

MASLACH BURNOUT INVENTORY VS. WELL-BEING INDEX

How are they different?

Single-dimension survey

Summary

Interactive self-assessment tool that measures 6 dimensions of distress and well-being

Published by:
Christina Maslach, Susan E. Jackson,
Michael P Leiter, Wilmar B. Schaufeli,
Richard L. Schwab

Creators

Invented by:
Dr. Lotte Dyrbye, MD, MHPE and
Dr. Tait Shanafelt, MD of Mayo Clinic

1981

Originally Created

2014

22

Number of Questions

9

One-time survey

Use

Lifelong tool for continuous wellness tracking

Paper, Online

Formats

Paper, Online, Mobile App

MASLACH BURNOUT INVENTORY

WELL-BEING INDEX

YES

Validated by years of research

YES

YES

Used in research publications

YES

YES

Provides institutional insights

YES

NO

Advanced reporting capabilities

YES

NO

Provides participants resources to improve well-being

YES

NO

Specific versions per medical occupation

YES

NO

Ability to track wellness over time

YES

NO

Process improvement surveys

YES

NO

Ongoing customer support and reassessment assistance

YES

NO

Mobile app

YES