

Burnout Self-Test Maslach Burnout Inventory (MBI)

The Maslach Burnout Inventory (MBI) is the most commonly used tool to self-assess whether you might be at risk of burnout. To determine the risk of burnout, the MBI explores three components: exhaustion, depersonalisation and personal achievement. While this tool may be useful, it must not be used as a clinical diagnostic technique, regardless of the results.

The objective is simply to make you aware that anyone may be at risk of burnout.

For each question, indicate the score that corresponds to your response relevant to that time. Add up your score for each section and compare your results with the scoring results interpretation at the bottom of this document.

Questions	Never	A Few Times per Year	Once a Month	A Few Times per Month	Once a Week	A Few Times per Week	Every Day
Section A	0	1	2	3	4	5	6
I am feel emotionally drained by my work.							
Working with people all daylong requires a great deal of effort.							
I feel like my work is breaking me down.							
I feel frustrated by my work.							
I feel that I work too hard at my job.							
It stresses me too much to work in direct contact with people.							
I feel like I am at the end of my tether.							
Subscores							
Section A Total Score							

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**Bernhard Badura,Antje Ducki,Helmut
Schröder,Joachim Klose,Markus Meyer**

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Personalmanagement Ruth Stock-Homburg, Matthias Groß, 2019-10-14 Zeitgem es Personalmanagement Dieses Buch zeigt Ihnen worauf es ankommt Das Personalmanagement steht in Zeiten globaler und digitaler Märkte vor großen Herausforderungen Es gilt einer zunehmend flexiblen Arbeitswelt eines sich wandelnden Arbeitsmarktes sowie sich stark verändernder Mitarbeiterbedürfnisse und Fähigkeiten gleichermaßen gerecht zu werden In diesem Buch vermitteln die Autoren in anschaulicher und kompakter Weise die zentralen Grundlagen Konzepte und Instrumente eines zeitgemäßen Personalmanagements Praxisbeispiele und Kontrollfragen unterstützen die Inhalte und legen den Fokus auf folgende Aspekte Wie sieht die Zukunft der Arbeit aus Welche Möglichkeiten bieten digitale Medien und das mobile Internet für die Personalplanung Wie generieren Unternehmen ein nachhaltiges Health Care Management Mithilfe welcher Instrumente konstruieren Personalverantwortliche eine erfolgreiche Führungsethik Durch diese umfassende Perspektivvielfalt gibt Ihnen dieses Buch einen Überblick über die Herausforderungen sowie aktuelle Entwicklungen im Bereich des zeitgemäßen Personalmanagements Selbstverständlich berücksichtigen die Autoren auch internationale Tendenzen der Mitarbeiterführung Lernen Sie zukunftsweisende Ansätze kennen Zunächst bringen Ihnen die Autoren die konzeptionellen Grundlagen des Personalmanagements näher und ordnen den Gegenstandsbereich dieses Begriffs verständlich ein Nach der Vorstellung einiger ökonomischer Ansätze steht die konkrete Ausformung des zeitgemäßen Personalmanagements im Fokus Erfahren Sie mehr über Quantitative und qualitative Verfahren der Personalbedarfsplanung Gestaltung des Personalgewinnungsprozesses Internationale Gestaltung von Mitarbeiterflusssystemen Belohnungssysteme des Personalmanagements Führung von Mitarbeitern in Teams Betriebliches Gesundheitsmanagement Zu empfehlen ist dieses Buch über zeitgemäße Personalmanagement insbesondere für Bachelor und Mastervorlesungen im Bereich des Personalmanagements Darüber hinaus ist es ein systematischer Leitfaden für Personal Manager sowie Führungsnachwuchskräfte Die aktuelle Auflage wurde komplett bearbeitet und aktualisiert Kapitel bergreifend zeigen die Autoren Ansatzpunkte zur Gestaltung zukunftsreicher Arbeitswelten und Anwendungsbeispiele künstlicher Intelligenz im Personalmanagement auf Zudem enthält das Werk ein neues Kapitel über das zukunftsweisende Konzept des agilen Personalmanagements

