



Oldenburg Burnout Inventory (OLBI)

Instructions:

Below is a series of statements with which you may agree or disagree.

Using the scale, please indicate the degree of your agreement by selecting the response option that corresponds with each statement.

		Strongly Disagree	Disagree	Agree	Strongly Agree
1	I always find new and interesting aspects in my work.	4	3	2	1
2	There are days when I feel tired before I arrive at work	1	2	3	4
3	It happens more and more often that I talk about my work in a negative way.	1	2	3	4
4	After work, I tend to need more time than in the past in order to relax and feel better.	1	2	3	4
5	I can tolerate the pressure of my work very well.	4	3	2	1
6	Lately, I tend to think less at work and do my job almost mechanically.	1	2	3	4
7	I find my work to be a positive challenge.	4	3	2	1
8	During my work, I often feel emotionally drained.	1	2	3	4
9	Over time, one can become disconnected from this type of work.	1	2	3	4
10	After working, I have enough energy for my leisure activities.	4	3	2	1
11	Sometimes I feel sickened by my work tasks.	1	2	3	4
12	After my work, I usually feel worn out and weary.	1	2	3	4
13	This is the only type of work that I can imagine myself doing.	4	3	2	1
14	Usually, I can manage the amount of my work well.	4	3	2	1
15	I feel more and more engaged in my work.	4	3	2	1



		Strongly Disagree	Disagree	Agree	Strongly Agree
16	When I work, I usually feel energized.	4	3	2	1

Developer Reference:

Demerouti, E. (1999). Burnout: Eine Folge konkreter Arbeitsbedingungen bei Dienstleistungs- und Produktionstätigkeiten [Burnout: A consequence of specific working conditions among human services, and production tasks]. Peter Lang.

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