

Maslach Burnout Inventory-General Survey (MBI-GS)

Category: Self-Efficacy | Items: 16 | Time: ~5 min

Description / When to Use

16-item measure of burnout in occupational settings with three subscales.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 16 items in this scale. Estimated completion time: 5 minutes.

Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

Response Options

Please refer to the original publication for specific response options.

Scoring Guide

Three subscales: Exhaustion (5 items), Cynicism (5 items), Professional Efficacy (6 items). Items scored 0-6.

Subscales:

- Exhaustion: 5 items
- Cynicism: 5 items
- Professional Efficacy: 6 items

Cutoff Interpretation

Score Range	Severity	Recommended Action
Variable	By subscale	None

Psychometric Properties

Cronbach's alpha: 0.85 | Test-retest reliability: 0.82

Validity: Gold standard burnout measure; validated across occupations.

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Citation (APA Format)

Schaufeli, W. B., Leiter, M. P., Maslach, C., & Jackson, S. E. (1996). MBI-General Survey. In C. Maslach, S. E. Jackson, & M. P. Leiter (Eds.), *The Maslach Burnout Inventory (3rd ed.)*. Consulting Psychologists Press.

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