

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.

		<i>strongly agree</i>	<i>agree</i>	<i>disagree</i>	<i>strongly disagree</i>
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 in order 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 disconnected 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