

Parental Burnout Assessment (PBA) in International Contexts

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Abstract

Parental burnout is a syndrome characterized by an overwhelming exhaustion related to one's parental role, emotional detachment, and a loss of pleasure and efficacy in one's parental role. It is a serious condition that affects not only parents' own health and spousal relationship but also the well-being of their children due to the increased risk of neglect and violence against one's children. To identify parental burnout and assist at-risk parents worldwide, assessment tools that are valid and reliable across different cultural contexts and languages are crucial. The gold standard measure of parental burnout, the Parental Burnout Assessment (PBA), is a 23-item questionnaire that assesses the four core dimensions of parental burnout: emotional exhaustion, emotional distancing, feelings of being fed up, and contrast with the previous parental self. The PBA was developed based on the testimonies of distressed parents, and it has been translated to and validated in at least 23 languages. This chapter first introduces the developmental process of PBA and then provides an overview of its psychometric properties in international contexts. The cross-cultural applicability of the PBA as well as the future research that is needed to identify cultural aspects and knowledge affecting the practical utility of the PBA in an international context are also discussed.

Keywords: Parental burnout; Assessment; Cross-cultural measurement; International investigation; Factor structure; Invariance; Psychometrics; Test adaptation

Introduction

Parental burnout, which is a separate phenomenon from job burnout and depression (Mikolajczak et al., 2020), is a psychological syndrome conceptualized as a long-term response to excessive chronic stress in the parenting role (Lindhal-Norberg, 2007; Mikolajczak et al., 2021). The syndrome manifests in four core symptoms: (1) emotional exhaustion as a parent, characterized by overwhelming fatigue and feelings of energy depletion in the parenting role; (2) contrast with the previous parental self, referring to parents' feelings of not being as good of a parent as in the past; (3) feelings of being fed up with one's parental role, referring to a loss of pleasure and fulfilment in one's parental role; and (4) emotional distancing from one's children, meaning a gradual loss of emotional involvement and responsiveness when interacting with one's children and feelings of being on "autopilot" as a parent (for a review, see Mikolajczak et al., in press). According to the Balance between Risks and Resources model of parental burnout (BR² model) the syndrome occurs when there is a chronic imbalance between demands (risk factors) and resources (protective factors) in the domain of parenting (Mikolajczak & Roskam, 2018). Risk factors include individual- and/or environmental-related factors that increase parenting stress (e.g., parental perfectionism, lack of external support, extensive parental duties), whereas protective factors are those that help to decrease parental stress (e.g., effective coparenting, supportive networks, possibility for leisure time).

Parental burnout is not only related to mental health outcomes, such as depressive symptoms, addictive behaviors, and sleep disorders (Aunola et al., 2020; Kawamoto et al., 2018; Mikolajczak, Brianda et al., 2018; van Bakel et al., 2018); it is also an identified risk factor for neglect and violence toward one's children (Mikolajczak et al., 2019). International efforts are warranted to identify and assist parents suffering from parental burnout in an early enough stage prior to such drastic consequences. To enable such assessments and the mapping of general and culture-specific risk and protective factors, assessment tools that are reliable and valid across different cultural contexts and languages are crucial. The gold standard measure of parental burnout, the Parental Burnout Assessment (PBA; Roskam et al., 2018), was originally developed in English and French in Belgium and has subsequently been translated into various languages. Due to the diversity of cultures, languages, and family policies, differences in the structure and expression of parental burnout are possible in different countries. Therefore, before applying the assessment tool worldwide, information about its psychometric properties in different cultures and languages should be considered. The present chapter describes the development process of the PBA and provides an overview of its psychometric properties as well as cultural considerations in international contexts.

Development of the Parental Burnout Assessment (PBA)

