

Maslach Burnout Inventory (Abbreviated) – MBI-9

Maslach C, et al. *The Maslach Burnout Inventory*. 3rd ed. 1996

How often:	Never	A few times a year	Once a month or less	A few times a month	Once a week	A few times a week	Every day
	0	1	2	3	4	5	6
1) I deal very effectively with the problems of my clients and colleagues.							
2) I feel I treat some clients and colleagues as if they were impersonal objects.							
3) I feel emotionally drained from my work.							
4) I feel fatigued when I get up in the morning and have to face another day on the job.							
5) I've become more calloused towards people since I took this job							
6) I feel I'm positively influencing other people's lives through my work.							
7) Working with people all day is really a strain for me.							
8) I don't really care what happens to some people I deal with at work.							
9) I feel exhilarated after working closely with my clients and colleagues.							
Add items 1, 6, 9	Add items 2, 5, 8		Add items 3,4,7				
TOTAL _____	TOTAL _____		TOTAL _____				
Personal Accomplishment	Depersonalization		Emotional Exhaustion				
≥15: low burnout 13-14: moderate burnout ≤12: high burnout	≤3: low burnout 4-6: moderate burnout ≥7: high burnout		≤6: low burnout 7-10: moderate burnout ≥11: high burnout				