

Profile of Mood States (Anger and Exhaustion Burnout Scale)

Many things in your day-to-day life can affect how you feel (for example, relationships, health, work, political issues, etc.). Below is a list of words that describe feelings you may have. Please read them carefully. Then, for each word, select the ONE response that best describes how you've been feeling during the **past month including today**.

	Not at All	A Little	Moderately	Quite a Bit	Extremely
1. Worn out	0	1	2	3	4
2. Resentful	0	1	2	3	4
3. Annoyed	0	1	2	3	4
4. Fatigued	0	1	2	3	4
5. Bitter	0	1	2	3	4
6. Exhausted	0	1	2	3	4
7. Helpless	0	1	2	3	4
8. Cynical	0	1	2	3	4
9. Irritated	0	1	2	3	4
10. Drained	0	1	2	3	4
11. Overwhelmed	0	1	2	3	4
12. Enraged	0	1	2	3	4
13. Emotionally numb	0	1	2	3	4
14. Angry	0	1	2	3	4
15. Burned out	0	1	2	3	4
16. Furious	0	1	2	3	4