

Oldenburg Burnout Inventory (OLBI)

The Oldenburg Burnout Inventory (OLBI) is a self-report tool designed to measure two main dimensions of burnout: exhaustion (emotional, physical, cognitive) and disengagement from work. Unlike the MBI, it is not limited to the health professions and contains no explicit references to working with other people. It is recognized for its validity and its use in various occupational settings.

Number of questions	16 questions
Estimated duration	10 minutes
Language	English
Original name	Oldenburg Burnout Inventory
Target audience	Employed adults
Authors	Evangelia Demerouti, Dieter Nachreiner (2003)
Category	Burnout

Preview of the 16 questions

I always find new and interesting aspects in my work.

Strongly disagree | Disagree | Agree | Strongly agree

There are days when I feel tired before I arrive at work.

Strongly disagree | Disagree | Agree | Strongly agree

It happens more and more often that I talk about my work in a negative way.

Strongly disagree | Disagree | Agree | Strongly agree

After work, I tend to need more time than in the past in order to relax and feel better.

Strongly disagree | Disagree | Agree | Strongly agree

I can tolerate the pressure of my work very well.

Strongly disagree | Disagree | Agree | Strongly agree

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

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Scoring & interpretation

The OLBI comprises two subscales: exhaustion (8 items) and disengagement (8 items). Items are rated on a Likert-type scale ranging from 1 (strongly disagree) to 4 (strongly agree). Some items are reverse-scored. Scores are added up by subscale; high scores indicate a more pronounced level of burnout.

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“It's a real plus in sessions to assess the patient, and a very rich basis for discussion to deepen the clinical work.”

Elodie C. - CBT Psychologist