Mayo Clinic Physician Well-being Index

During the past month...

- have you felt burned out from your work?
- have you worried that your work is hardening you emotionally?
- have you often been bothered by feeling down, depressed, or hopeless?
- have you fallen asleep while stopped in traffic or driving?
- have you felt that all the things you had to do were piling up so high that you could not overcome them?
- have you been bothered by emotional problems (such as feeling anxious, depressed, or irritable)?
- has your physical health interfered with your ability to do your daily work at home and/or away from home?

*Each question is answered using a yes/no scale. Basic scoring systems and weighted scoring approaches that may improve sensitivity and specificity for predicting specific outcomes (eg, mental quality of life; suicidal ideation) are reviewed in reference 31.