The first effort to create a psychometrically sound assessment tool for parental burnout applied a deductive approach. A self-report questionnaire assessing parental burnout, the Parental Burnout Inventory (PBI; Roskam et al., 2017), was derived from the inventory used to assess burnout in occupational contexts, the Maslach Burnout Inventory© (Maslach et al., 1986). Following the theoretical framework for job burnout, in the PBI the three burnout dimensions identified in the literature on job burnout were transferred to the parenting context: exhaustion in one's parental role (cf. exhaustion in one's job in an occupational context), emotional distancing from one's children (cf. feelings of cynicism and detachment from the job), and a loss of parental efficacy and accomplishment (cf. feelings of reduced professional ability). However, the deductive approach applied in the development of the PBI did not clarify the extent to which burnout manifests in the same way in different spheres of life. For example, although burnout in an occupational context has been found to manifest through three core dimensions, the situation may be different in the parenting context (Roskam et al., 2017). Thus, an inductive approach was applied in developing a new assessment tool for parental burnout, the Parental Burnout Assessment (Roskam et al., 2018). In the development of the PBA, the phenomenon of parental burnout was reconstructed based on the experiences of burned-out parents. First, five mothers experiencing burnout in terms of exhaustion in their parental role were interviewed twice each, and based on their testimonies, a list of 50 items characterizing their experiences was produced (Hubert & Aujoulat, 2018). Second, an online survey was administered to 901 French- and English-speaking parents, which asked them to rate the 50-items on a 7-point frequency scale; where 0 = *never*, 1 = *a few times a year*, 2 = *once a month or less*, 3 = *a few times a month*, 4 = *once a week*, 5 = *a few times a week*, 6 = *every day* (Roskam et al., 2018). After the data collection, the sample was randomly split into two comparable subsamples including 451 and 450 participants, respectively. Then, exploratory factor analyses (EFAs) were conducted on the first subsample and confirmatory factor analyses (CFAs) on the second subsample. The final EFA and CFA results are shown in Table 1.

Table 1. Loading Parameter Estimates in EFA from the Four-Factor Solution and Reliability Estimates for the 23-Item Version of the PBA in Subsample 1 ($n = 451$) and Standardized Regression Weights from CFA and Reliability Estimates for the Final 23-Item Version of the PBA in Subsample 2 ($n = 450$) (Roskam et al., 2018). Published with permission of Roskam, Brianda, and Mikolajczak.

		EFA				CFA			
		EX	CO	FU	ED	EX	CO	FU	ED
EX1	I feel completely run down by my role as a parent	0.82	0.25	0.29	-0.06	0.84			
EX2	I have the sense that I'm really worn out as a parent	0.78	0.32	0.18	0.12	0.86			
EX3	I'm so tired out by my role as a parent that sleeping doesn't seem like enough	0.73	0.13	0.07	-0.03	0.70			
EX4	When I get up in the morning and have to face another day with my child(ren), I feel exhausted before I've even started	0.72	0.23	0.21	0.29	0.82			

EX5	I find it exhausting just thinking of everything I have to do for my child(ren)	0.66	0.21	0.17	0.32	0.75			
EX6	I have zero energy for looking after my child(ren)	0.66	0.33	0.33	0.09	0.80			
EX7	My role as a parent uses up all my resources	0.64	0.18	0.28	0.32	0.80			
EX8	I sometimes have the impression that I'm looking after my child(ren) on autopilot	0.55	0.31	0.17	0.35	0.71			
EX9	I'm in survival mode in my role as a parent	0.54	0.28	0.37	0.30	0.73			
CO1	I don't think I'm the good father/mother that I used to be to my child(ren)	0.32	0.76	0.21	0.05		0.83		
CO2	I tell myself that I'm no longer the parent I used to be	0.28	0.75	0.26	0.24		0.85		
CO3	I'm ashamed of the parent that I've become	0.24	0.71	0.31	0.22		0.88		
CO4	I'm no longer proud of myself as a parent	0.26	0.70	0.26	0.28		0.88		
CO5	I have the impression that I'm not myself any more when I'm interacting with my child(ren)	0.29	0.68	0.30	0.29		0.83		
CO6	I feel as though I've lost my direction as a dad/mum	0.45	0.63	0.32	0.01		0.78		
FU1	I can't stand my role as father/mother any more	0.19	0.17	0.82	0.13			0.81	
FU2	I can't take being a parent any more	0.19	0.27	0.75	0.22			0.83	
FU3	I feel like I can't take any more as a parent	0.29	0.29	0.69	0.13			0.83	
FU4	I feel like I can't cope as a parent	0.42	0.40	0.64	0.07			0.86	
FU5	I don't enjoy being with my child(ren)	0.23	0.31	0.56	0.28			0.75	
ED1	I do what I'm supposed to do for my child(ren), but nothing more	0.23	0.31	0.36	0.54				0.69
ED2	Outside the usual routines (lifts in the car, bedtime, meals), I'm no longer able to make an effort for my child(ren)	0.26	0.37	0.46	0.51				0.84
ED3	I'm no longer able to show my child(ren) how much I love them	0.08	0.39	0.38	0.41				0.72
α		0.93	0.93	0.90	0.81	0.93	0.94	0.91	0.77

Note: Factor loadings in EFA $>|0.40|$ are in bold; α : Cronbach alpha; EX: Exhaustion in parental role; CO: Contrast in parental self, FU: Feelings of being fed up; ED: Emotional distancing.

