

Check Yourself for Working Parent Burnout

The 10-item Working Parent Burnout Scale is a tool that can be used to help both parents and clinicians determine whether a parent is experiencing burnout. This scale is free for use and should be employed more readily in the clinical setting as part of routine visits, but especially if a child or parent is being seen for a mental health condition. This scale has demonstrated validity and reliability to detect parental burnout in the working parent population.

Step one: Complete the scale

	Not at all	A little	Somewhat	Moderately so	Very much so
Item 1: I get/feel easily irritated with my children.					
Item 2: I feel that I am not the good parent that I used to be to my child(ren).					
Item 3: I wake up exhausted at the thought of another day with my children.					
Item 4: I find joy in parenting my children.					
Item 5: I have guilt about being a working parent, which affects how I parent my children.					
Item 6: I feel like I am in survival mode as a parent.					
Item 7: Parenting my children is stressful.					
Item 8: I lose my temper easily with my children.					
Item 9: I feel overwhelmed trying to balance my job and parenting responsibilities.					
Item 10: I am doing a good job being a parent.					

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Step two: Score each item on the scale

For all questions except questions 4 and 10, use these point values.

Not at all = 0 points
A little = 1 point
Somewhat = 2 points
Moderately so = 3 points
Very much so = 4 points

Questions 4 and 10 use reverse scoring. Use these point values for questions 4 and 10.

Not at all = 4 points
A little = 3 points
Somewhat = 2 points
Moderately so = 1 point
Very much so = 0 points

Step three: Calculate the total score

Add all points together for a final score.

Step four: Interpret the score

0-10 Points: No or few signs of burnout

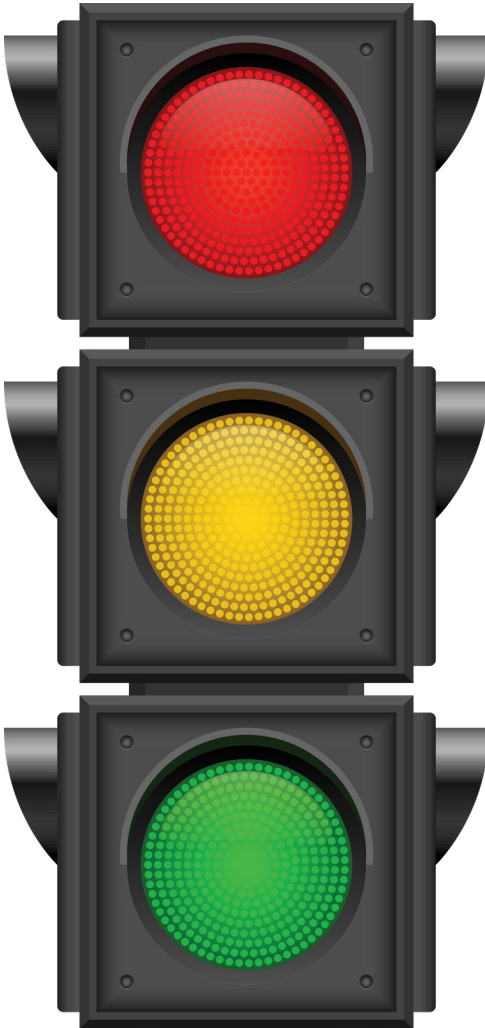
11-20 Points: Mild burnout

21-30 Points: Moderate burnout

31+ Points: Severe burnout



Step 5: Take the next steps



Score 31+: Severe burnout – Ask for help from your healthcare provider or mental health professional; connect with family members and friends. Utilize available resources.

Score 21-30: Moderate burnout – Take action! Start interventions (e.g., take time out of each day to do something for your mental health and well-being), decrease stressors, use available resources and consider asking for help. If your level of burnout is interfering with your ability to function or concentrate, seek mental health help immediately. It is a strength to recognize when help is needed, not a weakness.

Score 11-20: Mild burnout – Start preventive interventions such as taking short recovery breaks each day to do something for your mental health and well-being, decrease stressors and identify resources to help.

Score 0-10: No or few signs of burnout – you should continue to do the things you are doing and remember to prioritize good self-care.

Overall, based on your definition of burnout, how would you rate your level of burnout regarding being a working parent?

- I enjoy being a working parent. I have no symptoms of burnout. (0 points)
- Occasionally I am under stress, and I don't always have as much energy as I once did, but I don't feel burned out. (1 point)
- I am definitely burning out from being a working parent and have one or more symptoms of burnout, such as physical and emotional exhaustion. (2 points)
- The symptoms of burnout from being a working parent that I'm experiencing won't go away. I think about my frustration with being a working parent a lot. (3 points)
- I feel completely burned out from being a working parent and often wonder if I can go on. I am at the point where I may need some changes or may need to seek some sort of help. (4 points)

A score of 2 or higher indicates you may be experiencing working parental burnout.

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