



Scan for more tools

Underrated
Superhero

Autistic Burnout Screeners

Identifies signs of burnout in autistic individuals, focusing on sensory, emotional, and functional domains.

Instructions: Mark how often each statement has been true in the past month.

Rating Scale:

0 = **Never** 1 = **Rarely** 2 = **Sometimes** 3 = **Often**

Section A – Sensory Fatigue				
Items	0	1	2	3
Everyday sounds feel louder or more overwhelming than usual.				
I feel exhausted after being in bright or visually busy spaces.				
Textures, smells, or tastes I normally tolerate now bother me.				
Section B – Emotional Exhaustion				
Items	0	1	2	3
I feel emotionally drained after routine social interactions.				
I have less patience or tolerance for daily stressors.				
I feel numb or disconnected from my feelings.				
Section C – Reduced Functioning				
Items	0	1	2	3
I need more recovery time after tasks than usual.				
I've stopped or reduced doing activities I enjoy.				
Routine self-care tasks feel harder or overwhelming.				

Scoring Guide:

- **0–9:** Low likelihood of burnout; continue monitoring.
- **10–18:** Early signs; adjust workload and sensory input.
- **19–27:** Significant burnout risk; prioritize rest and support.

Part of the Clinical Screening Series – theunderratedsuperhero.com/resource-library-hub/

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Notes
