

MASLACH BURNOUT INVENTORY (MBI)

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, MBI explores three components: exhaustion, depersonalization, 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 on the scoring page.

Questions	Never	A few times a 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 requires 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: A							

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SECTION B	0	1	2	3	4	5	6
I feel I look after certain people impersonally, as if they were objects							
I feel tired when I get up in the morning and have to face another day at work							
I have the impression that some people make me responsible for some of their problems							
I am at the end of my patience at the end of my workday							
I really don't care about what happens to some of my congregants/people							
I have become more insensitive to people since I've been working							
I'm afraid that this job is making me uncaring							
TOTAL SCORE: B							

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Questions	Never	A few times a 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 congregants/people are feeling							
I look after my congregants/peoples problems very effectively							
In my work, I handle emotional problems very calmly							
Through my work, I feel I have a positive impact on people							
I am easily able to create a relaxing atmosphere with my congregants/people							
I feel refreshed when I have been close to my congregants/people at work							
TOTAL SCORE: C							