

## SURVEY: STRESS and BURNOUT SYNDROME RISK POTENTIAL

Dear student,

this is a survey about personal stress and burnout syndrome risk potential for students in secondary school. It was used in our final paper at HLW St. Veit about the topic BURNOUT in school year 2018/19. Although it is based on tests published by psychologist working in the field of burnout syndrome this is not a standardized psychological test. We do not offer professional analysis, because we are no psychologist. Any way you should be careful with any online surveys that promise to do so. These questions were written/adapted for students and their situation dealing with school stress and exams. Try the survey to reflect on your actual stress level and talk about the results with persons you trust. If you feel stressed and exhausted on a regular basis and at an intensity that worries you, please seek professional guidance.

### QUESTIONS

1. I feel energetic.

- Never.
- Rarely.
- Often.
- Always.

2. I only get bad grades, although I keep learning.

- Strongly disagree.
- Disagree.
- Agree.
- Strongly agree.

3. At school I deal with emotional problems with ease.

- Strongly disagree.
- Disagree.
- Agree.
- Strongly agree.

4. I can manage my schedules effectively.

- Strongly disagree.
- Disagree.
- Agree.
- Strongly agree.

5. I have enough time for my friends and my hobbies besides the school.

- Strongly disagree.
- Disagree.
- Agree.
- Strongly agree.

6. I feel already tired when I get up in the morning.

- Never.
- Rarely.
- Often.
- Always.

7. Direct contact with people at school stresses me too much.

- Strongly disagree.
- Disagree.
- Agree.
- Strongly agree.

8. I sleep badly, especially before exams.

- Never.
- Rarely.
- Often.
- Always.

9. I am often ill.

- Strongly disagree.
- Disagree.
- Agree.
- Strongly agree.

10. A lot of pressure is on my shoulders.

- Never.
- Rarely.
- Often.
- Always.

11. I suffer from physical pains (e.g. headache, stomach ache...).

- Never.
- Rarely.
- Often.
- Always.

12.I feel emotionally exhausted through school.

- Never.
- Rarely.
- Often.
- Always.

13.I have sufficient and restorative sleep.

- Never.
- Rarely.
- Often.
- Always.

14.I do not care about other people.

- Strongly disagree.
- Disagree.
- Agree.
- Strongly agree.

15.Bad grades on exams motivate me to learn more.

- Strongly disagree.
- Disagree.
- Agree.
- Strongly agree.

16.I get too little recognition for what I do.

- Strongly disagree.
- Disagree.
- Agree.
- Strongly agree.

17.I feel like I do too much for school.

- Strongly disagree.
- Disagree.
- Agree.
- Strongly agree.

18.I find it easy to relax.

- Never.
- Rarely.
- Often.
- Always.

19. I am frustrated.

- Never.
- Rarely.
- Often.
- Always.

Find out more about the School partnership HEALTH 4 U on [www.h4u.erasmus.com](http://www.h4u.erasmus.com)

Find out more about our school on [www.hlw.at](http://www.hlw.at)

---

This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

