Overview
The School Burnout Inventory (SBI) assesses three factors associated with school-related stress among upper middle school and high school students, including Exhaustion at school, Cynicism toward the meaning of school, and Sense of inadequacy at school. Exhaustion is related to feelings of strain and chronic fatigue resulting from overtaxing schoolwork; cynicism is related to having a detached attitude toward school and school-work; sense of inadequacy is related to diminished feelings of competence, success, achievement, and efficacy associated with school and schoolwork. The measure was adapted from the Bergen Burnout Indicator-15 (BBI-15), which was developed to assess burnout in the work environment. A Short School Burnout Inventory (SSBI) can also be used.

Focus Area
Academic

Purpose
Screening/Initial Evaluation
Progress Monitoring

Reporter
Student

Versions
SSBI, Student, 3 items (for grades 8-12)
SBI, Student, 9 items (for grades 8-12)

Subscales
Exhaustion at school
Cynicism toward the meaning of school
Sense of inadequacy at school
Total school burnout

Sample Items
- I feel overwhelmed by my schoolwork
- I feel that I am losing interest in my schoolwork
- I often have feelings of inadequacy in my schoolwork

Response Options
Completely disagree
Partly disagree
Disagree
Partly agree
Agree
Completely agree

Estimated Completion Time
One minute (3 items)
Less than five minutes (9 items)

Languages
English

Cost
Free

Access the measure:
School Burnout Inventory (SBI)

Summary compiled by CSMH (2017) for The SHAPE System (www.theSHAPEsystem.com)
## Scoring

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**Administration & scoring rules**

To use the **School Burnout Inventory (SBI)** for *screening or progress monitoring*:

- Rate symptoms present over the past month
- Sum all items to obtain the Total school burnout score
- To sum subscales, add the following items:
  - Exhaustion at school: 1,4,7,9
  - Cynicism toward the meaning of school: 2,5,6
  - Sense of inadequacy at school: 3,8

To use the **Shortened School Burnout Inventory (SSBI)** for *screening or progress monitoring*:

- Rate symptoms present over the past month
- Sum items 1,3,5 to obtain the Total school burnout score

**Interpretation**

Higher scores indicate more school burnout. There are no formal cut-offs for interpretation.

Using the SSBI: In an adolescent European sample, approximately 10% of high school students experienced significant levels of school burnout, with individual student characteristics contributing to burnout more than school factors.

School characteristics associated with higher burnout included negative school climate and lower levels of school support, while lower levels of school burnout were related to more positive motivation received by teachers (only found in lower grades).

Individual characteristics associated with higher burnout included female students, lower SES, lower GPA/academic achievement, school engagement, and more symptoms of depression.