

COVID-19 burnout scale

Items	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
1. I feel emotionally tired because of the COVID-19 pandemic					
2. I feel sad because of the COVID-19 pandemic					
3. I feel angry because of the COVID-19 pandemic					
4. I feel frustrated because of the COVID-19 pandemic					
5. I feel upset because of the COVID-19 pandemic					
6. I feel physically tired because of the COVID-19 pandemic					
7. I have lost my energy because of the COVID-19 pandemic					
8. I have difficulties in sleep because of the COVID-19 pandemic					
9. I feel tired in my daily life because of the COVID-19 pandemic					
10. I feel tired applying personal protection measures, e.g. wearing a face mask					
11. I feel tired applying measures in case of COVID-19 symptoms, e.g. rapid tests and PCR tests					
12. I feel tired applying measures in case of COVID-19 infection, e.g. isolation					
13. I feel tired of getting vaccinated against coronavirus					

Factors:

- emotional exhaustion (items #1, #2, #3, #4, #5)
- physical exhaustion (items #6, #7, #8, #9)
- exhaustion due to measures against the COVID-19 (items #10, #11, #12, #13)

Sum the answers in all items and divide the aggregate by total number of answers in order to calculate the total score for the COVID-19 burnout scale. Similarly, calculate the score for each factor.

All scores range from one to five. Higher scores indicate higher levels of burnout.

Please, use the following reference for the development of the scale:

Galanis P, Katsiroumpa A, Sourtzi P, Siskou O, Konstantakopoulou O, Kaitelidou D. The COVID-19 burnout scale: development and initial validation. *J Ment Health*. 2023;32(5):985-994. doi:10.1080/09638237.2023.2245914.

Other related publications

Galanis P, Katsiroumpa A, Sourtzi P, Siskou O, Konstantakopoulou O, Katsoulas T, Kaitelidou D. COVID-19-Related Burnout and Intention of Fully Vaccinated Individuals to Get a Booster Dose: The Mediating Role of Resilience. *Vaccines*. 2023; 11(1):62. <https://doi.org/10.3390/vaccines11010062>

Galanis P, Katsiroumpa A, Sourtzi P, Siskou O, Konstantakopoulou O, Katsoulas T, Kaitelidou D. Social Support Mediates the Relationship between COVID-19-Related Burnout and Booster Vaccination Willingness among Fully Vaccinated Nurses. *Vaccines*. 2023; 11(1):46. <https://doi.org/10.3390/vaccines11010046>

Galanis P, Katsiroumpa A, Vraika I, Siskou O, Konstantakopoulou O, Kaitelidou D. COVID-19-related burnout reduces COVID-19 vaccination intention in cardiac patients. *Arch Hellen Med*, 2023, 40:825-832