Copenhagen Burnout Inventory for School-Based Professionals

Directions: Read the questions below carefully and click the button in front of the response that you feel best applies to you. Be sure to respond to all questions to receive an accurate score. Your score can be found at the bottom of this page.

1. How often do you feel tired?
   ○Always ○Often ○Sometimes ○Seldom ○Never/Almost never
2. How often are you physically exhausted?
   ○Always ○Often ○Sometimes ○Seldom ○Never/Almost never
3. How often are you emotionally exhausted?
   ○Always ○Often ○Sometimes ○Seldom ○Never/Almost never
4. How often do you think: "I can't take it anymore"?
   ○Always ○Often ○Sometimes ○Seldom ○Never/Almost never
5. How often do you feel worn out?
   ○Always ○Often ○Sometimes ○Seldom ○Never/Almost never
6. How often do you feel weak and susceptible to illness?
   ○Always ○Often ○Sometimes ○Seldom ○Never/Almost never
7. Is your work emotionally exhausting?
   ○To a very high degree ○To a high degree ○Somewhat ○To a low degree ○To a very low degree
8. Do you feel burnt out because of your work?
   ○To a very high degree ○To a high degree ○Somewhat ○To a low degree ○To a very low degree
9. Does your work frustrate you?
   ○To a very high degree ○To a high degree ○Somewhat ○To a low degree ○To a very low degree
10. Do you feel worn out at the end of the working day?
    ○Always ○Often ○Sometimes ○Seldom ○Never/Almost never
11. Are you exhausted in the morning at the thought of another day at work?
    ○Always ○Often ○Sometimes ○Seldom ○Never/Almost never
12. Do you feel that every working hour is tiring for you?
    ○Always ○Often ○Sometimes ○Seldom ○Never/Almost never
13. Do you feel too tired to enjoy leisure time with family and friends?
    ○Always ○Often ○Sometimes ○Seldom ○Never/Almost never
14. Do you find it hard to work with students?
    ○To a very high degree ○To a high degree ○Somewhat ○To a low degree ○To a very low degree
15. Do you find it frustrating to work with students?
    ○To a very high degree ○To a high degree ○Somewhat ○To a low degree ○To a very low degree
16. Does it drain your energy to work with students?
    ○To a very high degree ○To a high degree ○Somewhat ○To a low degree ○To a very low degree
17. Do you feel that you give more than you get back when you work with students?
    ○To a very high degree ○To a high degree ○Somewhat ○To a low degree ○To a very low degree
18. Are you tired of working with students?
    ○Always ○Often ○Sometimes ○Seldom ○Never/Almost never
19. Do you sometimes wonder how long you will be able to continue working with students?
    ○Always ○Often ○Sometimes ○Seldom ○Never/Almost never

YOUR SCORE
0

If your score to the left is above 50, you may be experiencing a high degree of professional burnout. Discuss your responses to this survey with a supervisor. ***If you are having thoughts of self-harm or suicide, get immediate medical attention.***

Reset Form

Adapted from 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. https://doi.org/10.1080/02678370500297720

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