | ● 2.59 — 3.02 | ● ≥ 3.02

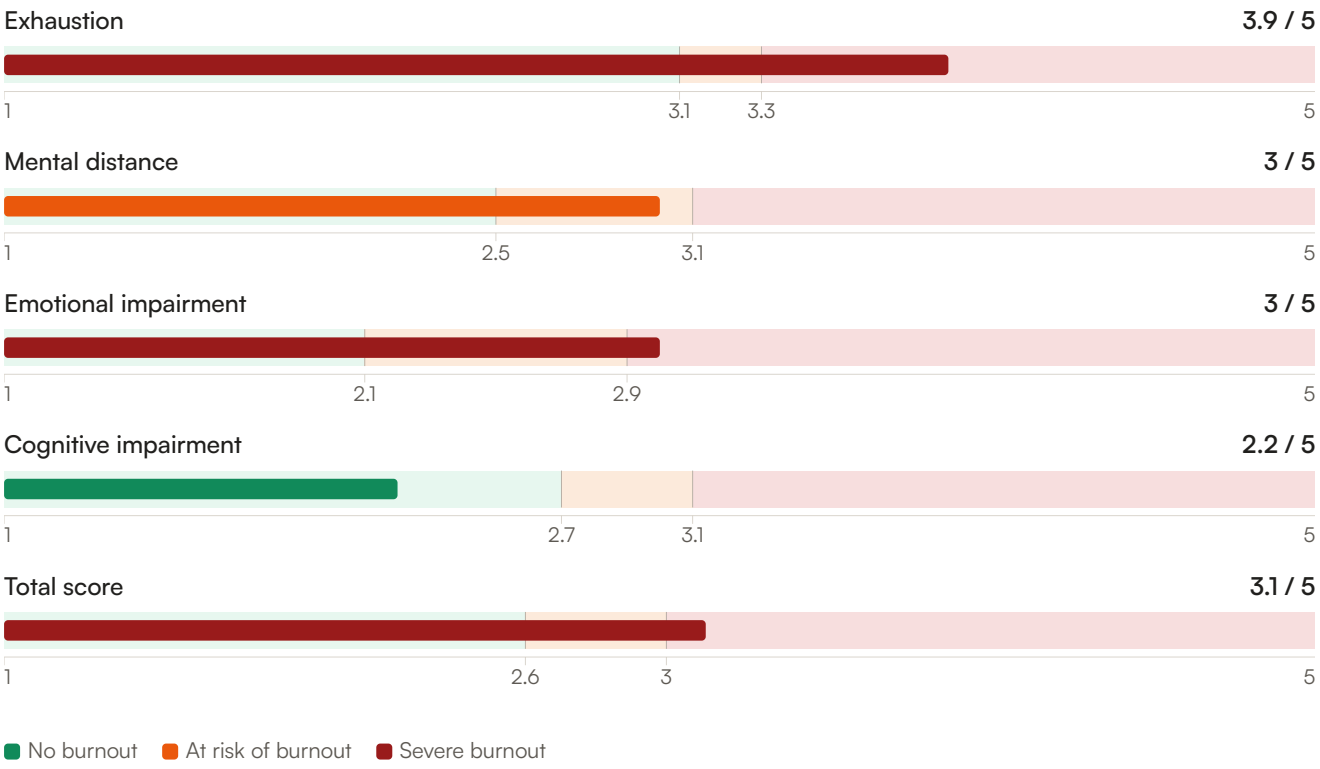
Secondary symptoms

Total score: 3.3

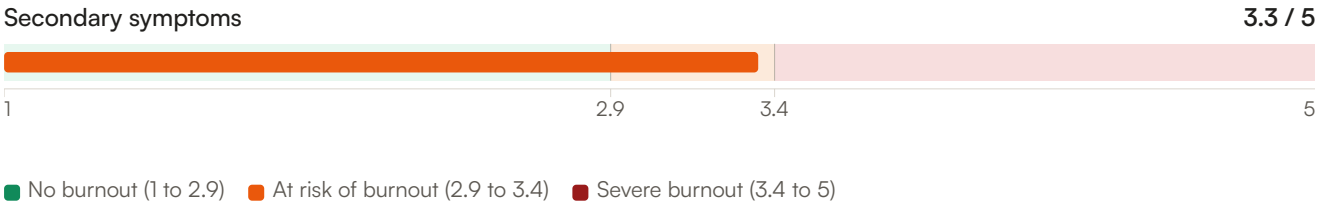
Psychological complaints (anxiety, sleep problems) and psychosomatic complaints (pain, tension)

● < 2.85 | ● 2.85 — 3.35 | ● ≥ 3.35

CORE SYMPTOMS



SECONDARY SYMPTOMS



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“I've been using Mentaal for 2 months now, and this tool has revolutionized the way I see care, and my schedule!”

 Romane L. - Online CBT Psychologist