Exploratory Factor Analyses

EFA for the first subsample ($n = 451$) were started by conducting parallel analyses with maximum likelihood estimation and Varimax rotation on all 50 items. Following the parallel analyses, four factors that together explained 54.48% of the variance of the included 50 items were retained. Then, to reach the final solution, items that either (1) cross-loaded across three or more factors (> 0.30), (2) had the highest loading on the fifth or sixth factor, or (3) had meanings that could be interpreted outside the scope of parental burnout (e.g., *my children are a source of anxiety*) were removed. Further, the possible redundancy of items was considered, and when redundancy was evident, only one of the two redundant items was retained. Twenty-three of the original 50 items remained at the end of this procedure (Roskam et al., 2018).

Subsequently, another EFA was carried out on the selected 23 items. The four-factor structure explained 66.59% of the total variation. The four factors were labeled based on the meaning of the items that load on them as follows: (1) exhaustion in one's parental role, (2) contrast with the previous parental self, (3) feelings of being fed up, and (4) emotional distancing from one's children. The standardized factor loadings on the main factors of each item ranged from 0.40 to 0.82 (Table 1), and there were only

four cross-loadings higher than .40 (one contrast factor item, CO6, cross-loading on the *exhaustion* factor; one *feelings of being fed up* factor, FU4, cross-loading on the *exhaustion* and *contrast* factors; and one item of the *emotional distancing* factor, ED2, cross-loading on the *feelings of being fed up* factor).

Cross-validation via confirmatory factor analyses

To cross-validate the four-factor structure of the 23 items, CFA with maximum likelihood estimation was carried out for the second subsample ($n = 450$). The tested measurement model included four latent variables representing the concepts of exhaustion (9 items), contrast with previous parental self (6 items), feelings of being fed up (5 items), and emotional distancing (3 items). No cross-loadings were allowed between the four factors. To evaluate the model fit, several goodness-of-fit indices were used, including the root mean square error of approximation (RMSEA), the standardized root mean square residual (SRMR), the comparative fit index (CFI), and the Tucker–Lewis index (TLI). The conducted CFA fit the data well (CFI = 0.94, TLI = 0.93, RMSEA = 0.07, SRMR = 0.04). The standardized factor loadings ranged between 0.69 and 0.88, and all were significant at the level of $p < 0.001$ (Table 1). Correlations between the four factors ranged between 0.66 (exhaustion with emotional distancing) and 0.79 (feelings of being fed up with emotional distancing). Overall, the results provided support for the four-factor internal structure of the PBA (Roskam et al., 2018).

Reliability

The reliability of the total PBA score as well as the scores of the four subscales were evaluated in both subsamples using the Cronbach's alpha coefficients (α). The reliabilities (see Table 1) of the scores of the four subdimensions were all high, ranging between 0.81 and 0.93 in subsample 1 ($n = 451$) and between 0.77 and 0.94 in subsample 2 ($n = 450$). The lowest alphas (< 0.90) in both subsamples were found for the score of emotional distancing, likely due to the low number of items (3 items) in this subscale compared to the other subscales.

Construct Validity

In the initial construct validation (Roskam et al., 2018), the convergent validity of the PBA was estimated by correlating the PBA scores with those of the PBI ($n = 901$). The results demonstrated high correlations between the scores of the two exhaustion factors ($r = 0.86$; $\tau = 0.67$) as well as high correlations between the scores of the two emotional distancing factors ($r = 0.80$; $\tau = 0.60$). The good convergent validity of the PBA was further confirmed by the high correlation between the total scores of the PBA and PBI ($r = 0.84$; $\tau = 0.64$). The two subscales of PBA not included as separate subscales in the PBI (i.e., feelings of being fed up and the contrast with previous parental self) were found to correlate

moderately with the three dimensions of the PBI (the correlations ranged from 0.23 to 0.67; *tau* ranged from 0.25 to 0.60), suggesting that these two dimensions reflect burnout dimensions in the parenting context that would not have been fully identified by transferring burnout dimensions directly from the job burnout framework.

To further verify the construct validity of the PBA, the correlations of the PBA scores with various external variables (i.e., demographic variables, coparenting disagreement, family disorganization, neuroticism, and job burnout) were calculated. Based on previous findings reported when using the PBI (Roskam et al., 2017), it was expected that PBA scores would show low correlations with demographic variables but moderate correlations with coparenting disagreement, family disorganization, neuroticism, and job burnout. In line with these expectations, the associations of PBA scores with sociodemographic variables (i.e., age, educational level, number of children) were all low ($r = 0.01\text{--}0.14$). In turn, the associations between the PBA scores and other measures were clearly higher: $r = 0.47$ for neuroticism, $r = 0.22$ for coparenting disagreement, $r = 0.53$ for family disorganization, and $r = 0.42$ for job burnout (Roskam et al., 2018). Since then, various studies have replicated the construct validation of the PBA (e.g., Furutani et al., 2020; Kerr et al., 2021; Sorkkila & Aunola, 2020; Szczygieł et al., 2020) and provided further support for its validity by replicating low correlations between parental burnout and sociodemographic characteristics (e.g., Arikan et al., 2020; Gannagé et al., 2020; Mikolajczak, Raes, et al., 2018; Sodi et al., 2020; Vigouroux & Scola, 2018).

