Maslach Inventory Burnout Scale

SIMPSON AGUIRRE

The Factorial Validity and Reliability of the Maslach Burnout Inventory for Elementary and Secondary Public School Teachers Taylor & Francis
The most popular measure of burnout has been the Maslach Burnout Inventory (MBI) ever since it was introduced in 1981 (Maslach & Jackson, 1981; Schaufeli & Enzmann, 1998). Maslach and Jackson (1981, 1986) defined burnout as a three-dimensional syndrome of Emotional Exhaustion (feeling emotionally drained by one's contact with other people), Depersonalization (negative feelings and cynical attitudes toward the recipients of one's service or care), and reduced Personal Accomplishment (a tendency to evaluate negatively one's own work) that occurs among individuals who work with people in some capacity. CONTENTS: Using the MBI-human services survey - The MBI-general survey - The MBI-educators survey - Current and future research.
The Burnout Companion To Study And Practice IGI Global
Burnout is a common metaphor for a state of extreme psychophysical exhaustion, usually work-related. This book provides an overview of the burnout syndrome from its earliest recorded occurrences to current empirical studies. It reviews perceptions that burnout is particularly prevalent among certain professional groups - police officers, social workers, teachers, financial traders - and introduces individual inter- personal, workload, occupational, organizational, social and cultural factors. Burnout deals with occurrence, measurement, assessment as well as intervention and treatment programmes.; This textbook should prove useful to occupational and organizational health and safety researchers and practitioners around the world. It should also be a valuable resource for human resources professional and related management professionals.
Maslach Burnout Inventory Praeger
Burnout: A Guide to Identifying Burnout and Pathways to Recovery is the first complete self-help guide to burnout, based on groundbreaking new research. Burnout is widespread among high achievers in the workplace, and the problem is becoming more prevalent and profound in its impact. This book contains new evidence-based tools for readers to work out for themselves whether they have burnout and generate a plan for recovery based on their personal situation. Chapters show readers how to recognise their own burnout patterns and how far they may have travelled into burnout territory, and provide research-based management approaches to help them regain their passions and build their resilience. Offering fascinating new insights into the biology of burnout, and stories from people who have rebounded from it, the book acts as a complete guide for anyone who suspects they may have burnout, for their friends and families, and for health professionals and employers.
MBI Maslach Burnout Inventory Edward Elgar Publishing
Discussions surrounding mental health are becoming more prominent and these conditions are becoming less stigmatized. Studying the effects that

mental wellness has on students within the medical field can provide an insider perspective on this critical topic. Exploring the Pressures of Medical Education From a Mental Health and Wellness Perspective is a critical reference source that examines the mental and emotional problems that arise with students practicing in the medical field. Featuring relevant topics such as student burnout, cognitive learning, graduate education, and curriculum development, this scholarly publication is ideal for medical practitioners, academicians, students, and researchers that are interested in staying apprised of the latest trends and developments relating to mental wellness.

Research Companion to Organizational Health Psychology CRC Press

Today's workforce is experiencing job burnout in epidemic proportions. Workers at all levels, both white- and blue-collar, feel stressed out, insecure, misunderstood, undervalued, and alienated at their workplace. This original and important book debunks the common myth that when workers suffer job burnout they are solely responsible for their fatigue, anger, and don't give a damn attitude. The book clearly shows where the accountability often belongs. . . .squarely on the shoulders of the organization.

Maslach Burnout Inventory Routledge

The psychological concept of burnout refers to long-term exhaustion from, and diminished interest in, the work we do. It's a phenomenon that most of us have some understanding of, even if we haven't always been affected directly. Many people start their working lives full of energy and enthusiasm, but far fewer are able to maintain that level of engagement. Burnout at Work: A Psychological Perspective provides a comprehensive overview of how the concept of burnout has been conceived over recent decades, as well as discussing the challenges and possible interventions that can help confront this pervasive issue. Including contributions from the most eminent researchers in this field, the book examines a range of topics including: The links between burnout and health How our individual relationships at work can affect levels of burnout The role of leadership in mediating or causing burnout The strategies that individuals can pursue to avoid burnout, as well as wider interventions. The book will be required reading for anyone studying organizational or occupational psychology, and will also interest students of business and management, and health psychology.

Taking Action Against Clinician Burnout National Academies Press

This volume of the Applied Social Psychology Annuals is designed to promote closer integration of social psychology and organizational psychology. Each chapter presents an applied approach to the social psychological aspects of organizational issues. The contributors consider key issues such as organizational change and resistance to change, member participation and the relationship between organizational and non-organizational behaviour. A more informal style was adopted than is common in the psychological literature, so that this volume will be of interest and value to applied social scientists in general.

