

BURNOUT SELF-TEST--MASLACH BURNOUT INVENTORY(MBI)

The Maslach Burnout Inventory (MBI) is the most commonly used tool to self-assess whether you might be at risk of burnout. To determine the risk of burnout, the MBI explores three components: exhaustion, depersonalization and personal achievement. While this tool may be useful, it must not be used as a scientific diagnostic technique, regardless of the results. The objective is simply to make you aware that anyone may be at risk of burnout. Add up your score for each section and compare your results with the scoring results interpretation at the end. This test is modified from an inventory provided by the Association des Médecins Vétérinaires.

Section A: Burnout	Never	Few times a year	Once a month	Few times a month	Once a week	Few times a week	Every day
SCORE	0	1	2	3	4	5	6
I feel emotionally drained by my work.							
Working with people all day long requires a great deal of effort.							
I feel like my work is breaking me down.							
I feel frustrated by my work.							
I feel I work too hard at my job.							
It stresses me too much to work in direct contact with people.							
I feel like I'm at the end of my rope.							
Total score - SECTION A							
Section B: Depersonalization	Never	Few times a year	Once a month	Few times a month	Once a week	Few times a week	Every day
SCORE	0	1	2	3	4	5	6
I feel I look after certain patients impersonally, as if they are objects.							
I feel tired when I get up in the morning & must face another day at work.							
I have the impression that my patients make me responsible for some of their problems.							
I am at the end of my patience at the end of my work day.							
I really don't care about what happens to some of my patients.							
I have become more insensitive to people since I've been working.							
I'm afraid that my job is making me uncaring.							
Total score - SECTION B							