

Maslach Burnout Inventory (Abbreviated) – MBI-9

Maslach C, et al. *The Maslach Burnout Inventory*. 3rd ed. 1996

How often:	Never	A few times a year	Once a month or less	A few times a month	Once a week	A few times a week	Every day
	0	1	2	3	4	5	6
1) I deal very effectively with the problems of my patients.							
2) I feel I treat some patients as if they were impersonal objects.							
3) I feel emotionally drained from my work.							
4) I feel fatigued when I get up in the morning and have to face another day on the job.							
5) I've become more callous towards people since I took this job.							
6) I feel I'm positively influencing other people's lives through my work.							
7) Working with people all day is really a strain for me.							
8) I don't really care what happens to some patients.							
9) I feel exhilarated after working closely with my patients.							

Add items 1, 6, 9	Add items 2, 5, 8	Add items 3,4,7
TOTAL _____	TOTAL _____	TOTAL _____
Personal Accomplishment	Depersonalization	Emotional Exhaustion
≥ 15 : low burnout 13-14: moderate burnout ≤ 12 : high burnout	≤ 3 : low burnout 4-6: moderate burnout ≥ 7 : high burnout	≤ 6 : low burnout 7-10: moderate burnout ≥ 11 : high burnout