Gesundheit und Soziale Arbeit Annemarie Jost, 2013-03-27 Die Auseinandersetzung mit Fragen der Gesundheit hat im Studium der Sozialen Arbeit einen festen Platz und gehört zum Kerncurriculum in den Bachelorstudiengängen Etwa 20 % aller Sozialarbeiter sind im Gesundheitswesen im engeren Sinne tätig zugleich spielt Gesundheitsarbeit in den meisten anderen Arbeitsfeldern des Sozialwesens eine wichtige Rolle Das Buch klärt gesundheitswissenschaftliche Grundfragen thematisiert Aspekte der Sozialen Sicherung und reflektiert die spezifische Rolle der Sozialen Arbeit bei der Förderung von Gesundheitskompetenz Anhand konkreter Beispiele aus unterschiedlichen Arbeitsfeldern wird die Bandbreite der Gesundheitsarbeit aufgezeigt Nach dem Lebensalter der Klienten gegliedert wird gesundheitswissenschaftliches und sozialmedizinisches Grundwissen immer in

Verschärkung mit methodischem Handeln und illustriert an Fallbeispielen vermittelt Exemplarisch werden so Möglichkeiten der gesundheitsbezogenen Sozialarbeit in jedem Lebensalter aufgezeigt Die Arbeits- und Gesundheitssituation von Lehrkräften Eva-Maria Bennemann, 2019 In zahlreichen deutschen Bundesländern wurden in den letzten Jahren neue integrierte Sekundarschulen eingeführt in denen alle Schülerinnen und Schüler gemeinsam lernen z.B. Gemeinschaftsschulen Stadtteilschulen Regionalschulen usw. Die Arbeit an diesen Schulen ist für Lehrkräfte mit zeit und arbeitsintensiven Herausforderungen verbunden zu denen beispielsweise der produktive Umgang mit Heterogenität ebenso gehört wie die Konzeptentwicklung auf Schulebene. Basierend auf einer eigenen lehrerspezifischen Erweiterung des Belastungsbeanspruchungskonzepts fokussiert die vorliegende Studie die gewandelte Arbeitssituation von Lehrkräften an einer solchen Schulart. Welche Aufgaben sind von ihnen zu bewältigen? Welche Belastungen sind damit verbunden und welche Ressourcen stehen ihnen zur Verfügung? Diese Fragen werden anhand umfangreicher Interview- und Beobachtungsdaten aus dem Projekt Wissenschaftliche Begleitforschung Gemeinschaftsschulen in Baden-Württemberg (WissGem) beantwortet. Mit zahlreichen Detailbefunden und Anregungen für eine gesundheitsgerechte Gestaltung von Lehrarbeit wendet sich das Buch über Schulleitungen und Lehrkräfte hinaus auch an bildungspolitische Entscheidungsträger und die interessierte Öffentlichkeit. Eva-Maria Bennemann studierte Lehramt für Grund- Haupt- und Werkrealschulen. Nach absolviertem Vorbereitungsdienst arbeitete und promovierte sie an der Pädagogischen Hochschule Freiburg und war dort unter anderem im hochschulübergreifenden Projekt Wissenschaftliche Begleitforschung Gemeinschaftsschulen in Baden-Württemberg (WissGem) tätig. Ihr Forschungsinteresse gilt der pädagogischen Professionalität von Lehrkräften. Seit April 2018 ist sie wissenschaftliche Mitarbeiterin am Lehrstuhl für Schulpädagogik der Technischen Universität München.

Supervision und Burnout-Prephylaxe in pastoralen und schulischen Berufsfeldern Ute Beyer-Henneberger, 2016-07-13 Supervision hat seit einigen Jahrzehnten einen festen Platz in der Ausbildung und der Berufspraxis von PfarrerInnen, weniger in der von Lehrenden. Berufsfelder mit einem durchschnittlich hohen Burnout-Risiko. Welche Rolle spielen religiöse und existenzielle Überzeugungen bei Burnout-Prozessen und welche Konsequenzen hat dies für die Praxis von Supervision in diesen Berufsfeldern? Die Analyse von Fallbeispielen zeigt, dass es entscheidend ist, diese Ebene mit einzubeziehen. Will man den Burnout-Prozess stoppen? Zudem können veränderte religiöse Selbstdeutungen zur Ressource für die Überwindung des Burnout-Prozesses werden.

Forschung & soziale Arbeit an Österreichs Fachhochschulen Reinhold Popp, 2005

Brennen ohne auszubrennen Adnan Hamzic, 2021-06-11 Neue Zahlen belegen, dass Lehrer und Lehrerinnen zu den gefährdetsten Berufsgruppen gehören, wenn es um eine Erkrankung an Burnout geht. In Anbetracht der steigenden Belastungen im Lehrberuf ist das kaum verwunderlich. In der vorliegenden Arbeit wird untersucht, inwiefern Achtsamkeit eine geeignete Methode ist, um den Belastungen im Lehrberuf entgegen zu wirken und so einer Erkrankung an Burnout zu entgehen.

