

Appendix 1

PARTICIPANT QUESTIONNAIRE

Copenhagen Burnout Inventory & World Health Organisation Well-being Index (WHO-5)

CBI Part one: Personal burnout

Always, often, sometimes, seldom, never/almost never

1. How often do you feel tired?
2. How often are you physically exhausted?
3. How often are you emotionally exhausted?
4. How often do you think: "I can't take it anymore"?
5. How often do you feel worn out?
6. How often do you feel weak and susceptible to illness?

CBI Part two: Work-related burnout

To a very high degree, to a high degree, somewhat, to a low degree, to a very low degree

1. Is your work emotionally exhausting?
2. Do you feel burnt out because of your work?
3. Does your work frustrate you?
4. So you feel worn out at the end of the working day?
5. Are you exhausted in the morning at the thought of another day at work?
6. Do you feel that every working hour is tiring for you?
7. Do you have enough energy for family and friends during leisure time?

CBI Part three: Patient-related burnout

Always, often, sometimes, seldom, never/almost never

1. Do you find it hard to work with patients?
2. Do you find it frustrating to work with patients?
3. Does it drain your energy to work with patients?
4. Do you feel that you give more than you get back when you work with patients?
5. Are you tired of working with patients?
6. Do you sometimes wonder how long you will be able to continue working with patients?

WHO-5

All of the time, most of the time, more than half of the time, less than half of the time, some of the time, no time

1. I have felt cheerful and in good spirits
2. I have felt calm and relaxed
3. I have felt active and vigorous
4. I woke up feeling fresh and rested
5. My daily life has been filled with things that interest me