

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.

An Interactive Individualized Intervention to Promote Behavioral Change to Increase Personal Well-Being in US Surgeons.

Shanafelt, Tait; Kaups, Krista; MD, MSc; Nelson, Heidi; Satele, Daniel; Sloan, Jeff; Oreskovich, Michael; Dyrbye, Lotte

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