Handbuch Schlüsselkonzepte im Coaching Siegfried Greif, Heidi Möller, Wolfgang Scholl, 2018-05-22 Dieses Handbuch

widmet sich den wissenschaftlichen Grundlagen des Coachings und zeigt deren Anwendungsmöglichkeiten anhand praktischer Beispiele auf. Damit liefert es insbesondere Coaches und Coachingsausbildungen fundiertes Fachwissen als Fundament für ihre Profession. Wissenschaftler:innen finden einen aktuellen Überblick über den Stand der Forschung. Mit 70 Beiträgen ausgewiesener Fachexpert:innen verschiedener Länder und Disziplinen zu grundlegenden Schlüsselkonzepten im Coaching ist dieses Handbuch ein einzigartiges Referenzwerk. Die Beiträge beschreiben die praktische Anwendung des Wissens und beginnen dazu in der Regel mit einem Fallbeispiel aus dem Coaching.

Stress and Anxiety Krzysztof Kaniasty, Kathleen A. Moore, Siobhan Howard, Petra Buchwald, 2014. The current volume of the Stress and Anxiety series presents 27 peer reviewed chapters that thematically span four general areas of stressful life events, anxiety and coping research. The first collection of papers concerns coping with economic burdens, natural disasters and human induced catastrophes and considers psychological resources which may serve as protective factors. Next are review and empirical investigations that examine a variety of manifestations of emotional and psychological well-being, evaluations of treatment programs as well as scale validation studies. Part three features manuscripts addressing both psychological benefits and liabilities of occupational demands with a focus on exploration of positive work context for both the individual and the workplace. Chapters in the final part of the volume focus on developmental markers and coping efforts of children and adolescents with foci on environmental influences and cross cultural comparisons.

Stadt, Land, Frust? Im Auftrag der Evangelischen Kirche in Deutschland, Benjamin Stahl, Anja Hanser, Michael Herbst, 2019-09-01. Kirche ist mittendrin in abgelegenen ländlichen Räumen. Diese Räume stellen für Gesellschaft und Kirchen eine große Herausforderung dar. Einsparmaßnahmen erzwingen Rückbau und die Fläche wird zum Problem. Die vorliegende Studie geht der Frage nach, wie es den Gemeindepfarrerinnen und Pfarrern in dieser Umgebung geht und welche Unterschiede es in der Arbeitsbelastung im Vergleich mit den Kolleginnen und Kollegen aus der Stadt gibt. Kommentatoren aus relevanten Fachgebieten und Kirchenleitungen ziehen erste Schlüsse für die Kirche heute. Auf diese Weise will dieses Buch zur Diskussion anregen und Ansatzpunkte liefern, um ein gutes fröhliches und wohlbehaltenes Arbeiten im Pfarramt zu fördern. Mit Beiträgen von Gabriele Ahnert, Sundermann, Peter B. Hlemann, Philipp Elhaus, Leslie Francis, Martin Grabe, Michael Lehmann, Gunther Schendel, Jürgen Schilling und Thomas Schlegel. Are remote rural areas causing frustration? Well-being and stress among ministers in Germany. This book documents the research in peripheral rural areas. Peripheral or remote rural areas in Germany are concerned with certain issues, e.g. demographic change, weaknesses in the local economy and infrastructure. The church is affected by those negative trends and by a decline of the number of members, which causes a need for organisational adjustments. The question is whether German ministers suffer extraordinary stress from this situation. The research helps to shed light on well-being as well as burnout-related stress among German pastors in remote rural areas. This book put forward some research-based suggestions which can help to make working as minister healthier. Experts from inside and outside German churches

comment on the research in order to find ways in which the results of the study can influence the church and ministry for the better