The Burnout Challenge Harvard Business Press

The phenomenon of burnout first became the subject of public attention in the mid-1970s. This landmark volume is one of the first devoted exclusively to theoretical and empirical work on burnout. Each valuable chapter represents the state of the art in social services research on burnout. Burnout Among Social Workers illustrates and assesses problems with definitions and theoretical orientations to help clarify the overall conceptual vagueness that has plagued burnout research since its beginning. Attention is paid to both personal and job-related variables and coping mechanisms. Expert social work academicians and researchers clearly demonstrate the importance of burnout measurement for theory and practice and establish important guidelines for subsequent research and theory development in this area.

Maslach Burnout Inventory Cambridge University Press

Stress: Concepts, Cognition, Emotion, and Behavior: Handbook in Stress Series, Volume 1, examines stress and its management in the workplace and is targeted at scientific and clinical researchers in biomedicine, psychology, and some aspects of the social sciences. The audience is appropriate faculty and graduate and undergraduate students interested in stress and its consequences. The format allows access to specific self-contained stress subsections without the need to purchase the whole nine volume Stress handbook series. This makes the publication much more affordable than the previously published four volume Encyclopedia of Stress (Elsevier 2007) in which stress subsections were arranged alphabetically and therefore required purchase of the whole work. This feature will be of special significance for individual scientists and clinicians, as well as laboratories. In this first volume of the series, the primary focus will be on general stress concepts as well as the areas of cognition, emotion, and behavior. - Offers chapters with impressive scope, covering topics including the interactions between stress, cognition, emotion and behaviour - Features articles carefully selected by eminent stress researchers and prepared by contributors representing outstanding scholarship in the field - Includes rich illustrations with explanatory figures and tables - Includes boxed call out sections that serve to explain key concepts and methods - Allows access to specific self-contained stress subsections without the need to purchase the whole nine volume Stress handbook series

Couple Burnout Routledge

Demographic information and measures on the Maslach Burnout Inventory (MBI) were obtained for 151 Ohio licensed psychologists. Seven independent variables were examined in predicting burnout. Multiple regression analyses revealed that most psychologists within this sample scored within the "low" range for all subscales: Emotional Exhaustion (EE), 57%; Depersonalization (DP), 76%; Personal Accomplishment (PA), 77%. Number of hours per week providing supervision to others was predictive of burnout on all three subscales. Additionally, age, number of hours per week spent teaching, and employment setting, were predictive of Emotional Exhaustion subscale scores. Similarly, age and number of hours spent in obtaining supervision were predictive of scores on the Depersonalization (DP) subscale. Personal Accomplishment (PA) subscale scores were predicted by the variables, number of hours per week spent in direct service with clientele, and type of employment setting. Psychologists in private practice reported less burnout than those working in the public sector.

Maslach Burnout Inventory Psychology Press

InCouple Burnout, Ayala Pines offers a unique model to combat relationship burnout by describing the phenomenon of couples burnout; its causes, danger signs and symptoms; and the most effective strategies therapists can use. Distinguishing burnout from problems caused by clinical depression or other pathologies, Pines combines three major clinical perspectives that are used by couple therapists--psychodynamic, systems and behavioral--with additional approaches that focus attention on the social- psychological perspective and existential perspective to couples' problems.

The Oxford Handbook of Organizational Well-being SAGE Publications, Incorporated

Part I. The Marathon: Working in the Burnout Shop -- Sounding the Alarm -- Rethinking the Relationship between Person and Job -- Part II. The Mismatches: Workload -- Control -- Reward -- Community -- Fairness -- Values -- Part III. The Management: Creating Better Matches -- Making Matches Work -- Meeting the Challenge of Burnout.

Applied Social Psychology Annual Harvard University Press

In this book Michael P. Leiter and Christina Maslach, the leading experts on job burnout prevention and authors of the landmark book The Truth About Burnout, outline their revolutionary new program for helping everyone in the workplace overcome everyday stress and pressures and achieve their career goals. Banishing Burnout includes the authors' unique and highly effective Work Life self-assessment test and a customized plan for action that will help transform the individual's relationship with work and overcome job burnout. The authors outline their proven action plan, which shows how to establish core values, set a personal direction, engage other people, initiate a realistic plan of action, make an impact, and achieve career goals. The book is filled with illustrative case examples from a wide variety of organizations, including corporations, health care institutions, universities, and nonprofit organizations. Each case demonstrates how the use of the Work Life self-survey and the individualized action plan can result in dramatic changes in the daily workplace experience and advance career development.

Personality Correlates of Burnout as Measured by the Maslach Burnout Inventory and the California Psychological Inventory John Wiley & Sons

The rapid and sweeping changes in the economy, technology, work practices and family structures mean that organizational health psychology has never been so essential for understanding stress in the workplace. This timely Research Companion is essential reading to advance the understanding of healthy behaviors within working environments and to identify problems which can be the cause of illness. Containing both theoretical and empirical contributions written by distinguished academics working in Europe, North America and Australia, the book covers leading edge topics ranging from current theories of stress, stress management, and stress in specific occupational groups, such as doctors and teachers, to the relationship of stress with well-being. It provides systematic approaches towards practical actions and stress interventions in working environments and a solid theoretical framework for future research. It will be an essential companion to research on psychology and medicine as well as stress.

