

Burnout Self-Test Maslach Burnout Inventory (MBI)

First Name: _____ Last Name: _____

Date of birth: _____ dd / mm / yyyy

What is your gender?

☐ Male ☐ Female

The Maslach Burnout Inventory (MBI) is the most commonly used tool to self-assess whether you might be at risk of burnout. To determine the risk of burnout, the MBI explores three components: exhaustion, depersonalization and personal achievement. While this tool may be useful, it must not be used as a scientific diagnostic technique, regardless of the results. The objective is simply to make you aware that anyone may be at risk of burnout.

For each question, indicate the score that corresponds to your response. Add up your score for each section and compare your results with the scoring results interpretation at the bottom of this document.

SECTION A:

I feel emotionally drained by my work.

- ☐ Never (0)
☐ A Few Times per Year (1)
☐ Once a Month (2)
☐ A Few Times per Month (3)
☐ Once a Week (4)
☐ A Few Times per Week (5)
☐ Every Day (6)

Working with people all day long requires a great deal of effort.

- ☐ Never (0)
☐ A Few Times per Year (1)
☐ Once a Month (2)
☐ A Few Times per Month (3)
☐ Once a Week (4)
☐ A Few Times per Week (5)
☐ Every Day (6)

I feel like my work is breaking me down.

- ☐ Never (0)
☐ A Few Times per Year (1)
☐ Once a Month (2)
☐ A Few Times per Month (3)
☐ Once a Week (4)
☐ A Few Times per Week (5)
☐ Every Day (6)

I feel frustrated by my work.

- ☐ Never (0)
☐ A Few Times per Year (1)
☐ Once a Month (2)
☐ A Few Times per Month (3)
☐ Once a Week (4)
☐ A Few Times per Week (5)
☐ Every Day (6)

I feel I work too hard at my job.

- ☐ Never (0)
- ☐ A Few Times per Year (1)
- ☐ Once a Month (2)
- ☐ A Few Times per Month (3)
- ☐ Once a Week (4)
- ☐ A Few Times per Week (5)
- ☐ Every Day (6)

It stresses me too much to work in direct contact with people.

- ☐ Never (0)
- ☐ A Few Times per Year (1)
- ☐ Once a Month (2)
- ☐ A Few Times per Month (3)
- ☐ Once a Week (4)
- ☐ A Few Times per Week (5)
- ☐ Every Day (6)

I feel like I'm at the end of my rope.

- ☐ Never (0)
- ☐ A Few Times per Year (1)
- ☐ Once a Month (2)
- ☐ A Few Times per Month (3)
- ☐ Once a Week (4)
- ☐ A Few Times per Week (5)
- ☐ Every Day (6)

SECTION B:

I feel I look after certain patients/clients impersonally, as if they are objects.

- ☐ Never (0)
- ☐ A Few Times per Year (1)
- ☐ Once a Month (2)
- ☐ A Few Times per Month (3)
- ☐ Once a Week (4)
- ☐ A Few Times per Week (5)
- ☐ Every Day (6)

I feel tired when I get up in the morning and have to face another day at work.

- ☐ Never (0)
- ☐ A Few Times per Year (1)
- ☐ Once a Month (2)
- ☐ A Few Times per Month (3)
- ☐ Once a Week (4)
- ☐ A Few Times per Week (5)
- ☐ Every Day (6)

I have the impression that my patients/clients make me responsible for some of their problems.

- ☐ Never (0)
- ☐ A Few Times per Year (1)
- ☐ Once a Month (2)
- ☐ A Few Times per Month (3)
- ☐ Once a Week (4)
- ☐ A Few Times per Week (5)
- ☐ Every Day (6)

I am at the end of my patience at the end of my work day.

- ☐ Never (0)
- ☐ A Few Times per Year (1)
- ☐ Once a Month (2)
- ☐ A Few Times per Month (3)
- ☐ Once a Week (4)
- ☐ A Few Times per Week (5)
- ☐ Every Day (6)

I really don't care about what happens to some of my patients/clients.

- ☐ Never (0)
- ☐ A Few Times per Year (1)
- ☐ Once a Month (2)
- ☐ A Few Times per Month (3)
- ☐ Once a Week (4)
- ☐ A Few Times per Week (5)
- ☐ Every Day (6)

I have become more insensitive to people since I've been working.

- ☐ Never (0)
- ☐ A Few Times per Year (1)
- ☐ Once a Month (2)
- ☐ A Few Times per Month (3)
- ☐ Once a Week (4)
- ☐ A Few Times per Week (5)
- ☐ Every Day (6)

I'm afraid that this job is making me uncaring.

