

Oldenburg Burnout Inventory (OLBI)

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

Description / When to Use

16-item alternative burnout measure with exhaustion and disengagement 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

Two subscales (8 items each) scored 1-4. Exhaustion and Disengagement each range 8-32.

Subscales:

- Exhaustion: 8 items
- Disengagement: 8 items

Cutoff Interpretation

Score Range	Severity	Recommended Action
8-16	Low burnout	None
17-24	Moderate burnout	Consider intervention
25-32	High burnout	Active treatment

Psychometric Properties

Cronbach's alpha: 0.84 | Test-retest reliability: 0.78

Validity: Validated across multiple occupations and countries.

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Free to use with citation

Citation (APA Format)

Demerouti, E., Bakker, A. B., Vardakou, I., & Kantas, A. (2003). The convergent validity of two burnout instruments. *European Journal of Psychological Assessment, 19*(1), 12-23.

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