Subsequent Evidence of Psychometric Properties

Further evidence of the psychometric properties of the PBA was provided by studies validating it in different subpopulations. Since the items of the PBA were originally based on interviews carried out with mothers, validating the factor structure and invariance between sexes has been particularly crucial. The factorial invariance of the PBA across sexes (Roskam et al., 2021) was tested in a sample of 17,409 parents (12,364 mothers and 5,045 fathers) coming from different countries around the world through sequential multiple group CFAs in which a set of nested models with gradually increasing parameters and constraints were implemented and compared. The modelling progressed through four steps: testing for configural invariance (i.e., equality of the factor structure), metric invariance (i.e., equality of the factor loadings), scalar invariance (i.e., equality of factor loadings and the intercepts), and finally, strict factorial invariance (i.e., equality of factor loadings, intercepts, and measurement errors) between mothers and fathers. Regarding measurement invariance, the criterion for not rejecting the null hypothesis of invariance was a decrease of 0.01 or less in CFI, combined with an increase in RMSEA of a maximum of 0.015 (Cheung & Rensvold, 2002). The results of the invariance testing are shown in Table 2. The adequate fit of the baseline model, that is, the model used to evaluate configural invariance, indicated that

there was the same number of factors for mothers and fathers, and the same items defined each factor among both groups. Furthermore, observed changes in RMSEA and CFI values (i.e., Δ RMSEA and Δ CFI, respectively) supported equality of factor loadings, intercepts, and measurement errors between the two groups.

Table 2. Factorial Invariance of the Parental Burnout Assessment Across Sexes (Sample of 12,364 Mothers and 5,045 Fathers) (Roskam et al., 2021). Adapted Version of Table 5 in Roskam et al. (2021). Published with Permission from Springer Nature.

Model	$S-B\chi^2$ (df)	RMSEA	CFI	$\Delta S-B\chi^2$ (Δ df)	Δ RMSEA	Δ CFI
Configural invariance	14899.43 (444)	0.062	0.992			
Metric invariance	17671.10 (452)	0.067	0.990	2771.67 (8)	0.005	0.002
Scalar invariance	27570.08 (475)	0.082	0.984	9898.98 (23)	0.015	0.006
Strict invariance	31879.86 (498)	0.086	0.982	4309.78 (23)	0.004	0.002

Note 1. The configural invariance model (i.e., the baseline model) tests whether the items of PBA load on the latent factors in a similar manner among mothers and fathers. In the metric model the factor loadings are set equal across the two gender groups, but the intercepts and the measurement errors of the items are allowed to differ between groups. The model tests whether respondents of the two groups attribute the same meaning to the latent constructs under study. In the scalar model, beside of the factor loadings, also the intercepts of the items are constrained to be equal across the two gender groups. The model tests whether not only the meaning of the constructs (the factor loadings), but also the levels of the underlying items (intercepts) are equal in the two gender groups. In the strict invariance model, beside of factor loadings and item intercepts, also the measurement errors of items are set equal across the gender groups.

Note 2. $S-B\chi^2$: Satorra-Bentler chi square; df: degrees of freedom; RMSEA: The root mean square error of approximation; CFI: The comparative fit index; Δ : Difference between nested models.

Translations of the Parental Burnout Assessment (PBA)

The International Investigation of Parental Burnout (IIPB) was launched in 2017 with the goal of investigating cultural factors associated with parental burnout. In connection with the IIPB, the PBA was translated (using a double-blind translation procedure) and validated in 21 languages: Arabic, Basque, Chinese, Dutch, English, Finnish, French, German, Japanese, Persian, Polish, Portuguese, Romanian, Russian, Serbian, Spanish, Swedish, Thai, Turkish, Urdu, and Vietnamese (Roskam et al., 2021). Since then, new countries have joined the consortium, and new translations have been performed, including Hungary (Hamvai et al., 2022) and Ukraine (Zbrodska et al., 2022). Translations of the scale are freely available online (<https://www.burnoutparental.com/instruments-and-materials>). A list of the IIPB consortium members, including the names, affiliations, and email addresses of all the involved researchers in each country, is also available online (<https://www.burnoutparental.com/international-consortium>).