Burnout vor dem Hintergrund der psychischen Belastung am Arbeitsplatz. Auswirkungen und Präventionsmöglichkeiten Tanja Gockel, 2018-03-27 Studienarbeit aus dem Jahr 2010 im Fachbereich Führung und Personal Burnout und Stress am Arbeitsplatz Note 1,3 Verwaltungs- und Wirtschafts Akademie VWA gemeinnützige GmbH Kassel Sprache Deutsch Abstract Der Fokus dieser Arbeit liegt darin zu analysieren welche Auswirkungen bei zunehmender psychischer Belastung am Arbeitsplatz das Burnout Syndrom bei den Mitarbeitern und für das Unternehmen hat Weiterhin werden Möglichkeiten und Grenzen von Präventionsmaßnahmen versucht zu identifizieren um ein Konzept für das Unternehmen und den Mitarbeiter zu entwickeln dass das Burnout Risiko verringert bzw die Erkrankung vermindert Die Zunahme der psychischen Belastungen bei den Mitarbeitern bekommen auch die Unternehmen zu spüren Restriktionen bei dem Mitarbeiter durch das Auftreten von kurzfristigen psychischen Ermüdungszuständen Stresserleben sowie psychischen Störungen und Monotonie sind die spürbaren Konsequenzen Langfristig führen diese Dinge bei dem Mitarbeiter zu einem Burnout Syndrom und somit zu steigenden Kosten für Unternehmen und Gesellschaft

Fehlzeiten-Report 2015 Bernhard Badura, Antje Ducki, Helmut Schröder, Joachim Klose, Markus Meyer, 2015-11-02 Der Fehlzeitenreport der jährlich als Buch erscheint informiert umfassend über die Krankenstandsentwicklung in der deutschen Wirtschaft und beleuchtet dabei detailliert einzelne Branchen Schwerpunktthema des Fehlzeiten Reports 2015 sind die Besonderheiten von Zielgruppen die für das Betriebliche Gesundheitsmanagement mental räumlich zeitlich oder sprachlich schwer erreichbar sind und die Konsequenzen die sich aus deren spezifischen Eigenheiten für gesundheitsförderliche Projekte ergeben Welche innovativen Strategien sind für welche Zielgruppe geeignet Welche Qualitätsstandards sollten für das zielgruppenspezifische Betriebliche Gesundheitsmanagement eingehalten werden Herausgegeben wird der Fehlzeiten Report vom Wissenschaftlichen Institut der AOK WIdO der Universität Bielefeld und der Beuth Hochschule für Technik Berlin Neben Fachbeiträgen zum Schwerpunktthema machen umfassende Daten den Fehlzeiten Report zu einem wertvollen Ratgeber für alle die Verantwortung für den Arbeits- und Gesundheitsschutz in Unternehmen tragen Aktuelle Statistiken zum Krankenstand der Arbeitnehmer in allen Branchen Die wichtigsten für Arbeitsunfähigkeit verantwortlichen Krankheitsarten Anzahl und Ausmaß der Arbeitsunfälle Vergleichende Analysen nach Bundesländern Betriebsgrößen und Berufsgruppen Verteilung der Fehlzeiten nach Monaten und Wochentagen Anschauliche Darstellung der Daten durch zahlreiche Abbildungen und Tabellen Pressestimmen Die wichtigste jährliche Veröffentlichung zum Thema Krankenstand Miriam Hoffmeyer in der Süddeutschen Zeitung Dieser Report geht die erwerbstätigen Menschen Personalverantwortliche aber auch Entscheidungsträger der Politik an Robert Fieten in der Frankfurter Allgemeinen Zeitung

Total Well-being. An Issue of Anesthesiology Clinics, E-Book Alison J. Brainard, Lyndsay M. Hoy, 2022-07-06 In this issue of Anesthesiology Clinics guest editors Drs Alison J Brainard and Lyndsay M Hoy oversee the topic of Total Well-being Articles in this issue highlight perspectives from across multiple subsets

of anesthesiology including nutrition arts and humanities coaching and the inequalities of medicine The editors goal is that readers will come away inspired informed and excited to create an approach for total well being that can be tailored to their workplace and lives Contains 19 practice oriented topics including women in anesthesiology parenting lactation in anesthesia intensivists and wellness post pandemic early career physician burnout integrating antiracism into MedEd with health humanities program and more Provides in depth clinical reviews on total well being offering actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create clinically significant topic based reviews

Hospital Medicine Robert J. Habicht, Mangla S. Gulati, 2017-01-04 This practical resource provides hospitalists of all levels a comprehensive foundation for understanding the critical elements of hospital medicine Beginning with an overview of the healthcare system chapters provide relevant insights on management regulations evidence based approaches an awareness of safety and economic concerns and professional development skills Perspectives on how hospitalist and hospital medicine teams can effectively engage this system to provide cost effective high quality care are offered throughout this volume With real world guidance on the major tenets of hospital medicine *Hospital Medicine* will serve as the definitive guide to a successful career in this rapidly evolving specialty

