

Copenhagen Burnout Inventory (CBI)

A burnout self-assessment worksheet for therapists. The CBI is a free, public-domain measure of burnout across three areas: personal, work-related, and client-related. Answer honestly for how things have felt over the past few weeks.

You spend your days holding space for everyone else. This is a few minutes to check in on you. At Mentalyc, we build for therapists because your wellbeing is what makes good care possible. Be honest, be kind to yourself, and use what you notice here as a starting point, not a verdict.

How to score

For items 1 to 17, score each answer: Always = 100, Often = 75, Sometimes = 50, Seldom = 25, Never/almost never = 0. For items 18 and 19, score: To a very high degree = 100, To a high degree = 75, Somewhat = 50, To a low degree = 25, To a very low degree = 0. Item 10 is reverse scored (Always = 0, Never = 100). Average the items within each subscale (you need at least 3 answers per subscale).

Personal burnout

How often do you feel...

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

Items 7 to 13. Note: item 10 is reverse scored.

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? (reverse scored) _____
11. Is your work emotionally exhausting? _____
12. Does your work frustrate you? _____
13. Do you feel burnt out because of your work? _____

Client-related burnout

Items 14 to 17 use the frequency scale; items 18 to 19 use the degree scale.

14. Do you find it hard to work with clients? _____
15. Does it drain your energy to work with clients? _____
16. Do you find it frustrating to work with clients? _____
17. Do you feel that you give more than you get back when you work with clients? _____
18. Are you tired of working with clients? _____
19. Do you sometimes wonder how long you will be able to continue working with clients? _____

Your subscale averages

Personal burnout (items 1-6) _____ / 100

Work-related burnout (items 7-13) _____ / 100

Client-related burnout (items 14-19) _____ / 100

What your scores suggest

Below 50 in an area suggests burnout is not currently a major issue there. 50 to 74 signals a meaningful level worth acting on through boundaries, workload, and support. 75 or above indicates high burnout in that area; consider reducing your load and seeking supervision or your own therapy. A high client-related score alongside lower personal or work scores can point toward compassion fatigue specifically.

The Copenhagen Burnout Inventory is a screening and reflection tool, not a diagnosis. If your scores are high or symptoms persist, treat it as a signal to reduce your load and seek support. If you are experiencing hopelessness or thoughts of self-harm, contact a mental health professional or a crisis line immediately.

Source: Kristensen, T. S., Borritz, M., Villadsen, E., & Christensen, K. B. (2005). The Copenhagen Burnout Inventory: A new tool for the assessment of burnout. *Work & Stress*, 19(3), 192-207. The CBI is in the public domain.