

Spanish Burnout Inventory
Version Attached: Full Test

PsycTESTS Citation:

Gil-Monte, P. R., García-Juegas, J. A., Núñez, E., Carter, N., Roldán, M. D., & Caro, M. (2011). Spanish Burnout Inventory [Database record]. Retrieved from PsycTESTS. doi: <http://dx.doi.org/10.1037/t21442-000>

Instrument Type:

Inventory/Questionnaire

Test Format:

This 20-item measure utilizes a 5-point frequency scale, ranging from 0 (never) to 4 (very frequently: every day) (range 0–4). Low scores on Enthusiasm toward the job, together with high scores on Psychological exhaustion and Indolence, as well as on Guilt, indicate high levels of burnout.

Source:

Gil-Monte, Pedro R., Figueiredo-Ferraz, Hugo, & Valdez-Bonilla, Heriberto. (2013). Factor analysis of the Spanish Burnout Inventory among Mexican prison employees. *Canadian Journal of Behavioural Science / Revue canadienne des sciences du comportement*, Vol 45(2), 96-104. doi: 10.1037/a0027883

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Spanish Burnout Inventory
CESQT, CESQT-PD, SBI

Subscale item

Enthusiasm toward job

1. I find my work is a stimulating challenge.
 5. I see my job as a source of personal accomplishment.
 10. I think my job gives me positive experiences.
 15. I find my work quite rewarding.
 19. I feel enthusiastic about my job.
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Psychological exhaustion

8. I feel I am overwhelmed by work.
 12. I feel weighed down by my job.
 17. I feel physically tired at work.
 18. I feel emotionally exhausted.
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Indolence

2. I don't like taking care of some inmates.
 3. I think many inmates are unbearable.
 6. I think the relatives of inmates are very demanding.
 7. I think I treat some inmates with indifference.
 11. I feel like being sarcastic with some inmates.
 14. I label or classify inmates according to their behavior.
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Guilt

4. I worry about how I have treated some people at work.
 9. I feel guilty about some of my attitudes at work.
 13. I regret some of my behaviors at work.
 16. I think I should apologize to someone for my behavior at work.
 20. I feel bad about some of the things I have said at work.
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Note. Item number indicates the position of the item in the questionnaire. The SBI was applied in the Spanish language. Items are rated on a 5-point scale (0 = never, 4 = very frequently: every day). Scores can range from 0–4. Low scores on Enthusiasm toward the job, together with high scores on Psychological exhaustion and Indolence, as well as on Guilt, indicate high levels of burnout.