

Copenhagen Burnout Inventory

Date of assessment: _____ dd / mm / yyyy Patient information: _____

Assessor name: _____

The Copenhagen Burnout Inventory (CBI) measures burnout levels across three domains: personal burnout, work-related burnout, and client-related burnout. Read each question carefully and select the response that best reflects your experience. Each response has a corresponding percentage value, which will be used to calculate your score. Be honest and choose the option that most accurately describes your feelings.

PERSONAL BURNOUT

How often do you feel tired?

- ☐ Always
☐ Often
☐ Sometimes
☐ Seldom
☐ Never or almost never

How often are you physically exhausted?

- ☐ Always
☐ Often
☐ Sometimes
☐ Seldom
☐ Never or almost never

How often are you emotionally exhausted?

- ☐ Always
☐ Often
☐ Sometimes
☐ Seldom
☐ Never or almost never

How often do you think: "I can't take it anymore?"

- ☐ Always
☐ Often
☐ Sometimes
☐ Seldom
☐ Never or almost never

How often do you feel worn out?

- ☐ Always
☐ Often
☐ Sometimes
☐ Seldom
☐ Never or almost never

How often do you feel weak and susceptible to illness?

- ☐ Always
☐ Often
☐ Sometimes
☐ Seldom
☐ Never or almost never

WORK-RELATED BURNOUT

Do you feel worn out at the end of the working day?

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Seldom
- ☐ Never or almost never

Are you exhausted in the morning at the thought of another day at work?

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Seldom
- ☐ Never or almost never

Do you feel that every working hour is tiring for you?

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Seldom
- ☐ Never or almost never

Do you have enough energy for family and friends during leisure time?

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Seldom
- ☐ Never or almost never

Is your work emotionally exhausting?

- ☐ To a very high degree
- ☐ To a high degree
- ☐ Somewhat
- ☐ To a low degree
- ☐ To a very low degree

Does your work frustrate you?

- ☐ To a very high degree
- ☐ To a high degree
- ☐ Somewhat
- ☐ To a low degree
- ☐ To a very low degree

Do you feel burnt out because of your work?

- ☐ To a very high degree
- ☐ To a high degree
- ☐ Somewhat
- ☐ To a low degree
- ☐ To a very low degree

CLIENT-RELATED BURNOUT

Do you find it hard to work with clients?

- ☐ To a very high degree
- ☐ To a high degree
- ☐ Somewhat
- ☐ To a low degree
- ☐ To a very low degree

Does it drain your energy to work with clients?

- ☐ To a very high degree
- ☐ To a high degree
- ☐ Somewhat
- ☐ To a low degree
- ☐ To a very low degree

Do you find it frustrating to work with clients?

- ☐ To a very high degree
- ☐ To a high degree
- ☐ Somewhat
- ☐ To a low degree
- ☐ To a very low degree

Do you feel that you give more than you get back when you work with clients?

- ☐ To a very high degree
- ☐ To a high degree
- ☐ Somewhat
- ☐ To a low degree
- ☐ To a very low degree

Are you tired of working with clients?

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Seldom
- ☐ Never or almost never

Do you sometimes wonder how long you will be able to continue working with clients?

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Seldom
- ☐ Never or almost never

DIMENSION

Personal burnout: _____

Work-related burnout: _____

Client-related burnout: _____

Overall score: _____

The scores for items within each dimension are averaged to produce a score for personal, work-related, and client-related burnout. The overall burnout score is calculated by averaging the subscale scores, resulting in a total score ranging from 0 to 100. Burnout is considered a state of varying degrees of exhaustion rather than a specific disease. While some researchers use cut-points, such as 50 points, to categorize individuals into different levels of burnout, this approach can oversimplify the results and overlook valuable nuances. Burnout exists on a continuum, from complete exhaustion to full vitality, and a cut-point may fail to capture the full spectrum of this experience.