

Oldenburg Burnout Inventory

Full Name: _____ Date Assessed: _____

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.

ITEM	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.)	4 ☐	3 ☐	2 ☐	1 ☐
3. It happens more and more often that I talk about my work in a negative way (D.R)	4 ☐	3 ☐	2 ☐	1 ☐
4. After work, I tend to need more time than in the past in order to relax and feel better (E.R)	4 ☐	3 ☐	2 ☐	1 ☐
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)	4 ☐	3 ☐	2 ☐	1 ☐
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.)	4 ☐	3 ☐	2 ☐	1 ☐
9. Over time, one can become disconnected from this type of work (D.R)	4 ☐	3 ☐	2 ☐	1 ☐
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)	4 ☐	3 ☐	2 ☐	1 ☐
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 ☐

Disengagement: Items 1, 3, 6-7, 9, 11, 13, 15

Total Score: _____

Exhaustion: Items 2, 4-5, 8, 10, 12, 14, 16

Total Score: _____

Overall score: _____

Adapted from the original created by Demerouti and Nachreiner (1998).