



BURNOUT self test

Rick Parcell

© www.rickparcell.com f

The Maslach Burnout Inventory (MBI) is the most commonly used tool to self-assess whether you might be at risk of burnout.

To determine the risk of burnout, the MBI explores three components:

Exhaustion, depersonalisation and personal achievement.

While this tool may be useful, it must not be used as a scientific diagnostic technique regardless of the results. The objective is simply to make you aware that anyone may be at risk of burnout.

For each question, indicate the score that corresponds to your response. Add up your score for each section and compare your results with the scoring results interpretation at the bottom of this document.



SECTION A - BURNOUT

QUESTIONS	Never	A few times per year	Once a month	A few times per month	Once a week	A few times per week	Every Day
SECTION A	0	1	2	3	4	5	6
I feel emotionally drained by my work.							
Working with people all day long required a great deal of effort.							
I feel like my work is breaking me down.							
I feel frustrated by my work.							
I feel I work too hard at my job.							
It stresses me too much to work in direct contact with people.							
I feel like I'm at the end of my rope.							
TOTAL SCORE SECTION A							

SECTION B - DEPERSONALIZATION

QUESTIONS	Never	A few times per year	Once a month	A few times per month	Once a week	A few times per week	Every Day
SECTION B	0	1	2	3	4	5	6
I feel I look after certain patients/clients impersonally, as if they are objects.							
I feel tired when I get up in the morning and have to face another day at work.							
I have the impression that my patients/clients make me responsible for some of their problems.							
I am at the end of my patience at the end of my work day.							
I really don't care about what happens to some of my patients/clients.							
I have become more insensitive to people since I've been working.							
I'm afraid that this job is making me uncaring.							
TOTAL SCORE							
SECTION B							



SECTION C - PERSONAL ACHIEVEMENT

QUESTIONS	Never	A few times per year	Once a month	A few times per month	Once a week	A few times per week	Every Day
SECTION C	0	1	2	3	4	5	6
I accomplish many worthwhile things in this job.							
I feel full of energy.							
I am easily able to understand what my patients/clients feel.							
In my work, I handle emotional problems very calmly.							
Through my work, I feel that I have a positive influence on people.							
I am easily able to create a relaxed atmosphere with my patients/clients.							
I feel refreshed when I have been close to my patients/clients at work.							
TOTAL SCORE SECTION A							



SCORING RESULTS

INTERPRETATION

SECTION A: BURNOUT

Burnout (or depressive anxiety syndrome): Testifies to fatigue at the very idea of work, chronic fatigue, trouble sleeping, physical problems. For the MBI, as well as for most authors, “exhaustion would be the key component of the syndrome”. Unlike depression, the problems disappear outside work.

Total 17 or Less: Low-level burnout	Total Between 18-29 Inclusive: Moderate burnout	Total Over 30: High-level burnout
--	---	--

SECTION B: DEPERSONALIZATION

“Depersonalization” (or loss of empathy): Rather a “dehumanization” in interpersonal relations. The notion of detachment is excessive, leading to cynicism with negative attitudes with regards to patients or colleagues, feeling of guilt, avoidance of social contacts and withdrawing into oneself. The professional blocks the empathy a person can show to patients and/or colleagues.

Total 5 or Less: Low-level burnout	Total Between 6-11 Inclusive: Moderate burnout	Total Of 12 And Greater: High-level burnout
---	--	---

SECTION C: PERSONAL ACHIEVEMENT

The reduction of personal achievement: The individual assesses himself themselves negatively, feels they are unable to move the situation forward. This component represents the demotivating effects of a difficult, repetitive situation leading to failure despite efforts. The person begins to doubt their genuine abilities to accomplish things. This aspect is a consequence of the first two.

Total 33 or Less: High-level burnout	Total Between 34-39 Inclusive: Moderate burnout	Total Greater Than 40: Low-level burnout
---	---	--

A high score in the first two sections and a low score in the last section may indicate burnout

