

THE PARENTAL BURNOUT INVENTORY

Indicate how frequently the following statements apply to you and add the points indicated on top of the respective box:

- 0 = Never
- 1 = At least a few times a year
- 2 = At least once a month
- 3 = Several times a month
- 4 = Once a week
- 5 = Several times a week
- 6 = Every day

	1	2	3	4	5	6
1. I feel completely run down by my role as a parent						
2. I have the sense that I'm really worn out as a parent						
3. I'm so tired out by my role as a parent that sleeping doesn't feel like enough						
4. When I get up in the morning and have to face another day with my child(ren), I feel exhausted before I've even started						
5. I find it exhausting just thinking of everything I have to do for my child(ren)						
6. I have zero energy for looking after my child(ren)						
7. My role as a parent uses up all my resources						
8. I sometimes have the impression that I'm looking after my child(ren) on autopilot						
9. I'm in survival mode in my role as a parent						
10. I don't think I'm the good father/mother that I used to be to my child(ren)						
11. I tell myself that I'm no longer the parent I used to be						
12. I'm ashamed of the parent that I've become						
13. I'm no longer proud of myself as a parent						
14. I have the impression that I'm not myself anymore when I'm interacting with my child(ren)						
15. I feel as though I've lost my direction as a dad/mum						
16. I can't stand my role as father/mother anymore						
17. I can't take being a parent anymore						
18. I feel like I can't take any more as a parent						
19. I feel like I can't cope as a parent						
20. I don't enjoy being with my child(ren)						
21. I do what I'm supposed to do for my child(ren), but nothing more						
22. Outside the usual routines (lifts in the car, bedtime, meals), I'm no longer able to make an effort for my child(ren)						
23. I'm no longer able to show my child(ren) how much I love them						

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Overall score for Exhaustion in Parental Role

Add together the answers in questions 1-9

Exhaustion in Parental Role	EX < 17	EX 18-29	EX > 30
	Low Degree	Moderate Degree	High Degree

Overall score for Contrast in Parental Self

Add together the answers in questions 10-15

Exhaustion in Parental Role	CO < 13	CO 14-23	CO > 24
	Low Degree	Moderate Degree	High Degree

Overall score for Feeling of Being Fed Up

Add together the answers in questions 16-20

Exhaustion in Parental Role	CO < 9	CO 10-19	CO > 20
	Low Degree	Moderate Degree	High Degree

Overall score for Emotional Distancing

Add together the answers in questions 21-23

Exhaustion in Parental Role	CO < 5	CO 6-11	CO > 12
	Low Degree	Moderate Degree	High Degree

Degree of Burnout

Low Degree of Burnout <47

Moderate Degree of Burnout 48-87

High Degree of Burnout > 88