

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% Always	75% Often	50% Sometimes	25% Seldom	0% Never or almost 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% Always	75% Often	50% Sometimes	25% Seldom	0% Never or almost 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% To a very high degree	75% To a high degree	50% Somewhat	25% To a low degree	0% To a very low 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% To a very high degree	75% To a high degree	50% Somewhat	25% To a low degree	0% To a very low 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% Always	75% Often	50% Sometimes	25% Seldom	0% Never or almost 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	
Overall score:	

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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