

Copenhagen Burnout Inventory (CBI)

The Copenhagen Burnout Inventory (CBI) is a self-report tool that measures the level of burnout across three dimensions: personal burnout, work-related burnout, and burnout related to clients or patients. It identifies the presence and severity of burnout among professionals in order to better target interventions and prevention.

Number of questions	19 questions
Estimated duration	10 minutes
Language	English
Original name	Copenhagen Burnout Inventory
Target audience	Adults, employees or healthcare workers
Authors	Kristensen TS, Borritz M, Villadsen E, Christensen KB (2005)
Category	Burnout

Preview of the 19 questions

How often do you feel tired?

Always | Often | Sometimes | Seldom | Never/almost never

How often are you physically exhausted?

Always | Often | Sometimes | Seldom | Never/almost never

How often are you emotionally exhausted?

Always | Often | Sometimes | Seldom | Never/almost never

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

Always | Often | Sometimes | Seldom | Never/almost never

How often do you feel worn out?

Always | Often | Sometimes | Seldom | Never/almost never

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each question is scored on a scale from 0 to 100: “Always” (100), “Often” (75), “Sometimes” (50), “Seldom” (25), “Never/almost never” (0). For each subdomain, the mean of its items is calculated. High scores indicate a greater level of burnout on the dimension concerned.

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“I've been using Mentaal for 2 months now, and this tool has revolutionized the way I see care, and my schedule!”

Romane L. - Online CBT Psychologist