findyourneurotype

SAMPLE · fictional data

Sample report

Burnout Test (OLBI)

Self-assessment questionnaire

Prepared for	Date	Questions	Reference
Sophie Martin	**January 19, 2026**	**16**	**00000018**

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This report is a self-assessment tool. It is not a medical or psychological diagnosis.

Your result

39 / 48

Moderate Burnout

81 % of the maximum score



Significant exhaustion and disengagement are affecting your wellbeing and performance.

What your answers say

Written by Claude (Anthropic) from your answers.

Thank you for taking the time to complete this burnout screening—doing so takes honesty and self-awareness, and that in itself is worth recognizing. Your results point to a pattern of moderate burnout, with elevated exhaustion, noticeable cynicism, and some erosion in your sense of effectiveness. If you've been feeling depleted, emotionally distant from work or responsibilities, or doubting your own competence lately, please know this is a genuinely common experience. Many people moving through demanding seasons of life—whether professional, academic, or caregiving—encounter these same feelings, and recognizing them is an important first step toward addressing them.

In plain terms, your score suggests that your energy reserves are running low (exhaustion), that you may be feeling more detached, skeptical, or emotionally guarded about your work or daily responsibilities (cynicism), and that your confidence in your own abilities has taken a bit of a hit (self-efficacy loss). Together, these three dimensions paint a picture of someone who has likely been giving a great deal for a while without adequate opportunity to recover. This is not a character flaw or a permanent state—it's often a signal from your mind and body that something in your current rhythm needs adjustment.

Consider starting with small, sustainable changes rather than a complete overhaul. Building in short, consistent breaks throughout your day—even five to ten minutes of stepping away—can help restore some mental clarity. Reconnecting with one or two aspects of your work or routine that once felt meaningful may help counter the cynicism, even in a small way. Additionally, being intentional about sleep, movement, and social connection outside of obligations can gradually rebuild your reserves.

Please remember that this screening offers a helpful snapshot, not a clinical diagnosis. Your experience is valid, and support is available. Reaching out to a licensed therapist, counselor, or healthcare provider can offer personalized guidance and a safe space to explore what's contributing to these feelings. With the right support and some intentional adjustments, it's entirely possible to feel more balanced, energized, and connected again. You've already taken a meaningful step by seeking to understand yourself better.

Next steps

Pick one or two. Regularity matters more than duration.

Recommendation

Moderate Burnout

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

To talk about it with a professional

Psychologist, therapist, doctor: this report can start the conversation.

- Bring page 2 (result by dimension).
- Note one or two situations that were hard for you lately.
- Say what you would like to change, even vaguely.

Need to talk to someone now? Call Suicide & Crisis Lifeline on **988**, or 911 in an emergency.

This report is a self-assessment tool. It does not replace an assessment by a professional. For a reliable diagnosis, see a neuropsychologist, a psychiatrist or another qualified healthcare professional.

Prepare your appointment

Doctor, psychiatrist, psychologist, neuropsychologist: bring this page. Fill it in a few days before, when examples come to mind.

My key figures

Burnout Test (OLBI) · 39 / 48 (81 %) · Moderate Burnout

Test taken on January 19, 2026 · reference 00000018

Examples from my daily life

Work or studies, home, relationships: two or three concrete situations, with what happened.

Since when?

Was it already there in childhood or adolescence? School reports or a relative's memories can help.

What I would like to change

Even vaguely: what costs you the most energy today.

Questions I can ask

- ☐ Is a full assessment useful in my case, and with whom?
- ☐ How long is the wait, and what can I do in the meantime?
- ☐ Could something else explain this (sleep, stress, thyroid, another condition)?
- ☐ What support exists, at work or in my studies?
- ☐ What should I bring next time?

Your answers

Scale from “Strongly Disagree” to “Strongly Agree”.

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

“Reversed”: these questions are scored the other way round from the others.