

Appendix 2

Oldenburg Burnout Inventory
I always find new and interesting aspect of my work [R]
There are days when I feel tired before work
It happens more and more often that I talk about my work in a negative way
After work, I tend to need more time than in the past in order to relax and feel better
I can tolerate the pressure of my work well [R]
Lately, I tend to think less at work and do my job automatically
I find my work to be a positive challenge [R]
During work, I often feel emotionally drained
Over time, one can become disconnected from this type of work
After work, I have enough time for my leisure activities (R)
Sometimes I feel sickened by my work tasks
After my work, I usually feel worn out and weary
This is the only type of work I can imagine myself doing [R]
Usually, I can manage the amount of my work well [R]
I feel more and more engaged in my work [R]
When I work, I usually feel energised [R]

Each question is scored from 1 (low burnout) to 4 (high burnout). In statements marked [R] reverse coding was used – a negative response indicates high burnout and a positive answer indicates low burnout.