In the IIPB, data were collected in 2018 and 2019 in 42 countries with varying socioeconomic levels and cultural values. Many countries underrepresented in the international scientific literature, such as Togo, Iran, and Cuba, participated in this international study. A total of 17,409 parents (12,364 mothers and 5,045 fathers) with at least one child still living at home completed the PBA, a questionnaire

seeking socio-demographic data (i.e., age, gender, number and age of children, number of hours spent with children, number of men and women involved in daily child care, working status, ethnicity, family type, and neighborhood profile), as well as other measures to address the IIPB research questions (e.g., point prevalence of parental burnout around the world, the influence of individualism, gender equality values, socialization goals, and parenting ideals).

Analyses reported in the seminal paper of the IIPB (Roskam et al., 2021) revealed excellent reliability for the total PBA score across all involved 42 countries (all Cronbach's alphas > 0.85; see Table 3). Moreover, both the original four-factor structure (Roskam et al., 2018) and the second-order factor model fit the data, not only in the pooled sample and in subsamples of mothers and fathers but also in subsamples of the 21 languages separately (see Table 4). Finally, measurement invariance was demonstrated for the second-order factor model across both sexes (Table 2) and across languages (Table 5). As shown in Table 5, adequate model fit indices and $\Delta RMSEA$ and ΔCFI values provided support for the same number and pattern of dimensions across languages. Metric and scalar invariances were supported as well, and measurement errors in the item responses were equivalent across languages (Roskam et al., 2021).

Table 3. Means (*M*) and Standard Deviations (*SD*) of Parental Burnout when Assessed with the Parental Burnout Assessment (PBA), and Reliability (Cronbach α) of the Total PBA Score in Each Country (Roskam et al., 2021). Adapted Version of Table 1 in Roskam et al. (2021), published with Permission from Springer Nature.

	Sample Size(<i>N</i>)	Parental Burnout		Reliability of the Total Score of PBA
		<i>M</i>	<i>SD</i>	(Cronbach α)
Algeria	318	16.56	20.64	0.92
Argentina	177	20.50	20.85	0.94
Australia	212	24.57	25.07	0.96
Austria	185	21.58	19.41	0.94
Belgium	1689	36.67	31.10	0.97
Brazil	301	16.01	19.31	0.95
Burundi	187	30.30	30.38	0.95
Cameroon	208	19.06	17.26	0.86
Canada	279	32.82	29.48	0.97
Chile	431	28.99	25.70	0.96
China	722	10.82	17.94	0.95
Colombia	95	17.95	19.71	0.95
Costa Rica	248	24.15	25.12	0.96
Cuba	241	6.79	9.61	0.85
Ecuador	146	19.47	19.97	0.95
Egypt	267	33.43	24.01	0.92
Finland	1730	31.96	27.37	0.97

France	1357	29.25	28.22	0.97
Germany	204	24.90	21.66	0.95
Iran	448	15.49	21.02	0.93
Italy	350	16.08	17.03	0.94
Japan	500	12.76	22.63	0.97
Lebanon	201	19.47	26.71	0.98
Netherlands	221	19.29	21.31	0.96
Pakistan	228	17.70	14.68	0.88
Peru	312	18.40	18.29	0.93
Poland	457	39.41	30.46	0.97
Portugal	407	17.06	20.70	0.96
Romania	344	22.26	25.71	0.97
Russia	365	27.51	29.54	0.97
Rwanda	240	28.97	21.25	0.88
Serbia	228	18.90	18.96	0.94
Spain	696	22.58	25.24	0.96
Sweden	796	20.26	21.97	0.96
Switzerland	419	33.73	28.78	0.97
Thailand	398	5.72	9.13	0.89
Togo	103	18.00	20.29	0.91
Turkey	452	12.21	14.17	0.90
UK	271	28.01	24.68	0.96
Uruguay	299	12.03	13.58	0.91
USA	406	32.59	33.02	0.97
Vietnam	271	12.17	16.44	0.94

Table 4. Model Fit Indices for the First-Order and Second-Order Factor Models of the PBA in the Pooled Sample, in the Fathers' and Mothers' Subsamples, and in Each Language (Roskam et al., 2021). Published with Permission from Springer Nature.

