

## PART 1

### Human services survey

The information you record in this questionnaire will be treated with extreme confidentiality. Your identity will be unknown to us. Please answer *all* questions as truthfully as you can. Please only complete this questionnaire if you are a *full-time general practitioner or family doctor*, working either in state employment (including academic or educational work) or private practice, or both. Please *do not* return this questionnaire if you work *50% or more* of your time in *another specialty* besides general practice or family medicine, or if you are presently *retired*.

*Thank you for your time.*

Age: \_\_\_\_\_

Sex: \_\_\_\_\_

Marital status: \_\_\_\_\_ (married, single, divorced/separated, widowed)

Number of children: \_\_\_\_\_ (number under 5 years of age: \_\_\_\_)

Years since qualification as M.D.: \_\_\_\_ Years in current position / workplace: \_\_\_\_

Further qualifications: \_\_\_\_\_

Type of work: (please tick all that apply)

State-employed  private practice  education/academic

currently in training

other (e.g. occupational health physician) – please specify \_\_\_\_\_

Do you work solo or in a group setting? \_\_\_\_ (solo/group)

Is your practice mainly rural or urban?  rural  urban  mixed

How much do you earn a month from all your GP/FM work, approximately?

Euro \_\_\_\_\_

How many patients do you see in one week, on average? \_\_\_\_\_

How many hours do you work in one week, on average? \_\_\_\_\_

How many hours a day do you sleep, on average?

\_\_\_\_\_ (> or = 8)      \_\_\_\_\_ (> 4 but < 8)      \_\_\_\_\_ (< or = 4)

Do you do night visits, or work night shifts (after 8 pm, before 6 am)? \_\_\_\_\_ (Y/N)

If you do work at night, how many nights a month you do work on average? \_\_\_\_\_

Do you work on the weekend, or work weekend shifts? \_\_\_\_\_ (Y/N)

If you do work on the weekend, how many weekends a year are you off? \_\_\_\_\_

How many days were you off work on sick leave last year? \_\_\_\_\_

Have you seriously considered changing your job at least once over the past months? \_\_\_\_\_

yes \_\_\_\_\_ no \_\_\_\_\_ undecided

How satisfied are you with your current job? (0 = very little, to 6 = very much) \_\_\_\_\_

Do you smoke tobacco regularly? \_\_\_\_\_ (Y/N)

Has your consumption of tobacco increased during the last year? \_\_\_\_\_ (Y/N)

Do you drink alcohol regularly? \_\_\_\_\_ (Y/N)

Has your consumption of alcohol increased during the last year? \_\_\_\_\_ (Y/N)

Have you taken psychoactive medication in the last year? \_\_\_\_\_ (Y/N)

## PART 2

Please reply to each question below with a score from 0 to 6 (one choice only per question).

The meaning of the scores are explained below:

- 0 = never,
- 1 = a few times a year or less frequently,
- 2 = once a month or less frequently,
- 3 = a few times a month,
- 4 = once a week,
- 5 = a few times a week,
- 6 = every day

1. I feel emotionally drained from work

Score =

2. I feel used up at the end of the workday

Score =

3. I feel fatigued when I get up in the morning and have to face another day on the job

Score =

4. I can easily understand how my patients feel about things

Score =

5. I feel I treat some patients as if they were impersonal objects

Score =

6. Working with people all day is really a strain for me

Score =

7. I deal very effectively with the problems of my patients

Score =

8. I feel burned out from my work

Score =

9. I feel I am positively influencing other people's lives through my work

Score =

10. I have become more callous towards people since I took this job

Score =

11. I worry that this job is hardening me emotionally

Score =

12. I feel very energetic

Score =

13. I feel frustrated by my job

Score =

14. I feel that I am working too hard on my job

Score =

15. I do not really care what happens to some patients

Score =

16. Working with people directly puts too much stress on me

Score =

17. I can easily create a relaxed atmosphere with my patients

Score =

18. I feel exhilarated after working closely with my patients

Score =

19. I have accomplished many worthwhile things in this job

Score =

20. I feel like I am at the end of my rope

Score =

21. In my work I deal with emotional problems very calmly

Score =

22. I feel patients blame me for some of their problems

Score =

***Thank you for your time.***