Pines Burnout Measure - short version (STODS)

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Full name: Pines Burnout Measure - short version
Abbreviated name: Pines BM – short version
Availability in STODS: survey data collected 2004-2006, i.e. STAGE data originally from the Swedish Twin Registry (STR) (twins born 1959-1985)
Short description: Burnout is a stress-related phenomenon that has received much attention as a concern for the society and for the affected individuals. A large body of scientific publications has treated this subject from various views. Initially, it was thought that burnout only occurred among those working in the human services. But, studies from the last decades have shown that burnout can be observed in almost any type of occupational group as well as outside of work. Pines Burnout Measure (Pines BM) is a context free measure which is applicable and measures symptoms of burnout in any group, such as students, unemployed people and people on sick-leave. Pines BM have been found to well distinguish between burned out and nonburned out individuals.
Note on use of the scale: STODS applied a short version of Pines BM scale using items available in the STR STAGE survey. The script below has been checked. Please note that we do not deliver STODS data outside of the division. Interested researchers are encouraged to contact the PI or Co-PI to initiate collaboration. But, if you have STAGE data from STR or other data containing Pines BM the syntax may also be used on those. Pay attention on how missing or invalid values are represented (often seen as a dot in the data matrix, 998 or 999). Please check that your data contains only valid values, cf. the coding of the response options below. Computing indices based on incomplete data may result in problems at the analytic stage, including false positive results due to restricted variance. In general, we recommend either complete case analysis or multiple imputation to handle internal missing. It is up to the user to decide whether to use the versions suggested here or to modify the scripts. Burnout was here measured with three items from the Pines BM (short form), expressed as the adjectives ''feeling depressed'', ''being emotionally exhausted'' and ''feeling run down''. Answers were given by respondents on a seven point Likert scale ranging from ''1 = do not agree'' to ''7 = agree entirely''. In line with other studies analyzing burnout the item responses were summed and divided by the number of items (i.e. 3) in order to get the mean value of burnout for each individual, ranging between 1 and 7. A high score indicates higher burnout level. Pines BM can be treated as a continuous variable, since Pines BM concerns symptoms rather than pathology, but also as a dichotomous variable. In the dichotomous variable, the cut off limit for burnout versus no burnout was here set to both 3.5 and median 2.0 based on sample distribution as well as 4.0 in accordance with a Swedish population study of burnout (Hallsten et al, see below). *The three items of Pines BM included in STODS, from the STAGE survey, were chosen as they were found to correlate strongly (r = 0.90) with the full 21 item Pines BM. In the STAGE study, Cronbach's a for the three-item scale was 0.89.*

Items (Swedish)	Items (English)	Variable name
1. Hur ofta under de senaste 12 månaderna har du känt dig nedstämd?	*How often have you felt downhearted/depressed the past 12 months?*	DEPRBURN
2. Hur ofta under de senaste 12 månaderna har du känt dig känslomässigt utmattad?	*How often during the past 12 months have you felt emotionally exhausted?*	EXHABURN
3. Hur ofta under de senaste 12 månaderna har du känt dig nedkörd?	*How often have you felt run down the past 12 months?*	DOWNBURN
Response alternatives (Swedish)	Response alternatives (English)	Coding
Aldrig	*Never*	1
En eller ett par ggr	*Once or twice*	2
Sällan	*Seldom*	3
Ibland	*Occasionally*	4
Ofta	*Often*	5
Vanligtvis	*Usually*	6
Alltid	*Always*	7

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/*code in SPSS*/

*HANDLING MISSING VALUES – All other then 1-7 treated as missing*
*DEPRBURNR =DEPRBURN 1-7, ALLA ÖVRIGA VÄRDEN HANTERAS SOM MISSING VALUES*
*EXHABURNR = EXHABURN 1-7, ALLA ÖVRIGA VÄRDEN HANTERAS SOM MISSING VALUES*
*DOWNBURNR =DOWNBURN 1-7, ALLA ÖVRIGA VÄRDEN HANTERAS SOM MISSING VALUES*

DATASET ACTIVATE DataSet1.

RECODE DEPRBURN EXHABURN DOWNBURN (1 thru 7=Copy) (ELSE=SYSMIS) INTO DEPRBURNR
EXHABURNR DOWNBURNR.
EXECUTE.

*PINES BM INDEX*
COMPUTE EXH=MEAN(DEPRBURNR, EXHABURNR, DOWNBURNR).
EXECUTE.

GLM EXH BY SEX
  /METHOD=SSTYPE(3)
  /INTERCEPT=INCLUDE
  /EMMEANS=TABLES(SEX)
  /PRINT=DESCRIPTIVE
  /CRITERIA=ALPHA(.05)
  /DESIGN= SEX.

*SKAPA DIKTOTOMA VARIABLER*
BURNOUT
CUT OFF: 3,5
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RECODE DEPRBURNR EXHABURNR DOWNBURNR EXH (Lowest thru 3.5=1) (3.6 thru Highest=2)
INTO DEPRBURNRDIK
    EXHABURNRDIK DOWNBURNRDIK EXHDIK.

EXECUTE.

*BURNOUT
*CUTOFF 2 (MEDIANVÄRDET)

RECODE DEPRBURNR EXHABURNR DOWNBURNR EXH (Lowest thru 2=1) (2.1 thru Highest=2) INTO
DEPRBURNRDIK
    EXHABURNRDIK2 DOWNBURNRDIK2 EXHDIK2.
EXECUTE.

RECODE DEPRBURNR (Lowest thru 2=1) (2.01 thru Highest=2) INTO DEPRBURNRDIK2.
EXECUTE.

*CUT OFF 4,0
EXH4_0=EXH DIK MED CUT OFF 4.0
EXHABURNR4_0 = EXHABURNRDIK MED CUT OFF 4.0
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Key references:

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Schaufeli W, Bakker A, Hoogduin K, Schaap C, Kladler A. On the clinical validity of the Maslach burnout inventory and the burnout measure. Psychol Health. 2001;16:565–82.

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