

# Scoring the abbreviated Maslach Burnout Inventory

The abbreviated Maslach Burnout Inventory consists of the following questions:

How often do the following statements describe the way you feel about working as a doctor?

	Every day	A few times a week	Once a week	A few times a month	Once a month or less	A few times a year	Never
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							
I think of giving up medicine for another career							
I reflect on the satisfaction I get from being a doctor							
I regret my decision to have become a doctor							

Score the items as follows:

	Every day	A few times a week	Once a week	A few times a month	Once a month or less	A few times a year	Never
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
I think of giving up medicine for another career	0	1	2	3	4	5	6
I reflect on the satisfaction I get from being a doctor	6	5	4	3	2	1	0
I regret my decision to have become a doctor	0	1	2	3	4	5	6

The three items in red are for *Emotional Exhaustion*. Sum the scores allocated to the various responses to get the total score. High scores indicate greater emotional exhaustion (and hence more burnout).

The three items in blue are for *Depersonalisation*. Sum the scores allocated to the various responses to get the total score. High scores indicate greater depersonalisation (and hence more burnout).

The three items in green are for *Personal Accomplishment*. Sum the scores allocated to the various responses to get the total score. High scores indicate greater personal accomplishment (and hence less burnout).

The three items in black are a new scale of *Satisfaction with Medicine* which I have developed (see supplementary material of McManus, I. C., Smithers, E., Partridge, P., Keeling, A., & Fleming, P. R. 2003, "A levels and intelligence as predictors of medical careers in UK doctors: 20 year prospective study", *British Medical Journal*, **327**, 139-142). High scores indicate more satisfaction with being a doctor.