Work Engagement John Wiley & Sons

This Handbook focuses on organizational well being in its widest sense, and is concerned with reviewing the factors which are associated with ill health, as well as those which promote positive health and well being. In it, leading international scholars focus on the key issues around measuring well being, and individual and organizational factors.

Maslach Burnout Inventory Elsevier

This book is a major revision of R. Golembiewski, R.F. Munzenrider, and J.G. Stevenson's Stress in Organizations: Toward a Phase Model of Burnout. The authors use some of the same basic data to develop the phase model of burnout, and then examine the support for the model that has emerged since the first book was published. . . . This is a logically constructed progression with a high level of statistical sophistication. The authors have included a great deal of data (presented in tables, graphs, and figures) and a comprehensive bibliography. The writing style is consistent with the content, producing a professional book suited for advanced students and specialists. Choice Phases of Burnout provides effective, practical methods of dealing with burnout. Including an easy-to-administer test of strain, the book describes norms to gauge the seriousness of burnout and to guide ameliorative efforts. The authors demonstrate how the incidence of burnout can be estimated with little cost and in various organizational settings. The test assigns individuals to one of eight phases of burnout. These phases co-vary with numerous personal and organizational measures of satisfaction and well-being. The phase model is thus the basis for efforts to remedy the widespread and persistent incidence of burnout.

Predictors of Burnout Among Ohio Licensed Psychologists Using the Maslach Burnout Inventory OUP UK

This valuable book examines the complex psychological processes involved in answering different types of survey questions. Drawing on both classic and modern research from cognitive psychology, social psychology, and survey methodology, the authors examine how survey responses are formulated and they demonstrate how seemingly unimportant features of the survey can affect the answers obtained. The book provides a comprehensive review of the sources of response errors in surveys, and it offers a coherent theory of the relation between the underlying views of the public and the results of public opinion polls. Topics include the comprehension of survey questions, the recall of relevant facts and beliefs, estimation and inferential processes people use to answer survey questions, the sources of the apparent instability of public opinion, the difficulties in getting responses into the required format, and the distortions introduced into surveys by deliberate misreporting.

Burnout at Work Psychology Press

Recognized as the leading measure of burnout, the Maslach Burnout Inventory (MBI) is validated by the extensive research that has been conducted in the more than 25 years since its initial publication. The MBI Surveys address three general scales: --Emotional Exhaustion measures feelings of being emotionally overextended and exhausted by one's work. --Depersonalization measures an unfeeling and impersonal response toward recipients of one's service, care treatment, or instruction. --Personal Accomplishment measures feelings of competence and successful achievement in one's work.

The Psychology of Survey Response Springer Science & Business Media

Wherever people are working, there is some type of stress—and where there is stress, there is the risk of burnout. It is widespread, the subject of numerous studies in the U.S. and abroad. It is also costly, both to individuals in the form of sick days, lost wages, and emotional exhaustion, and to the workplace in terms of the bottom line. But as we are now beginning to understand, burnout is also preventable. Burnout for Experts brings multifaceted analysis to a multilayered problem, offering comprehensive discussion of contributing factors, classic and less widely perceived markers of burnout, coping strategies, and treatment methods. International perspectives consider phase models of burnout and differentiate between burnout and related physical and mental health conditions. By focusing on specific job and life variables including workplace culture and gender aspects, contributors give professionals ample means for recognizing burnout as well as its warning signs. Chapters on prevention and intervention detail effective programs that can be implemented at the individual and organizational levels. Included in the coverage: · History of burnout: a

phenomenon. · Personal and external factors contributing to burnout. · Depression and burnout · Assessment tools and methods. · The role of communication in burnout prevention. · Active coping and other intervention strategies. Skillfully balancing scholarship and accessibility, Burnout for Experts is a go-to resource for health psychologists, social workers, psychiatrists, and organizational, industrial, and clinical psychologists. *Modelling the Stress-Strain Relationship in Work Settings* Routledge
This book provides the most thorough view available on this new and intriguing dimension of workplace psychology, which is the basis of fulfilling, productive work. The book begins by defining work engagement, which has been described as 'an opposite to burnout,' following its development into a more complex concept with far reaching implications for work-life. The chapters discuss the sources of work engagement, emphasizing the importance of leadership, organizational structures, and human resource management as factors that may operate to either enhance or inhibit employee's experience of work. The book considers the implications of work engagement for both the individual employee and the organization as a whole. To address readers' practical questions, the book provides in-depth coverage of interventions that can enhance employees' work engagement and improve management techniques. Based upon the most up-to-date research by the foremost experts in the world, this volume brings together the best knowledge available on work engagement, and will be of great use to academic researchers, upper level students of work and organizational psychology as well as management consultants.

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