PBA

Parental Burnout Assessment (PBA)

The PBA is a self-report questionnaire designed to identify and measure parental burnout in mothers and fathers. It explores four clinically central dimensions of the syndrome: exhaustion in one's parental role, contrast with the parent the person used to be, feelings of being fed up with one's parental role, and emotional distancing from one's children. Its brief format, good psychometric validity, and the availability of clinical benchmarks make it a useful tool for screening, initial assessment, monitoring of progress, and research. It helps objectify the intensity of parental burnout but should not be used alone to reach a diagnosis without a clinical interview and an analysis of the family context.

Number of questions	23 questions
Estimated duration	5 minutes
Language	English
Original name	Parental Burnout Assessment
Target audience	Parents
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Category	Burnout, Parenting

Preview of the 23 questions

I'm so tired out by my role as a parent that sleeping doesn't seem like enough.

Never | A few times a year or less | Once a month or less | A few times a month | Once a week | A few times a week | Every day

I feel as though I've lost my direction as a dad/mum.

Never | A few times a year or less | Once a month or less | A few times a month | Once a week | A few times a week | Every day

I feel completely run down by my role as a parent.

Never | A few times a year or less | Once a month or less | A few times a month | Once a week | A few times a week | Every day

I have zero energy for looking after my child(ren).

Never | A few times a year or less | Once a month or less | A few times a month | Once a week | A few times a week | Every day

I don't think I'm the good father/mother that I used to be to my child(ren).

Never | A few times a year or less | Once a month or less | A few times a month | Once a week | A few times a week | Every day

Scoring & interpretation

Each item is scored from 0 to 6 according to how often it is experienced, from never to every day. There are no reverse-scored items. The total score is the sum of the 23 responses and ranges from 0 to 138. Four subscores can also be calculated: exhaustion, contrast, saturation with the parental role, and emotional distancing. The higher the score, the higher the level of parental burnout. In practice, a total score above 53 suggests a clinically significant risk requiring an in-depth assessment, and a score above 86 is consistent with severe or probable parental burnout. The cutoffs guide screening and monitoring without replacing clinical judgment.