

## Intake

- o What are the complaints? (Physical / Mental)
- o When did it start?
- o What causes it? (hypothesis cause)
- o What are the consequences?
- o How great is the burden of suffering?
- o What does the work situation look like?
- o What have you already tried?
- o When does it get worse?
- o When is it going better / no burden? (exception)
- o What is the request for help and are the expectations?
- o What could be obstacles?
- o How is the motivation?
- o How is the feasibility?
- o Are there any injuries?
- o Still things that are important to know, something not covered?
- o Draw up and score 3 goals \*
- o Explain training (rational sport, yoga, mindfulness)
- o Explain practical matters (dates, times, sportswear)
- o Who is going to finance it?
- o Who is the company doctor?
- o Go through exclusion criteria
- o Take informed consent research or have it signed
- o Any questions?
- o Add to this the “DSM-style” definition of Span (source: Guidelines Burnout Treatment, NVAB, 2011, p. 21).

Overstrained occurs if all four of the following criteria are met:

- A. At least three of the following complaints are present: 1. Fatigue; 2. Disturbed or restless sleep; 3. Irritability; 4. Not able to cope with crowds / noise; 5. Emotional lability; 6. Worry; 7. Feeling rushed; 8. Concentration problems and / or forgetfulness. These can be asked during the intake, just like with other DSM criteria.
- B. Feelings of loss of control and / or powerlessness occur in response to the inability to handle stressors in daily functioning. The stress management falls short; the person can no longer handle it and has the feeling of losing the grip. As with the B criterion other DSM classifications, intaker can either ask for this or estimate it based on story participant.
- C. There are significant limitations in professional and / or social functioning. As with C-criterion other DSM classifications, intaker can either ask for this or estimate it based on story participant.
- D. The distress, loss of control and dysfunction are not only the direct result of a psychiatric disorder. Can be determined by the intaker.

Burnout occurs when all three of the following criteria are met:

- A. There is overstrained. See criteria above.
- B. The complaints started more than six months ago.
- C. Feelings of fatigue and exhaustion are paramount. Intaker can determine based on participant's story.