

Appendix

Mini Z 2.0 Survey

1. Overall, I am satisfied with my current job:

5.Strongly agree 4.Agree 3.Neither agree/disagree 2.Disagree 1.Strongly disagree

2. Using your own definition of “burnout”, please circle one of the answers below:

5. I enjoy my work. I have no symptoms of burnout.
4. I am under stress, and don't always have as much energy as I did, but I don't feel burned out.
3. I am definitely burning out and have one or more symptoms of burnout, e.g. emotional exhaustion.
2. The symptoms of burnout that I'm experiencing won't go away. I think about work frustrations a lot.
1. I feel completely burned out. I am at the point where I may need to seek help.

3. My professional values are well aligned with those of my department leaders:

5.Strongly agree 4.Agree 3.Neither agree/disagree 2.Disagree 1.Strongly disagree

4. The degree to which my care team works efficiently together is:

5 – Optimal 4 – Good 3 – Satisfactory 2 – Marginal 1– Poor

5. I feel a great deal of stress because of my job

5.Strongly disagree 4. Disagree 3.Neither agree/disagree 2.Agree 1. Agree strongly

6. The amount of time I spend on the electronic medical record (EMR) at home is:

5 – Minimal/none 4 – Modest 3 – Satisfactory 2 – Moderately high 1 – Excessive

7. Sufficiency of time for documentation is:

5 – Optimal 4 – Good 3 – Satisfactory 2 – Marginal 1– Poor

8. Which number best describes the atmosphere in your primary work area?

5. Calm 4 3.Busy, but reasonable 2 1. Hectic, chaotic

9. My control over my workload is:

5 – Optimal 4 – Good 3 – Satisfactory 2 – Marginal 1– Poor

10. The EMR adds to the frustration of my day.

5.Strongly disagree 4.Disagree 3.Neither agree/disagree 2.Agree 1.Strongly agree

Mini Z 2.0 Survey.

The Mini Z survey, created by Dr Mark Linzer and his team at Hennepin Healthcare in Minneapolis, Minnesota, is a versatile tool designed for use in research, programme evaluation and educational purposes without any restrictions. However, its use in commercial or revenue-generating contexts requires prior approval from Dr Linzer or the Hennepin Healthcare Institute for Professional Worklife. For more information, visit www.professionalworklife.com.