

Burnout Self-Test



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

The objective of this tool is 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. Some questions refer to a workplace or colleagues. If this doesn't apply to you, please answer the question by thinking about a similar situation in your own daily life (for example, clients, family members, or people you interact with regularly).

Scoring System Explanation:

Each question in Section A is scored according to how often the behaviour occurs:

- 0 = Never
- 1 = A few times per year
- 2 = Once a month
- 3 = A few times per month
- 4 = Once a week
- 5 = A few times per week
- 6 = Every day

Please rate the following:	0	1	2	3	4	5	6
1. I feel emotionally drained by my work.	<input type="checkbox"/>						
2. Working with people all day long requires a great deal of effort.	<input type="checkbox"/>						
3. I feel like my work is breaking me down	<input type="checkbox"/>						
4. I feel frustrated by my work.	<input type="checkbox"/>						
5. I feel I work too hard at my job.	<input type="checkbox"/>						
6. It stresses me too much to work in direct contact with people.	<input type="checkbox"/>						
7. I feel like I'm at the end of my tether.	<input type="checkbox"/>						

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 and 29 inclusive: Moderate burnout

Total over 30: High-level burnout

Section B: Depersonalisation

“Depersonalisation” (or loss of empathy): Rather a “dehumanisation” in interpersonal relations. The notion of detachment is excessive, leading to cynicism with negative attitudes with regard to colleagues, feeling of guilt, avoidance of social contacts and withdrawing into oneself. The professional blocks the empathy they can show to their colleagues.

Total 5 or less: Low-level burnout

Total between 6 and 11 inclusive: Moderate burnout

Total of 12 and greater: High-level burnout

Section C: Personal Achievement

The reduction of personal achievement: The individual assesses 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 and 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.

Note: Different people react to stress and burnout differently. This test is not intended to be a clinical analysis or assessment. The information is not designed to diagnose or treat your stress or symptoms of burnout. Consult your medical doctor, counsellor or mental health professional if you feel that you need help regarding stress management or dealing with burnout