



Post-Webinar Test Questions:

Kari Carter-Cherelus, RDH, DA– From Burnout to Recovery Bravely Beating Professional Burnout

1. According to the World Health Organization, Burnout Syndrome is a state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress in the workplace.
 - a. True
 - b. False

2. Burnout feels like:
 - a. Exhaustion
 - b. Lack of Motivation
 - c. Irritable
 - d. Unfulfilled
 - e. All of the above and more

3. Dentistry is a high-stress career with high rates of depression, anxiety, and addiction.
 - a. True
 - b. False

4. Ways to improve work culture include:
 - a. Take CE courses as an office
 - b. Evaluate pay and benefits to be sure they are competitive
 - c. Engage team members
 - d. Team building exercises and meetings
 - e. All of the above

5. 42% of women say they have consistently felt burned out at work in 2021.
 - a. True
 - b. False

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