

Oldenburg Burnout Inventory

Full Name: _____ Date Assessed: _____

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 Agree	Agree	Disagree	Strongly Disagree
1. I always find new and interesting aspects in my work (D)	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
2. There are days when I feel tired before I arrive at work (E.R.)	4 <input type="radio"/>	3 <input type="radio"/>	2 <input type="radio"/>	1 <input type="radio"/>
3. It happens more and more often that I talk about my work in a negative way (D.R)	4 <input type="radio"/>	3 <input type="radio"/>	2 <input type="radio"/>	1 <input type="radio"/>
4. After work, I tend to need more time than in the past in order to relax and feel better (E.R)	4 <input type="radio"/>	3 <input type="radio"/>	2 <input type="radio"/>	1 <input type="radio"/>
5. I can tolerate the pressure of my work very well (E)	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
6. Lately, I tend to think less at work and do my job almost mechanically (D.R)	4 <input type="radio"/>	3 <input type="radio"/>	2 <input type="radio"/>	1 <input type="radio"/>
7. I find my work to be a positive challenge (D)	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
8. During my work, I often feel emotionally drained (E.R.)	4 <input type="radio"/>	3 <input type="radio"/>	2 <input type="radio"/>	1 <input type="radio"/>
9. Over time, one can become disconnected from this type of work (D.R)	4 <input type="radio"/>	3 <input type="radio"/>	2 <input type="radio"/>	1 <input type="radio"/>
10. After working, I have enough energy for my leisure activities (E)	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
11. Sometimes I feel sickened by my work tasks (D.R)	4 <input type="radio"/>	3 <input type="radio"/>	2 <input type="radio"/>	1 <input type="radio"/>
12. After my work, I usually feel worn out and weary (E.R)	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
13. This is the only type of work that I can imagine myself doing (D)	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
14. Usually, I can manage the amount of my work well (E)	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
15. I feel more and more engaged in my work (D)	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
16. When I work, I usually feel energized (E)	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>

Disengagement: Items 1, 3, 6-7, 9, 11, 13, 15

Total Score: _____

Exhaustion: Items 2, 4-5, 8, 10, 12, 14, 16

Total Score: _____

Overall score: _____

Adapted from the original created by Demerouti and Nachreiner (1998).