	First-Order Factor Model					Second-Order Factor Model				
	$S-B\chi^2$ (224)	RMSEA	SRMR	CFI	TLI	$S-B\chi^2$ (226)	RMSEA	SRMR	CFI	TLI
Pooled Sample	17112.04	0.066	0.040	0.99	0.99	17498.05	0.067	0.041	0.99	0.99
Fathers	2955.05	0.050	0.036	0.99	0.99	2982.63	0.050	0.037	0.99	0.99
Mothers	14350.72	0.072	0.043	0.99	0.99	14768.63	0.073	0.044	0.99	0.99
Arabic	1095.04	0.073	0.056	0.99	0.99	1128.02	0.074	0.056	0.99	0.99
Basque	373.08	0.055	0.085	0.99	0.99	386.29	0.056	0.090	0.99	0.99
Chinese	514.98	0.042	0.042	1.00	0.99	519.52	0.042	0.042	1.00	1.00
Dutch	980.76	0.081	0.054	0.99	0.98	1000.73	0.082	0.055	0.99	0.98
English	1407.82	0.074	0.046	0.99	0.99	1435.99	0.074	0.046	0.99	0.99

Finnish	2559.54	0.078	0.048	0.99	0.98	2616.29	0.079	0.048	0.99	0.98
French	5826.92	0.078	0.047	0.99	0.98	5864.95	0.078	0.049	0.99	0.98
German	616.87	0.067	0.064	0.99	0.98	622.14	0.067	0.064	0.99	0.98
Japanese	428.98	0.043	0.037	1.00	1.00	432.80	0.043	0.037	1.00	1.00
Persian	729.47	0.077	0.076	0.99	0.98	733.33	0.077	0.076	0.99	0.98
Polish	984.56	0.086	0.056	0.98	0.98	1020.15	0.088	0.056	0.98	0.98
Portuguese	882.32	0.068	0.060	0.99	0.99	904.21	0.069	0.062	0.99	0.99
Romanian	979.58	0.099	0.059	0.98	0.98	1015.13	0.10	0.059	0.98	0.98
Russian	1025.38	0.071	0.051	0.99	0.98	1051.40	0.072	0.053	0.99	0.99
Serbian	559.55	0.081	0.082	0.98	0.98	582.40	0.083	0.085	0.98	0.98
Spanish	3098.03	0.074	0.051	0.99	0.99	3300.00	0.076	0.058	0.99	0.98
Swedish	782.65	0.056	0.046	0.99	0.99	797.42	0.057	0.046	0.99	0.99
Thai	379.47	0.043	0.077	1.00	1.00	383.47	0.043	0.079	1.00	1.00
Turkish	575.76	0.060	0.074	0.99	0.99	583.36	0.060	0.074	0.99	0.99
Urdu	842.07	0.110	0.110	0.95	0.95	902.46	0.12	0.12	0.95	0.94
Vietnamese	326.51	0.042	0.050	1.00	1.00	329.06	0.042	0.050	1.00	1.00

Note 1. $n = 17,409$ (12,364 mothers and 5,045 fathers).

Note 2. $S-B\chi^2$: Satorra-Bentler chi square; df: degrees of freedom; RMSEA: The root mean square error of approximation; CFI: The comparative fit index; Δ : Difference between nested models.

Table 5. Measurement Invariance of the Second-Order Factor Model of the Parental Burnout Assessment (PBA) across 21 Languages (Roskam et al., 2021). Adapted Version of Table 5 in Roskam et al. (2021). Published with Permission from Springer Nature.

Model	$S-B\chi^2$ (df)	RMSEA	CFI	$\Delta S-B\chi^2$ (Δ df)	Δ RMSEA	Δ CFI
Configural invariance	17654.51 (4662)	0.058	0.992	-	-	-
Metric invariance	21804.88 (4746)	0.066	0.989	4 150.37 (84)	0.008	0.003
Scalar invariance	33829.65 (5206)	0.082	0.982	12 824.77 (460)	0.016	0.007
Strict invariance	34264.78 (5742)	0.078	0.982	435.13 (536)	-0.004	0.000

Note 1. $n = 17,409$

Note 2. $S-B\chi^2$: Satorra-Bentler chi square; df: degrees of freedom; RMSEA: The root mean square error of approximation; CFI: The comparative fit index; Δ : Difference between nested models.

Based on these good psychometric properties, the mean levels and point prevalence of parental burnout were examined in each country. These measures varied from country to country, even when controlling for the sample size or gender imbalances. A difference of 33 points was reported between the country with the lowest mean level (Thailand) and the country with the highest mean level of parental burnout (Poland), and the prevalence rate (cut-off score 92) ranged from 0 (Turkey) to 7.7 (Poland) (for more details, see Roskam et al., 2021).

