

# MASLACH BURNOUT INVENTORY (MBI)

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Burnout has become a growing concern among employees in many professions, leading researchers to develop a variety of assessment tools to measure it. One of the most commonly used and studied tools is the Maslach Burnout Inventory (MBI). The MBI was initially developed by Christina Maslach and Susan E. Jackson in 1981 to measure the three dimensions of burnout: emotional exhaustion, depersonalization, and reduced personal accomplishment (Maslach & Jackson, 1986).

The MBI consists of 22 items that measure the three dimensions of burnout on a 7-point Likert-type scale, from "never" to "very often". The item responses are then totaled to calculate the individual's scores in each of the three dimensions. The MBI has been used in numerous published studies and is considered to be a reliable and valid measure of burnout (Maslach & Jackson, 1981; Maslach & Jackson, 1986; Schaufeli, Leiter, & Maslach, 2009).

The MBI has been used to assess burnout in a variety of occupations, including healthcare professionals, teachers, human service professionals, and university faculty (Maslach & Jackson, 1981; Maslach & Jackson, 1986; Schaufeli et al., 2009). Many studies have shown that the MBI is sensitive to changes in burnout levels over time, making it an effective tool for assessing the effects of interventions designed to reduce burnout (Maslach & Jackson, 1981; Maslach & Jackson, 1986; Schaufeli et al., 2009).

In summary, the Maslach Burnout Inventory is a reliable and valid tool for assessing burnout in a variety of occupations. It is sensitive to changes in burnout levels over time and is an effective tool for assessing the effects of interventions designed to reduce burnout.

## References

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