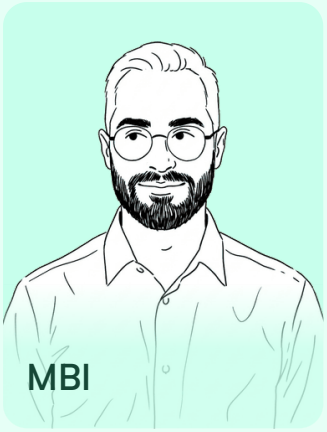


Maslach Burnout Inventory (MBI)

The Maslach Burnout Inventory (MBI) assesses occupational burnout in individuals, focusing on three dimensions: emotional exhaustion, depersonalization, and personal accomplishment. It is a commonly used tool for diagnosing and assessing burnout in workers.

Number of questions	22 questions
Estimated duration	5 minutes
Language	English
Original name	Maslach Burnout Inventory
Target audience	Adults
Authors	Christina Maslach, Susan E. Jackson, Michael P. Leiter (1981)
Category	Burnout

Preview of the 22 questions

My work leaves me feeling emotionally drained

Never | At least a few times a year | At least once a month | A few times a month | Once a week | A few times a week | Every day

I feel exhausted at the end of my workday

Never | At least a few times a year | At least once a month | A few times a month | Once a week | A few times a week | Every day

I feel tired when I get up in the morning and have another workday to face

Never | At least a few times a year | At least once a month | A few times a month | Once a week | A few times a week | Every day

I can easily understand what my clients* are feeling

*"Client" should be understood broadly, as any professional relationship (patients, coworkers, etc.)

Never | At least a few times a year | At least once a month | A few times a month | Once a week | A few times a week | Every day

I feel that I deal with some clients* impersonally, as if they were objects

*"Client" should be understood broadly, as any professional relationship (patients, coworkers, etc.)

Never | At least a few times a year | At least once a month | A few times a month | Once a week | A few times a week | Every day

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

Responses are given on a 7-point Likert scale, ranging from “Never” (0) to “Every day” (6). Each dimension is calculated separately. The scores are then used to assess the level of exhaustion, depersonalization, and personal accomplishment.

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.

Are you a psychologist?

With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

Try it for free

See all questionnaires

★★★★★

“I now use the platform every day, it's so comprehensive, reliable and remarkably easy to use.”

 Laura V. - Online Psychologist