Oldenburg Burnout Inventory

*name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ date: \_\_\_\_\_\_\_\_\_\_\_*

*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.

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

*Scoring Note:* Disengagement items are 1, 3(R), 6(R), 7, 9(R), 11(R), 13, 15. Exhaustion items are 2(R), 4(R), 5, 8(R), 10, 12(R), 14, 16. (R) means reversed item when the scores should be such that higher scores indicate more burnout.

***disengagement exhaustion full scale***

***sub-total: \_\_\_\_\_\_\_\_ sub-total: \_\_\_\_\_\_\_\_\_ total: \_\_\_\_\_\_\_\_***

*Delgadillo et al (2018) reported “Therapists are identified as having low, medium or high OLBI-D scores, based on scores above or below 1 standard deviation of the mean (M = 2.15, SD = 0.52; ≤1.62 = low, 1.63 to 2.67*

*= medium, ≥2.68 = high).”*

Table

Description automatically generated