DRAFT Questionnaire

The Mini-Z Clinician Worklife Questionnaire

For questions 1-10, please circle the best answer.

1. Overall, I am satisfied with my current job:
   Strongly disagree  Disagree  Neither agree nor disagree  Agree  Agree strongly

2. I feel a great deal of stress because of my job:
   Strongly disagree  Disagree  Neither agree nor disagree  Agree  Agree strongly

3. Using your own definition of “burnout”, please circle one of the answers below:
   1. I enjoy my work. I have no symptoms of burnout.
   2. 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.
   4. The symptoms of burnout that I’m experiencing won’t go away. I think about work frustrations a lot.
   5. I feel completely burned out. I am at the point where I may need to seek help.

4. My control over my workload is:
   1 - Poor  2 - Marginal  3 - Satisfactory  4 - Good  5 - Optimal

5. Sufficiency of time for documentation is:
   1 - Poor  2 - Marginal  3 - Satisfactory  4 - Good  5 - Optimal

6. Which number best describes the atmosphere in your primary work area?
   Calm  2 - Busy, but reasonable  3 - Hectic, chaotic

7. My professional values are well aligned with those of my department leaders:
   Strongly disagree  Disagree  Neither agree nor disagree  Agree  Agree strongly

8. The degree to which my care team works efficiently together is:
   1 - Poor  2 - Marginal  3 - Satisfactory  4 - Good  5 - Optimal

9. The amount of time I spend on the electronic medical record (EMR) at home is:
   1 - Excessive  2 - Moderately high  3 - Satisfactory  4 - Modest  5 - Minimal/none

10. My proficiency with EMR use is:
    1 - Poor  2 - Marginal  3 - Satisfactory  4 - Good  5 - Optimal

11. Tell us more about your stresses and what we can do to minimize them:

Please tell us about yourself:

Gender:  _____ Female  _____ Male  Number of years in current practice:  _____

Are you:  _____ MD  _____ NP  _____ PA

Practice type:  _____ Primary care  _____ Non-procedural specialist (Specify:  _____)
   _____ Procedural specialist (Specify:  _____)

Which clinical site:  __________________________

% of time you do:
   _____ Clinical Practice  _____ Research  _____ Teaching  _____ Administrative  _____ Office time
   _____ Other (please explain)  __________________________

This survey was developed by Dr. Mark Linzer (Division Director, General Internal Medicine) and his team at Hennepin County Medical Center in Minneapolis MN as part of his ongoing research in Clinician Worklife and Burnout Prevention. This is adapted from the ZBP (Zero Burnout Program) instrument; detailed surveys such as the ZBP may be needed for in depth evaluations.