Prevention of Maladjustment to Life Course Transitions

Moshe Israelashvili, 2023-06-01 This book provides a comprehensive and updated review of the concepts models and interventions related to the process of adjustment to life course transitions In times of transition an individual is exposed to experiences that require them to assume new roles and exhibit updated behaviors Regardless of the characteristics of these transitions exposure to normative trajectories imposes on the person an intensive engagement in a process of re adjustment Sometimes this demand is beyond the scope of one s ability motivation or comprehension Hence some people might ineffectively perceive and or react to the change and end up feeling unable to handle the change and inclined to escape the situation A preventive intervention that either reduces the impact of possible risk factors or fosters possible protective factors would support the people in managing the transition While the importance of prevention of maladjustment is repeatedly mentioned in the literature this is the first known book on how to prevent maladjustment It examines how the sense of transition emerges what adjustment means the models that elaborate on how people manage in times of transition what the antecedents of maladjustment are and especially how maladjustment could be prevented Out of these discussions a new model The Transitional Stress and Adjustment TSA Model is suggested as a grand framework for paving a way forward to better prevent people s maladjustment to life course transitions *Prevention of Maladjustment to Life Course Transitions* is a much needed cornerstone in the future development within the prevention science framework This book has interdisciplinary appeal for researchers practitioners and graduate students in psychology sociology public health social work criminology medicine health sciences public policy economics and education who consider prevention an important vehicle of

intervention to promote health and wellbeing Its focus on the topic of adjustment also would be of special interest to those who explore child and youth development *Maslach Burnout Inventory* Christina Maslach,Susan E. Jackson,Michael P.

Leiter,Wilmar B. Schaufeli,Richard L. Schwab,2017 **Basics of Behavior Change in Primary Care** Patricia J.

Robinson,2020-06-02 Emerging policy changes are encouraging adoption of a team based approach to healthcare yet most healthcare professionals receive little training in how to practice integrated care Basics of Behavioral Health in Primary Care is a playbook for mental health and medical professionals to share in addressing behavioral health concerns in primary care Concise and practical this clinically focused book addresses the needs of a diverse group of healthcare providers as well as students preparing for careers in the rapidly changing landscape of healthcare *Maslach Burnout Inventory* Christina

Maslach,Susan E. Jackson,Michael P. Leiter,2013 **Síndrome de Burnout** Rafael Piva de Souza,Marcelo Fernandes da Costa,2024-02-01 O objetivo geral desta pesquisa metodol gica a constru o de uma escala psicof sica de raz o para avaliar a s ndrome de Burnout adaptada para o Brasil Os objetivos espec ficos s o identificar elementos essenciais da MBI Maslach Burnout Inventory e ECB Escala Brasileira de Burnout para a constru o de uma escala em l ngua portuguesa adaptada para a cultura brasileira A Escala Costa Piva desenvolvida nesta pesquisa consolidou a informa o de 9 ferramentas com 287 afirma es para 65 afirma es dividida em 8 fatores Foi criada uma escala psicof sica com 6 adv rbios de intensidade validada de forma crossmodal com um expoente positivo de 1 57 o que significa que uma mudan a de 2 pontos na escala representa uma altera o subjetiva de 3 vezes 2 1 57 2 96 Nossa escala obteve um bom ajuste de dados no comparativo com a ECB pois no c lculo da sensibilidade o R quadrado foi de 0 94 ou seja isso significa uma variabilidade de apenas 6% no comparativo entre as escalas Escala Costa Piva versus a Escala Brasileira de Burnout A discriminabilidade encontrada foi de 0 9299 valor este muito pr ximo de 1 refor ando a maior sensibilidade da nossa escala A especificidade calculada resultou em um C 0 o que significa que Escala Costa Piva seja uma escala t o espec fica quanto a Escala Brasileira de Burnout e sem vi s A Escala Brasileira de Burnout ocupa cerca de 26% da Escala Costa Piva o que significa que 74% das nossas afirma es e fatores s o diferentes novos

Maslach Burnout Inventory Christina Maslach,Susan E. Jackson,1986 **Untersuchung des Maslach Burnout Inventory - Deutsche Fassung (MBI-D) mit Pflegekräften eines Allgemeinkrankenhauses** Stephan C. Steiger,1993

Unveiling the Magic of Words: A Report on "**Download Maslach Burnout Inventory Mbi** "

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