

THE PHYSICIAN WELLNESS INVENTORY

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Circle the number in the appropriate column	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
1. Working with patients brings me satisfaction.	1	2	3	4	5	CP_____
2. I often see more than one side to an issue.	1	2	3	4	5	CF _____
3. Over the last month, I have been bothered by feeling nervous, anxious or on edge.	1	2	3	4	5	D_____
4. During the last month, I have been bothered by little interest or pleasure in doing things.	1	2	3	4	5	D_____
5. I feel a spiritual purpose or connection in my life's work.	1	2	3	4	5	CP_____
6. I am open to new ideas and ways of doing things in the workplace.	1	2	3	4	5	CF _____
7. During the past month, my inability to control my distress has negatively affected the care I give patients.	1	2	3	4	5	D_____
8. I spend time reflecting on things I can improve about myself, my life, and my professional role.	1	2	3	4	5	CF _____
9. Over the past month, there has been a patient encounter that distresses me.	1	2	3	4	5	D_____
10. My work brings joy to my life.	1	2	3	4	5	CP_____
11. I am generally satisfied with my career choice.	1	2	3	4	5	CP_____
12. During the past month, I have often been distressed by administrative demands that compete with clinical duties.	1	2	3	4	5	D_____
13. Positive patient relationships outweigh negative patient relationships.	1	2	3	4	5	CP_____
14. Feeling compassion for others is a regular part of how I work.	1	2	3	4	5	CF _____

CP: Career Purpose assesses the meaning of your work. Mean: 4.12 SD: 0.66

Your score _____/5=_____

D: Distress assesses emotional distress and stress specific to physician responsibilities. Mean: 2.85 SD: 0.83

Your score _____/5=_____

CF: Cognitive Flexibility assesses open minded-ness and the ability to see different perspectives. Mean: 4.25 SD: 0.46

Your score _____/4=_____