

THE 'POBOS BURNOUT SCAN'

A questionnaire that allows you to determine whether and to what extent you are in a burnout risk zone.

Stress, overstrain and burnout are terms that we often use interchangeably. However, they are not one and the same phenomenon, but different phases of exhaustion. Typical symptoms are a vague sense of fatigue, restlessness, headache, stomach ache, difficulty concentrating, forgetfulness and irritability. The word 'burnout' refers to exhaustion and loss of energy. These are common psychosocial risks in the work context that often lead to long-term occupational disability or sick leave. Sometimes it is difficult to recognise psychosocial risks at work. Sometimes the personal situation also plays a decisive role.

If you do nothing, your symptoms may get worse. The most important thing is that you accept for yourself that there is a problem and that you realise that you want to change something about it. Therefore, you should certainly not be ashamed or conceal your complaints. Being open about your problems can usually help you to place your symptoms and reduce them. Talking about your problem, experience and feelings is very often the first step towards a solution.

As a leading counselling centre for welfare, POBOS developed the "**POBOS BURNOUT SCAN**" together with the psychologist Michael Portzky. It is a questionnaire that is freely available and easily accessible as a screening tool to make a self-assessment of the risk of burnout. This test does not diagnose you, but it provides information on whether or not you are exposed to stress, overwork or burnout and allows you to recognise the first signs. It is a tool that can help you to recognise the problems (diagnosis) and can contribute to tailor-made help (therapeutic tool).

Through this [link](#) you will find the '**POBOS BURNOUT SCAN**' questionnaire that allows you to check whether and to what extent you are in a burnout risk zone. There are 30 questions each with a different situation. There is no right or wrong answer. Give spontaneously the answer that most closely corresponds to the situation in which you now find yourself. Afterwards, read carefully the tips and advice that appear on your screen and try to follow them.

It is likely that POBOS (www.pobos.be) will provide you with professional help and the support you need. Of course, you can always turn to your GP, who may be able to refer you and help you find a solution to your problem.

Through the possibility of subsequent measurements (*you can fill in the 'POBOS Burnout Scan' several times*), you can measure whether noticeable changes have already occurred. The basic measurement and the follow-up measurements can be printed out so that you can discuss them during the therapeutic follow-up with a counsellor. It is therefore a tool that can contribute to tailor-made help for the individual.

