

HOPE@WORK PRACTICE



The Parental Burnout QUIZ

If patience feels impossible
lately, this is for you.

Take the Parental Burnout Quiz to uncover
what's really behind your overwhelm and how
to find your way back to balance.

WELCOME!

Parenting can be deeply rewarding — and also deeply draining. When the demands never seem to stop and your energy feels completely spent, it's easy to lose sight of yourself in the process.

As a play therapist and parent coach, I've seen how often parents quietly carry exhaustion, guilt, and overwhelm — believing they just need to "push through." But sometimes, what's really needed is a pause.



This short quiz is designed to help you gently check in with where you are right now. It's not a diagnosis — just a moment of honest reflection on how much stress and depletion you may be feeling.

DISCLOSURE

This questionnaire is an empirically validated research instrument but is not a substitute for proper clinical diagnosis by a mental health professional. A high (or low) score on this test does not necessarily mean you do (or don't) have parental burnout - you should consult a qualified professional if you're seeking a diagnosis.

By signing up to this questionnaire, you've agreed to receive a sequence of emails with tips and suggestions for reducing your parental burnout score. These emails are not therapy and do not constitute a therapeutic relationship. You are free to unsubscribe at any time.

If you are in urgent need of mental health support in SA, then you should contact your GP who will refer you to the relevant health practitioner.

Let's go! →

TAKE THE QUIZ

The 'quiz' is the Parental Burnout Assessment (PBA), developed by the leading experts on parental burnout: Isabelle Roskam and Moira Mikolajczak (2018).

This quiz won't give you a diagnosis — just a gentle check-in on where your stress levels are right now. You'll see a few feelings many parents experience when life feels heavy. Simply choose how often each one feels true for you — no right or wrong answers, promise.

	NEVER	A FEW TIMES A YEAR	ONCE MONTH OR LESS	A FEW TIMES A MONTH	ONCE A WEEK	A FEW TIMES A WEEK	EVERY DAY
I'm so tired out by my role as a parent that sleeping doesn't seem like enough	0	1	2	3	4	5	6
I feel as though I've lost my direction as a dad/mum	0	1	2	3	4	5	6
I feel completely run down by my role as a parent	0	1	2	3	4	5	6
I have zero energy for looking after my child(ren)	0	1	2	3	4	5	6
I don't think I'm the good father/mother that I used to be to my child(ren)	0	1	2	3	4	5	6
I feel like I can't take any more as a parent	0	1	2	3	4	5	6
I have the impression that I'm looking after my child(ren) on autopilot	0	1	2	3	4	5	6
I have the sense that I'm really worn out as a parent	0	1	2	3	4	5	6
When I get up in the morning and have to face another day with my child(ren), I feel exhausted before I've even started	0	1	2	3	4	5	6

	NEVER	A FEW TIMES A YEAR	ONCE MONTH OR LESS	A FEW TIMES A MONTH	ONCE A WEEK	A FEW TIMES A WEEK	EVERY DAY
I don't enjoy being with my child(ren)	0	1	2	3	4	5	6
I feel like I can't cope as a parent	0	1	2	3	4	5	6
I tell myself that I'm no longer the parent I used to be	0	1	2	3	4	5	6
I do what I'm supposed to do for my child(ren), but nothing more	0	1	2	3	4	5	6
My role as a parent uses up all my resources	0	1	2	3	4	5	6
I can't take being a parent any more	0	1	2	3	4	5	6
I'm ashamed of the parent that I've become	0	1	2	3	4	5	6
I'm no longer proud of myself as a parent	0	1	2	3	4	5	6
I have the impression that I'm not myself any more when I'm interacting with my child(ren)	0	1	2	3	4	5	6
I'm no longer able to show my child(ren) how much I love them	0	1	2	3	4	5	6
I find it exhausting just thinking of everything I have to do for my child(ren)	0	1	2	3	4	5	6
Outside the usual routines (lifts in the car, bedtime, meals), I'm no longer able to make an effort for my child(ren)	0	1	2	3	4	5	6
I'm in survival mode in my role as a parent	0	1	2	3	4	5	6

Well done on completing the quiz. Now add up all your scores to get your PBA score - the minimum is 0 and the maximum is 138. You'll find your results on the next page.

QUIZ RESULTS

You scored 0-52 = You're not in parental burnout

Right now, you're not in parental burnout. You currently have the energy and resources required to handle the demands on you as a parent. This doesn't mean that you have never burned out or could never burn out - just that, for now, you have a good balance of demands and resources and although you have your bad days (like many of us) overall, you're a happy parent.

You scored 53-85= You're at risk of parental burnout

You're currently at moderate risk of developing parental burnout. It's an increased risk - not an inevitability. Think of it like the fuel light coming on in your car; it's a warning signal that you need to consider refuelling. You're doing a great job as a parent, but there are times when you feel exhausted or like you have too much on your plate. Now is the time to take stock and consider the ways that you could balance your parental stressors and resources more effectively. By signing up for this assessment, you will receive a series of emails on this subject to give you some ideas.

You scored 86-138= You could be in parental burnout

You might be in a season of deep exhaustion — the kind that no amount of rest seems to fix. Each day feels like a mountain to climb. You keep going, doing what needs to be done — school runs, dinner, bedtime — but it's all on autopilot. You try to stay present, but your energy is gone. You notice yourself snapping more than you'd like, then feeling guilty for it. You miss the parent you used to be — or wanted to be. You long for space, quiet, or simply to feel like yourself again. Then comes more guilt for even wanting that. It's an exhausting cycle: pushing through, feeling bad, and trying harder. If this feels familiar, please know — it doesn't mean you're a bad parent. It means you're overwhelmed and need care, too. It's time to pause, to rest, and to reach out for support. You deserve that — and so do your children. A qualified professional can help you better understand how and why you got here, and provide you with directions to help get back on track. The emails that follow this download will give you some first steps.