In addition to the collaborative work of the IIPB, validation studies have been conducted in several countries and regions (Table 6). For the following countries or regions, these studies have been gathered

together in a thematic issue published by *New Directions in Child and Adolescent Development* (Roskam & Mikolajczak, 2020): Japan (Furutani et al., 2020), Romania (Stănculescu et al., 2020), Portuguese-speaking countries (i.e., Brazil and Portugal; Matias et al., 2020), Iran (Mousavi et al., 2020), Poland (Szczygieł et al., 2020), Lebanon (Gannagé et al., 2020), Turkey (Arikan et al., 2020), and Africa (Burundi, Cameroon, Rwanda, and Togo; Sodi et al., 2020). A number of other studies have appeared in different journals, relating to the Basque language/culture (Sarrionandia & Aliri, 2021), Finland (Aunola et al., 2020), China (Cheng et al., 2020), South Korea (Eom & Lee, 2020), Hungary (Hamvai et al., 2022), Ukraine (Zbrodska et al., 2022), and Spanish-speaking countries including Argentina, Chile, Costa Rica, Cuba, Ecuador, Peru, Spain, and Uruguay (Manrique-Millones et al., 2022; Suarez et al. 2022). These validation studies have taken a closer look at the psychometric properties of the PBA in each country or language.

Table 6. Overview of Different Versions of the Parental Burnout Assessment (PBA)

Language or country/region	Author	Sample size (<i>n</i>) in the validation study and (% of mothers in the sample)	Notes**
Africa ¹	Sodi et al. (2020)	738 (48.8%)	The reliability of the emotional distancing factor demonstrated poor internal consistency (Cronbach's $\alpha = 0.50$) but improved ($\alpha = 0.64$) after removing item ED1 (<i>I do what I'm supposed to do for my child(ren), but nothing more</i>). The reliability of the <i>feelings of being fed up</i> subscale was low for mothers ($\alpha = 0.65$) but improved ($\alpha = 0.75$) after removing item FU4 (<i>I feel like I can't cope as a parent</i>).
Arabic	Gannagé et al. (2020)	200 (67%)	Parents were interviewed face to face and completed a paper-and-pencil version of the PBA, which could lead to a risk of desirability bias.
Basque	Sarrionandia and Aliri (2021)	250 (53.6%)	
Chinese	Cheng et al. (2020)	989 (53.7%)	The sample included parents of adolescents only (eighth-grade students; average age 13.9 years). Two items were excluded due to low factor loadings, both assessing exhaustion (EX3: <i>I'm so tired out by my role as a parent that sleeping doesn't seem like enough</i> and EX7: <i>My role as a parent uses up all my resources</i>).
Chinese	International Investigation of Parental Burnout website. Retrieved from https://en.burnoutparental.com/instruments-and-materials For validation information, see Roskam et al. (2021)	722 (55.5%)	
Dutch	Schrooyen, C., Beyers, W., & Soenens, B. (trans.). International Investigation of Parental Burnout website. Retrieved from https://en.burnoutparental.com/instruments-and-materials Validation paper in preparation; for validation information, see Roskam et al. (2021)	221 (71.9%)	
English*	Roskam et al. (2018)	647 (79.6%)	

Finnish	Aunola et al. (2020)	1,688 (91%)	Four within-factor residual covariances were evident: EX2–EX3, CO1–CO2, CO3–CO4, and FU1–FU2.
French*	Roskam et al. (2018)	254 (79.6%)	
German	Prandstetter, K., Preiß, L., Murphy, H., & Olderbak, S. (2019). Erschöpfung als Elternteil: Fragebogen [Parental Burnout Assessment]. International Investigation of Parental Burnout website. Retrieved from https://en.burnoutparental.com/instruments-and-materials Validation paper under preparation; for validation information, see Roskam et al. (2021)	204 (68.6%)	
Hungarian	Hamvai et al. (2022)	1,215 (82.6%)	
Italian	Brianda, Angelico, Simonelli, & Miscioscia. Italian version of the Parental Burnout Assessment. International Investigation of Parental Burnout website. Retrieved from https://en.burnoutparental.com/instruments-and-materials Validation paper under preparation; for validation information, see Roskam et al. (2021)	350 (71.4%)	
Japanese	Furutani et al. (2020)	1,500 (49.9%)	Validation study provided support for a factor-loading invariance model (i.e., metric invariance) across genders, but scalar invariance was not supported.
Korean	Eom and Lee (2020)	226 (100%)	The sample of the validation study included mothers only.
Persian	Mousavi et al. (2020)	448 (50.4%)	Five within-factor residual covariances were evident: EX1–EX2, EX5–EX9, EX7–EX8, FU1–FU3, and FU4–FU5. The reliability of the emotional distancing factor demonstrated borderline internal consistency (Cronbach's alpha 0.60).
Polish	Szczygieł et al. (2020)	2,130 (62.3%)	High correlation between CO and FU ($r = 0.94$).
Portuguese ²	Matias et al. (2020)	708 (55.9%)	
Romanian	Stănculescu et al. (2020)	650 (64.3%)	
Russian	For validation information, see Roskam et al. (2021)	365 (72.1%)	
Serbian	Knežević, G. & Lazarević, L. B. Serbian version of the Parental Burnout Assessment. International Investigation of Parental Burnout website. Retrieved from	228 (77.2%)	

