

# Stanford Professional Fulfillment Index

## Appendix A.1 Professional Fulfillment Index

**Table 6** How true do you feel the following statements are about you at work during the past two weeks?

	Not at all true Score=0	Somewhat true Score=1	Moderately true Score=2	Very True Score=3	Completely true Score=4
a. I feel happy at work	[ ]	[ ]	[ ]	[ ]	[ ]
b. I feel worthwhile at work	[ ]	[ ]	[ ]	[ ]	[ ]
c. My work is satisfying to me	[ ]	[ ]	[ ]	[ ]	[ ]
d. I feel in control when dealing with difficult problems at work	[ ]	[ ]	[ ]	[ ]	[ ]
e. My work is meaningful to me	[ ]	[ ]	[ ]	[ ]	[ ]
f. I'm contributing professionally (e.g. patient care, teaching, research, and leadership) in the ways I value most	[ ]	[ ]	[ ]	[ ]	[ ]

**Table 7** To what degree have you experienced the following?

During the past two weeks I have felt...	Not at all Score=0	Very little Score=1	Moderately Score=2	A lot Score=3	Extremely Score=4
a. A sense of dread when I think about work I have to do	[ ]	[ ]	[ ]	[ ]	[ ]
b. Physically exhausted at work	[ ]	[ ]	[ ]	[ ]	[ ]
c. Lacking in enthusiasm at work	[ ]	[ ]	[ ]	[ ]	[ ]
d. Emotionally exhausted at work	[ ]	[ ]	[ ]	[ ]	[ ]
During the past two weeks my job has contributed to me feeling...	Not at all Score=0	Very little Score=1	Moderately Score=2	A lot Score=3	Extremely Score=4
a. Less empathetic with my patients	[ ]	[ ]	[ ]	[ ]	[ ]
b. Less empathetic with my colleagues	[ ]	[ ]	[ ]	[ ]	[ ]
c. Less sensitive to others' feelings/emotions	[ ]	[ ]	[ ]	[ ]	[ ]
d. Less interested in talking with my patients	[ ]	[ ]	[ ]	[ ]	[ ]
e. Less connected with my patients	[ ]	[ ]	[ ]	[ ]	[ ]
f. Less connected with my colleagues	[ ]	[ ]	[ ]	[ ]	[ ]

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