PSYCHOMETRIC PROPERTIES OF THE THAI VERSION OF COPENHAGEN BURNOUT INVENTORY (T-CBI) IN THAI NURSES

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ABSTRACT: Background: Burnout has consistently been an influential predictor of intention to leave nursing profession. Assessing nurses’ burnout is highly crucial in retaining qualified nurses and alleviating nursing shortage. The Copenhagen Burnout Inventory was originally developed in English and has been modified and translated into Thai. Psychometric properties of the Thai version of Copenhagen Burnout Inventory has not been investigated.

Methods: The purpose of study was to examine psychometric properties of the Thai version of Copenhagen Burnout Inventory (T-CBI). The T-CBI is a self-reported questionnaire that consists of 19 items with five response categories. It contains three dimensions: personal burnout, work-related burnout, client-related burnout. The 207 registered nurses working in governmental hospitals of Bangkok Metropolitan in Thailand were recruited using random sampling approach. Statistical analyses included confirmatory factor analysis and measures of descriptive statistics, item analysis, criterion validity, internal consistency, and test-retest reliability.

Results: The T-CBI demonstrated good reliability and validity. Cronbach’s alpha coefficient was 0.96. Corrected item-total correlations for the total scale were positive (range from 0.33 to 0.82). Construct validity was supported by confirmatory factor analysis. Results indicated that criterion related validity was well correlated with a previously validated measurement.

Conclusion: The test results indicated the T-CBI scale appear to be a reliable and valid instrument. It has potential benefit for assessing burnout among Thai nurses. The current findings should be of benefit for nurse administrators and policy makers, to assess burnout among nurses that could develop strategies in retention and prevent qualified nurses from leaving the profession.

Keywords: Registered nurse, Burnout, Intention to leave nursing profession, Psychometric properties

INTRODUCTION

Burnout is a persistent negatively work-related state of mind in individual which primarily characterized by exhaustion [1] and relatively common affects to the chronic stress in human service occupation [2, 3]. Nursing is one of the occupations that presented the highest burnout prevalence rates [4]. High levels of burnout among healthcare professionals have been well-documented. More than 40% of hospital nurses have the high range of score for burnout [5, 6]. Nurses in particular however, have been found to susceptible in developing burnout because of confronted incessantly with a high level of demands and insufficient resources linked to the work itself within the profession [7]. The job demands in nursing also include role ambiguity, role conflict, work overtime, work overload, work-family conflict, inadequate salaries, lack of opportunities for advancement, lack of support, and staffing [8, 9]. The previous studies showed that the effects of burnout are wide-ranging.

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