

Abbreviated Maslach Burnout Inventory

STEP 1: Complete the Abbreviated Maslach Inventory

For each statement, mark the box that most accurately reflects your response:

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

“Stress, burnout and doctors' attitudes to work are determined by personality and learning style: A twelve year longitudinal study of UK medical graduates.” McManus IC, Keeling A, Paice E. *BMC Medicine* 2004, 2:29 doi:10.1186/1741-7015-2-29

“Early predictors of job burnout and engagement.” Maslach C, Leiter MP. *J Appl Psychol.* 2008 May;93(3):498-512. doi: 10.1037/0021-9010.93.3.498

STEP 2: Determine your score for the Abbreviated Maslach Inventory

Use this sheet to determine your score for the statements filled out on the previous page. Then, add up your scores by color, and refer to the descriptions below. Categories are rated on a scale from 0-18.

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

Red = Emotional Exhaustion

Total: _____ (0-18)

Higher scores indicate greater emotional exhaustion, and greater burnout.

Blue = Depersonalization

Total: _____ (0-18)

Higher scores indicate greater depersonalization, and greater burnout.

Green = Personal Accomplishment

Total: _____ (0-18)

Higher scores indicate greater personal accomplishment, and *less* burnout.