

# Copenhagen Burnout Inventory

Patient name: \_\_\_\_\_ Date of birth: \_\_\_\_\_ Gender: \_\_\_\_\_

Assessor name: \_\_\_\_\_ Date of assessment: \_\_\_\_\_

## Instructions

The Copenhagen Burnout Inventory (CBI) measures burnout levels across three domains: personal burnout, work-related burnout, and client-related burnout.

Read each question carefully and select the response that best reflects your experience. Each response has a corresponding percentage value, which will be used to calculate your score. Be honest and choose the option that most accurately describes your feelings.

| Personal burnout   |                |              |                  |               |                                   |
|--|----------------|--------------|------------------|---------------|-----------------------------------|
| Questions  | 100%<br>Always | 75%<br>Often | 50%<br>Sometimes | 25%<br>Seldom | 0%<br>Never or<br>almost<br>never |
| 1. How often do you feel tired?  |                |              |                  |               |                                   |
| 2. How often are you physically exhausted?                                 |                |              |                  |               |                                   |
| 3. How often are you emotionally exhausted?                                |                |              |                  |               |                                   |
| 4. How often do you think: "I can't take it anymore?"                      |                |              |                  |               |                                   |
| 5. How often do you feel worn out?   |                |              |                  |               |                                   |
| 6. How often do you feel weak and susceptible to illness?                  |                |              |                  |               |                                   |
| Work-related burnout   |                |              |                  |               |                                   |
| Questions  | 100%<br>Always | 75%<br>Often | 50%<br>Sometimes | 25%<br>Seldom | 0%<br>Never or<br>almost<br>never |
| 7. Do you feel worn out at the end of the working day?                     |                |              |                  |               |                                   |
| 8. Are you exhausted in the morning at the thought of another day at work? |                |              |                  |               |                                   |
| 9. Do you feel that every working hour is tiring for you?                  |                |              |                  |               |                                   |
| 10. Do you have enough energy for family and friends during leisure time?* |                |              |                  |               |                                   |

| Questions                                       | 100%<br>To a very<br>high<br>degree | 75%<br>To a high<br>degree | 50%<br>Somewhat | 25%<br>To a low<br>degree | 0%<br>To a very<br>low<br>degree |
|---|-------------------------------------|----------------------------|-----------------|---------------------------|----------------------------------|
| 11. Is your work emotionally exhausting?        |                                     |                            |                 |                           |                                  |
| 12. Does your work frustrate you?               |                                     |                            |                 |                           |                                  |
| 13. Do you feel burnt out because of your work? |                                     |                            |                 |                           |                                  |

#### Client-related burnout

| Questions  | 100%<br>To a very<br>high<br>degree | 75%<br>To a high<br>degree | 50%<br>Somewhat | 25%<br>To a low<br>degree | 0%<br>To a very<br>low<br>degree |
|--|-------------------------------------|----------------------------|-----------------|---------------------------|----------------------------------|
| 14. Do you find it hard to work with clients?                                    |                                     |                            |                 |                           |                                  |
| 15. Does it drain your energy to work with clients?                              |                                     |                            |                 |                           |                                  |
| 16. Do you find it frustrating to work with clients?                             |                                     |                            |                 |                           |                                  |
| 17. Do you feel that you give more than you get back when you work with clients? |                                     |                            |                 |                           |                                  |

| Questions   | 100%<br>Always | 75%<br>Often | 50%<br>Sometimes | 25%<br>Seldom | 0%<br>Never or<br>almost<br>never |
|---|----------------|--------------|------------------|---------------|-----------------------------------|
| 18. Are you tired of working with clients?  |                |              |                  |               |                                   |
| 19. Do you sometimes wonder how long you will be able to continue working with clients? |                |              |                  |               |                                   |

*\*Item is reversed scored.*

| Dimension              | Score |
|------------------------|-------|
| Personal burnout       |       |
| Work-related burnout   |       |
| Client-related burnout |       |
| <b>Overall score:</b>  |       |

## Scoring

The scores for items within each dimension are averaged to produce a score for personal, work-related, and client-related burnout. The overall burnout score is calculated by averaging the subscale scores, resulting in a total score ranging from 0 to 100.

Burnout is considered a state of varying degrees of exhaustion rather than a specific disease. While some researchers use cut-points, such as 50 points, to categorize individuals into different levels of burnout, this approach can oversimplify the results and overlook valuable nuances. Burnout exists on a continuum, from complete exhaustion to full vitality, and a cut-point may fail to capture the full spectrum of this experience.

## References

Kristensen, T. S., Borritz, M., Villadsen, E., & Christensen, K. B. (2005). The Copenhagen Burnout Inventory: A new tool for the assessment of burnout. *Work & Stress*, 19(3), 192-207.  
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Kristensen T. (2019). *Copenhagen Burnout Inventory: The three scales and the scoring system.*  
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