

## Student version of the BAT

### Instruction

The following statements are related to your studies and how you experience that. Please state how often each statement applies to you.

### Scoring

Never	Rarely	Sometimes	Often	Always
1	2	3	4	5

### Core symptoms

	Never	Rarely	Sometimes	Often	Always
<b>Exhaustion</b>					
Due to my studies, I feel mentally exhausted*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everything I do for my studies requires a great deal of effort	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After a day working on my study, I find it hard to recover my energy*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
While working on my studies, I feel physically exhausted*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I get up in the morning, I lack the energy to get started with my studies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I want to be active when I am working on my studies but somehow, I am unable to manage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I exert myself for my studies, I quickly get tired	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
At the end of a day of working on my studies, I feel mentally exhausted and drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Mental distance</b>					
I struggle to find any enthusiasm for my studies*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I am working on my studies, I do not think much about what I am doing, and I function on autopilot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel a strong aversion towards my studies*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel indifferent about my studies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I'm cynical about the importance of my studies*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Cognitive impairment</b>					
When I am working on my studies, I have trouble staying focused*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I am working on my studies, I struggle to think clearly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am forgetful and distracted when I am working on my studies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## BURNOUT ASSESSMENT TOOL – Version for students

When I am working on my studies, I have trouble concentrating\*

I make mistakes while working on my studies because I have my mind on other things\*

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### *Emotional impairment*

I feel unable to control my emotions\*

I do not recognize myself in the way I react emotionally\*

I become irritable when things don't go my way

I get upset or sad without knowing why

I may overreact unintentionally\*

\*Short 12-item version

### *Secondary complaints*

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	Never	Rarely	Sometimes	Often	Always
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#### *Psychological distress*

I have trouble falling or staying asleep

I tend to worry

I feel tense and stressed

I feel anxious and/or suffer from panic attacks

Noise and crowds disturb me

#### *Psychosomatic complaints*

I suffer from palpitations or chest pain

I suffer from stomach and/or intestinal complaints

I suffer from headaches

I suffer from muscle pain, for example in the neck, shoulder or back

I often get sick

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