- ☐ Never (0)
- ☐ A Few Times per Year (1)
- ☐ Once a Month (2)
- ☐ A Few Times per Month (3)
- ☐ Once a Week (4)
- ☐ A Few Times per Week (5)
- ☐ Every Day (6)

SECTION C:

I accomplish many worthwhile things in this job.

- ☐ Never (0)
- ☐ A Few Times per Year (1)
- ☐ Once a Month (2)
- ☐ A Few Times per Month (3)
- ☐ Once a Week (4)
- ☐ A Few Times per Week (5)
- ☐ Every Day (6)

I feel full of energy.

- ☐ Never (0)
- ☐ A Few Times per Year (1)
- ☐ Once a Month (2)
- ☐ A Few Times per Month (3)
- ☐ Once a Week (4)
- ☐ A Few Times per Week (5)
- ☐ Every Day (6)

I am easily able to understand what my patients/clients feel.

- ☐ Never (0)
- ☐ A Few Times per Year (1)
- ☐ Once a Month (2)
- ☐ A Few Times per Month (3)
- ☐ Once a Week (4)
- ☐ A Few Times per Week (5)
- ☐ Every Day (6)

I look after my patients'/clients' problems very effectively.

- ☐ Never (0)
- ☐ A Few Times per Year (1)
- ☐ Once a Month (2)
- ☐ A Few Times per Month (3)
- ☐ Once a Week (4)
- ☐ A Few Times per Week (5)
- ☐ Every Day (6)

In my work, I handle emotional problems very calmly.

- ☐ Never (0)
- ☐ A Few Times per Year (1)
- ☐ Once a Month (2)
- ☐ A Few Times per Month (3)
- ☐ Once a Week (4)
- ☐ A Few Times per Week (5)
- ☐ Every Day (6)

Through my work, I feel that I have a positive influence on people.

- ☐ Never (0)
- ☐ A Few Times per Year (1)
- ☐ Once a Month (2)
- ☐ A Few Times per Month (3)
- ☐ Once a Week (4)
- ☐ A Few Times per Week (5)
- ☐ Every Day (6)

I am easily able to create a relaxed atmosphere with my patients/clients.

- ☐ Never (0)
☐ A Few Times per Year (1)
☐ Once a Month (2)
☐ A Few Times per Month (3)
☐ Once a Week (4)
☐ A Few Times per Week (5)
☐ Every Day (6)

I feel refreshed when I have been close to my patients/clients at work.

- ☐ Never (0)
☐ A Few Times per Year (1)
☐ Once a Month (2)
☐ A Few Times per Month (3)
☐ Once a Week (4)
☐ A Few Times per Week (5)
☐ Every Day (6)

SCORING RESULTS - INTERPRETATION

Section A: Burnout - Burnout (or depressive anxiety syndrome): Testifies to fatigue at the very idea of work, chronic fatigue, trouble sleeping, physical problems. For the MBI, as well as for most authors, exhaustion would be the key component of the syndrome. Unlike depression, the problems disappear outside work. • Total 17 or less: Low-level burnout. • Total between 18 and 29 inclusive: Moderate burnout. • Total over 30: High-level burnout.

Section B: Depersonalization - Depersonalization (or loss of empathy): Rather a dehumanization in interpersonal relations. The notion of detachment is excessive, leading to cynicism with negative attitudes with regard to patients or colleagues, feeling of guilt, avoidance of social contacts and withdrawing into oneself. The professional blocks the empathy he can show to his patients and/or colleagues. • Total 5 or less: Low-level burnout. • Total between 6 and 11 inclusive: Moderate burnout. • Total of 12 and greater: High-level burnout.

Section C: Personal Achievement - The reduction of personal achievement: The individual assesses himself negatively, feels he is unable to move the situation forward. This component represents the demotivating effects of a difficult, repetitive situation leading to failure despite efforts. The person begins to doubt their genuine abilities to accomplish things. This aspect is a consequence of the first two. • Total 33 or less: High-level burnout. • Total between 34 and 39 inclusive: Moderate burnout. • Total greater than 40: Low-level burnout.

A high score in the first two sections and a low score in the last section may indicate burnout.

Note: Different people react to stress and burnout differently. This test is not intended to be a scientific analysis or assessment. The information is not designed to diagnose or treat your stress or symptoms of burnout. Consult your medical doctor, counselor or mental health professional if you feel that you need help regarding stress management or dealing with burnout.