

Oldenburg Burnout Inventory

Client information				
Full name:		Profession:		
Age:		Gender:		
Date submitted:				
Instructions				
Below you find a series of statements with which you may agree or disagree. Using the scale, please indicate the degree of your agreement by selecting the number that corresponds with each statement.				
Item	Strongly disagree	Disagree	Agree	Strongly agree
1. I always find new and interesting aspects in my work.	4	3	2	1
2. There are days when I feel tired before I arrive at work.	1	2	3	4
3. It happens more and more often that I talk about my work in a negative way.	1	2	3	4
4. After work, I tend to need more time than in the past in order to relax and feel better.	1	2	3	4
5. I can tolerate the pressure of my work very well.	4	3	2	1
6. Lately, I tend to think less at work and do my job almost mechanically.	1	2	3	4
7. I find my work to be a positive challenge.	4	3	2	1
8. During my work, I often feel emotionally drained.	1	2	3	4

Item	Strongly disagree	Disagree	Agree	Strongly agree
9. Over time, one can become disconnected from this type of work.	1	2	3	4
10. After working, I have enough energy for my leisure activities.	4	3	2	1
11. Sometimes I feel sickened by my work tasks.	1	2	3	4
12. After my work, I usually feel worn out and weary.	1	2	3	4
13. This is the only type of work that I can imagine myself doing.	4	3	2	1
14. Usually, I can manage the amount of my work well.	4	3	2	1
15. I feel more and more engaged in my work.	4	3	2	1
16. When I work, I usually feel energized.	4	3	2	1

Scoring

Disengagement score:

Exhaustion score:

Overall score:

Scoring and interpretation

Higher total scores reflect greater levels of burnout. Each subscale score ranges from 8 to 32 and provides insight into specific aspects of burnout:

- **Exhaustion (items 2, 4, 5, 8, 10, 12, 14, 16):** A score of 23 or higher suggests significant physical, emotional, and mental fatigue.
- **Disengagement (items 1, 3, 6, 7, 9, 11, 13, 15):** A score of 22 or higher indicates a stronger tendency to withdraw from work and develop negative or cynical attitudes toward one's job.

Additional notes

Attending professional's information

Professional's full name:

Contact number:

Email address:

Signature: _____