SBI

School Burnout Inventory (SBI)

The School Burnout Inventory (SBI) is a self-report questionnaire designed to assess the level of burnout students feel in relation to their school experience. It specifically measures symptoms of exhaustion, cynicism toward school, and feelings of incompetence, adapted to the school context. It allows psychologists to identify students experiencing high levels of school stress in order to target school burnout prevention interventions.

Number of questions	9 questions
Estimated duration	5 minutes
Language	English
Original name	School Burnout Inventory
Target audience	Adolescents, high school students
Authors	Katariina Salmela-Aro, Kaisa E. Näätänen (2004)
Category	Adolescent care, Childhood

Preview of the 9 questions

I feel swamped by my schoolwork

Completely false | Partly false | Somewhat false | Somewhat true | Partly true | Completely true

I lack motivation for my schoolwork and often think about giving up

Completely false | Partly false | Somewhat false | Somewhat true | Partly true | Completely true

I often feel inadequate when it comes to my schoolwork

Completely false | Partly false | Somewhat false | Somewhat true | Partly true | Completely true

I often sleep poorly because of issues related to my schoolwork

Completely false | Partly false | Somewhat false | Somewhat true | Partly true | Completely true

I'm losing interest in my schoolwork

Completely false | Partly false | Somewhat false | Somewhat true | Partly true | Completely true

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 item is rated on a 6-point Likert scale (from 1 = strongly disagree to 6 = strongly agree). The total score is obtained by summing the responses, and scores can be obtained for three subdimensions: exhaustion, cynicism, and sense of inadequacy. Specific cutoffs make it possible to judge the level of risk of school burnout.

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“Automatic scoring saves me a huge amount of time, and my patients are far more willing to fill out the questionnaires.”

Samia T. - Online Psychologist