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Maslach Burnout Inventory

Burnout

Maslach Burnout Inventory

A Test of Two Models of Burnout Utilising a Revised Version of the Maslach Burnout Inventory

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

The Burnout Epidemic

Maslach Burnout Inventory Manual

Couple Burnout

Maslach Burnout Inventory

Maslach Burnout Inventory

Taking Action Against Clinician Burnout
The Burnout Companion To Study And Practice

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<u>Applied Social Psychology Annual</u> Psychology Press
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.

Stress and Survival Taylor & Francis
Named one of 10 Best New Management Books for 2022 by Thinkers50 Named to the shortlist for the 2021 Outstanding Works of Literature (OWL) Award in the Management & Culture Category In this important and timely book, workplace well-being expert Jennifer Moss helps leaders and individuals prevent burnout and create healthier, happier, and more productive workplaces. We tend to think of burnout as a problem we can solve with self-care: more yoga, better breathing techniques, and more resilience. But evidence is mounting that applying personal, Band-Aid solutions to an epic and rapidly evolving workplace phenomenon isn't enough—in fact, it's not even close. If we're going to solve this problem, organizations must take the lead in developing an antiburnout strategy that moves beyond apps, wellness programs, and perks. In this eye-opening, paradigm-shifting, and practical guide, Jennifer Moss lays bare the real causes of burnout and how organizations can stop the chronic stress cycle that an alarming number of workers suffer through. The Burnout Epidemic explains: What causes burnout—and what organizations can do to prevent it Why traditional wellness initiatives fall short How companies can build an antiburnout strategy based on prevention, not perks How leaders can measure burnout in their own organizations What leaders can do to develop a healthier culture that prioritizes resilience and curiosity As the pandemic has shown, self-care is important, but it's not a cure-all for burnout. Employers need to do more. With fascinating research, new findings from the pandemic, and interviews with business leaders around the globe, The Burnout Epidemic offers readers insightful and actionable advice that will empower them to help themselves—and their employees—feel healthier and happier at work.

<u>The Oxford Handbook of Organizational Well-being</u> Routledge
Burnout is rampant. Recognize the signs and make the right changes. The always-on workplace and increasing pressures are leading to a high rate of burnout. Unmanaged, chronic work stress doesn't just lead to lower productivity and negative emotions—it can have dire personal and professional consequences. Are you and your team at risk? The HBR Guide to Beating Burnout provides practical tips and advice to help you, your team, and your organization navigate the perils of burnout and rediscover healthy engagement at work. You'll learn how to: Understand the difference between normal stress and burnout Keep your passion for work from leading to burnout Avoid working from home burnout Protect your high performers from burnout Help prevent burnout on your team—even if you're burned out Bounce back and regain your productivity and effectiveness Arm yourself with the advice you need to succeed on the job, with the most trusted brand in business. Packed with how-to essentials from leading experts, the HBR Guides provide smart answers to your most pressing work challenges.

<u>Maslach Burnout Inventory</u> National Academies 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.

Managing Burnout in the Workplace SAGE Publications, Incorporated
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.

Phases of Burnout Praeger
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.

Professional Burnout Prentice Hall
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.

Burnout for Experts OUP UK
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.

An Assessment of Burnout in Academic Librarians in America Using the Maslach Burnout Inventory (the MBI) 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.

HBR Guide to Beating Burnout Routledge
Burnout is a syndrome—composed of emotional exhaustion, depersonalization, and personal accomplishment—resulting from chronic stress. The Maslach Burnout Inventory – Human Services Survey (MBI-HSS; Maslach, Jackson, & Leiter, 1996) is the most popular measure of burnout. Unfortunately, the MBI-HSS has flaws including highly correlated traits and low subscale reliabilities. I tested a bifactor model for the MBI-HSS based on the work by Meszaros, Adam, Svabo, Szigeti, and Urban (2014) using item response theory. Bifactor models specify a general factor that underlies all the items within a scale and specific factors that underlie the subscale items; also, all factors are orthogonal. I found that the bifactor model had superior fit to the traditional correlated traits. A method for decomposing item and test information in multidimensional item response theory is also introduced along with a new method of displaying the test information. Finally, I provide the scoring recommendation that only the general burnout dimension for the MBI-HSS should be reported as the subscales are unreliable.

Banishing Burnout IGI Global
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.

The Burnout Challenge Psychology Press
A rapidly growing number of people experience psychological strain at their workplace. In almost all industrialized countries, absenteeism and turnover rates increase, and an increasing amount of workers receive disablement benefits because of psychological problems. This book, first published in 1993, concentrates on a specific kind of occupational stress: burnout, the depletion of energy resources as a result of continuous emotional demands of the job. This volume presents theoretical perspectives that had been developed in the United States and Europe, discusses methodological issues, and examines organisational contexts. Written by an international group of leading scholars, this book will be of interest to students of both psychology and human resource management.

Maslach Burnout Inventory Harvard Business Press
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.

Modelling the Stress-Strain Relationship in Work Settings John Wiley & Sons
The author describes the symptoms and effects of burnout as experienced by those working in social services, e.g. police, nurses, social workers, teachers and counselors. She then suggests both personal and organizational ways to handle and prevent burnout.

Stress: Concepts, Cognition, Emotion, and Behavior Springer Science & Business Media
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.

Burnout at Work Academic 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.

Evaluating Stress Harvard University Press

Stress is a popular topic in both Occupational Psychology and Health Psychology Provides a research tool for anyone studying stress - the model of stress and strain offered can be used by researchers in their own work No other book is available that combines modelling and stress

A Bifactor Model of Burnout? 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.

Work Engagement 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.

MBI Maslach Burnout Inventory Elsevier

Patient-centered, high-quality health care relies on the well-being, health, and safety of health care clinicians. However, alarmingly high rates of clinician burnout in the United States are detrimental to the quality of care being provided, harmful to individuals in the workforce, and costly. It is important to take a systemic approach to address burnout that focuses on the structure, organization, and culture of health care. Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-Being builds upon two groundbreaking reports from the past twenty years, To Err Is Human: Building a Safer Health System and Crossing the Quality Chasm: A New Health System for the 21st Century, which both called attention to the issues around patient safety and quality of care. This report explores the extent, consequences, and contributing factors of clinician burnout and provides a framework for a systems approach to clinician burnout and professional well-being, a research agenda to advance clinician well-being, and recommendations for the field.