Mini Z survey 2.0 (for individual scoring)

For questions 1-10, please indicate the best answer. (Numeric score indicated by number next to response.)

1. Overall, I am satisfied with my current job:
   5=Agree strongly  4=Agree  3=Neither agree nor disagree  2=Disagree  1=Strongly disagree

2. Using your own definition of “burnout”, please choose one of the numbers below:
   5=I enjoy my work. I have no symptoms of burnout.
   4= I am beginning to burn out and have one or more symptoms of burnout, e.g. emotional exhaustion.
   2= I feel completely burned out. I am at the point where I may need to seek help.
   *If you select 1 or 2, please consider seeking assistance – call your insurance provider or employee assistance plan (EAP)

3. My professional values are well aligned with those of my clinical leaders:
   5=Agree strongly  4=Agree  3=Neither agree nor disagree  2=Disagree  1=Strongly disagree

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

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

6. I feel a great deal of stress because of my job
   1=Agree strongly  2=Agree  3=Neither agree nor disagree  4=Disagree  5=Strongly disagree

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

8. 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

9. The EMR adds to the frustration of my day:
   1=Agree strongly  2=Agree  3=Neither agree nor disagree  4=Disagree  5=Strongly disagree

10. Which number best describes the atmosphere in your primary work area?
    Calm  5  Busy, but reasonable  4  Hectic, chaotic  3  2  1

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

Total Score

Scoring your Mini Z: add the numbered responses from questions 1-10. Range 10-50 ( >= 40 is a joyful workplace).

Subscale 1 (supportive work environment) = add the numbered responses to questions 1-5. Range 4-25 ( >= 20 is a highly supportive practice!).

Subscale 2 (work pace and EMR stress) = add the numbered responses to questions 6-10. Range 4-25 ( >= 20 is an office with reasonable pace and manageable EMR stress!).