



findyourneurotype

SAMPLE REPORT

PREMIUM REPORT

Burnout Screening (OLBI)

Neurodevelopmental Screening Report

PREPARED FOR

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Burnout Screening (OLBI)

Neurodevelopmental Screening Report

39

/ 48

Score

81%

Percentage

Moderate Burnout

Result

Significant exhaustion and disengagement are affecting your wellbeing and performance.

Category Breakdown

Category	Distribution	Pts
Exhaustion		16
Cynicism		13
Self efficacy loss		10

Your Responses

Each answer contributed to your score.

#	Question	Your answer	Pts
1	There are days when I feel tired before I arrive at work. exhaustion	Agree	2
2	After my work, I tend to need more time to relax and feel better than in the past. exhaustion	Agree	2



#	Question	Your answer	Pts
3	I can tolerate the pressure of my work very well. exhaustion	Agree	1
4	During my work, I often feel emotionally drained. exhaustion	Agree	2
5	After my work, I generally feel worn out and weary. exhaustion	Agree	2
6	I always find new and interesting aspects in my work. exhaustion	Agree	1
7	I talk about my work in a negative way more and more often. exhaustion	Agree	2
8	After working, I have enough energy for my leisure activities. exhaustion	Agree	1
9	Over time, I can become disconnected from this type of work. disengagement	Agree	2
10	This is the only type of work that I can imagine myself doing. disengagement	Agree	1
11	I had more enthusiasm for my work than I have now. disengagement	Agree	2
12	I find my work full of meaning and purpose. disengagement	Agree	1
13	I feel more and more engaged in my work. disengagement	Agree	1
14	My enthusiasm for this job is decreasing. disengagement	Agree	2
15	I find my work to be a positive challenge.	Agree	1



#	Question	Your answer	Pts
5	disengagement		
16	I am developing a negative attitude towards the function and purpose of my work. disengagement	Agree	2



AI Interpretation by Claude (Anthropic)

claude-sonnet-4-20250514

Thank you for taking the time to complete this burnout screening—doing so takes a real degree of self-awareness and courage, especially when things feel heavy. Your results suggest you’re experiencing a moderate level of burnout, and if you’ve been feeling worn down, emotionally distant, or less confident in your abilities lately, please know that this is a genuinely common experience. Many people navigating demanding work, caregiving responsibilities, or prolonged stress find themselves in a similar place. You are not alone in this, and recognizing it is an important first step toward feeling better.

In plain terms, your screening shows elevated exhaustion (16), meaningful cynicism or emotional distancing (13), and some erosion in your sense of self-efficacy (10). Together, these paint a picture of someone whose internal resources have been stretched thin for a while. Exhaustion often shows up as fatigue that doesn’t fully lift with rest; cynicism can look like detachment, irritability, or feeling less connected to work or relationships that once felt meaningful; and a dip in self-efficacy might mean you’re questioning your competence or effectiveness more than usual. These are understandable responses to sustained strain, not personal failings or fixed traits.

There are meaningful, gentle steps you can take starting now. Consider building small, protected pockets of rest into your day—even 10–15 minutes of genuine downtime can help regulate your nervous system over time. Reconnecting with one or two activities or relationships that once felt energizing, even in small doses, can help counter the cynicism and distancing you may be feeling. It can also help to reassess your workload or responsibilities, looking for even one area where you might delegate, simplify, or say no, so your energy has room to replenish.

Please remember this screening is a helpful starting point for reflection, not a clinical diagnosis. Your experience deserves compassionate, personalized attention, and reaching out to a licensed therapist, counselor, or healthcare provider can offer you real support and tailored strategies. With the right guidance



and small, consistent changes, it is entirely possible to feel more balanced, energized, and like yourself again. You've already taken a meaningful step by seeking to understand what you're going through—that matters.

Recommendations

Seek support actively. Speak with an occupational health professional. Rest and reduce responsibilities.

Important Notice

This report is a screening tool only and does not constitute a medical or psychological diagnosis.

This test does not replace a professional evaluation. For a reliable diagnosis, please consult a neuropsychologist, psychiatrist, or qualified healthcare professional.