

Copenhagen Burnout Inventory

Patient name: Taylor Monroe Date of birth: Jan 15, 1990 Gender: Female
Assessor name: Dr. Alex Johnson Date of assessment: Dec 13, 2024

Instructions

The Copenhagen Burnout Inventory (CBI) measures burnout levels across three domains: personal burnout, work-related burnout, and client-related burnout.

Read each question carefully and select the response that best reflects your experience. Each response has a corresponding percentage value, which will be used to calculate your score. Be honest and choose the option that most accurately describes your feelings.

Personal burnout					
Questions	100% Always	75% Often	50% Sometimes	25% Seldom	0% Never or almost never
1. How often do you feel tired?	☐	☒	☐	☐	☐
2. How often are you physically exhausted?	☐	☐	☒	☐	☐
3. How often are you emotionally exhausted?	☐	☒	☐	☐	☐
4. How often do you think: "I can't take it anymore?"	☐	☐	☐	☒	☐
5. How often do you feel worn out?	☐	☐	☒	☐	☐
6. How often do you feel weak and susceptible to illness?	☐	☐	☐	☒	☐
Work-related burnout					
Questions	100% Always	75% Often	50% Sometimes	25% Seldom	0% Never or almost never
7. Do you feel worn out at the end of the working day?	☐	☒	☐	☐	☐
8. Are you exhausted in the morning at the thought of another day at work?	☐	☒	☐	☐	☐
9. Do you feel that every working hour is tiring for you?	☐	☐	☒	☐	☐
10. Do you have enough energy for family and friends during leisure time?"	☐	☐	☐	☒	☐

Copenhagen Burnout Inventory Cbi Psmt

Jianjun Gao



Copenhagen Burnout Inventory Cbi Psmt:

Copenhagen Burnout Inventory Cbi Psmt Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Copenhagen Burnout Inventory Cbi Psmt**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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