

The Copenhagen Burnout Inventory (CBI; Kristensen, et al., 2005) was developed to measure burnout in different domains. The 19-item CBI contains three sub-dimensions inspired by previous measures: Personal burnout, work-related burnout, and client-related burnout. The three separate parts of the questionnaire were designed to be applied in different domains. In the CBI, the core of burnout is fatigue and exhaustion. The questions on personal burnout were formulated in a way so that all human beings can answer them. The work-related burnout questions assume that the respondent has paid work of some kind. The scale on client burnout is only defined for those respondents who worked with clients. Two five response options are utilized, one for intensity and the other for frequency. The methodological qualities of the CBI scales were assessed using the PUMA study (Project on Burnout, Motivation and Job Satisfaction) in a sample of employees in the human service sector. The authors concluded that the analyses indicate very satisfactory reliability and validity for the CBI instrument. They also indicated that it is available for use in a number of countries in several different languages. (APA PsycTests Database Record © 2019 APA, all rights reserved)

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