	https://en.burnoutparental.com/instruments-and-materials For validation information, see Roskam et al. (2021)		
Spanish-speaking countries ³	Manrique-Millones et al. (2022)	1,979 (73.9%)	Data analysis was performed using the Bifactor ESEM, which should be considered when interpreting the findings and comparing them with the results of PBA validation studies that have applied second-order factor modeling.
	Suarez et al. (2022)	438 (90.2%)	
Swedish	International Investigation of Parental Burnout website. Retrieved from https://en.burnoutparental.com/instruments-and-materials For validation information, see Roskam et al. (2021)	796 (93%)	
Thai	For validation information, see Roskam et al. (2021)	398 (52%)	
Turkish	Arikan et al. (2020)	452 (59.7%)	The reliability of the feelings of being fed up subscale was initially found to be poor ($\alpha = 0.51$) but improved ($\alpha = 0.77$) after removing two items: FU5 (<i>I don't enjoy being with my child(ren)</i>) and FU4 (<i>I feel like I can't cope as a parent</i>). The reliability of the emotional distancing subscale was poor ($\alpha = 0.50$) and could not be improved by removing any item.
Ukrainian	Zbrodska et al. (2022)	1,896 (91.5%)	
Urdu	For validation information, see Roskam et al. (2021)	228 (56.1%)	
Vietnamese	International Investigation of Parental Burnout website. Retrieved from https://en.burnoutparental.com/instruments-and-materials For validation information, see Roskam et al. (2021)	271 (55.7%)	

*First version of the instrument

**Notes included for those studies and language versions of the PBA which results differ to some extent from the findings of the original version of PBA (e.g., one or more of the original items were excluded, the reliability of some subscale was found to be poor, or some residual covariances between the items were estimated to improve the fit of the model). Also, notes are included when issues concerning the used sample and/or procedure should be taken account when comparing the results with the results of other studies.

¹The sample consisted of parents from four African countries: Burundi ($n = 187$; 25.3%), Cameroon ($n = 208$; 28.2%), Rwanda ($n = 240$; 32.5%), and Togo ($n = 103$; 14%). In Rwanda, 44% of the participants filled in French version of PBA, whereas 56% filled in the English version of PBA. In Burundi, Cameroon, and Togo parents filled in the French version of PBA.

²The sample of parents from two Portuguese-speaking countries: Portugal ($n = 407$; 57.5%) and Brazil ($n = 301$; 42.5%).

³The sample of parents from five Spanish-speaking countries: Chile ($n = 718$; 36.3%), Costa Rica ($n = 234$; 11.8%), Ecuador ($n = 326$; 16.5%), Peru ($n = 368$; 18.6%) and Spain ($n = 333$; 16.8%). The initial sample also included parents from Argentina, Cuba, and Uruguay, but these three countries were excluded from the final sample due to the absence of convergence in data analyses.

Validation studies carried out separately in different countries and regions have consistently demonstrated a weak association between sociodemographic characteristics and parental burnout, which supports the concurrent validity of the PBA (Mikolajczak et al., in press). The correlates of parental burnout examined in each country are shown in Table 7. Importantly, these validation studies drew researchers' attention to the cultural experiences of parenting and the culture-specific issues related to exhaustion, emotional distancing, feelings of being fed up, and contrast in the parental role. In particular, individualism, indicated as an essential factor contributing to parental burnout syndrome (Roskam et al., 2021), also constitutes a crucial difference between Eastern and Western cultures.

Table 7. Correlates of Parental Burnout Examined in Each Country During the Parental Burnout Assessment Validation

Correlates	Region/Country															
	Africa	Basque language	Belgium	China	Finland	Hungary	Iran	Japan	Lebanon	Poland	Portuguese- speaking countries	Romania	Spanish- speaking countries	South Korea	Turkey	Ukraine
Sociodemographic characteristics	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Job burnout			X	X				X		X				X		
Depression					X	X		X		X						
Sleep problems					X											
Escape/suicidal ideations													X			
Life satisfaction						X				X	X	X				
Well-being							X									
Resilience												X				X
Self-esteem					X											
Neuroticism			X	X				X		X						
Agreeableness				X						X						
Extraversion										X						
Conscientiousness										X						
Openness to experience										X						
Perfectionism								X		X		X				X
Emotional intelligence										X						
General stress						X										X
Fatigue/vital exhaustion						X										
Parental stress							X							X		
Parental self-efficacy										X						
Parental satisfaction											X					
Parental neglect										X			X			X
Parental violence										X			X			X
Marital satisfaction				X						X						
Co-parenting disagreement			X					X								
Family disorganization			X					X								
Social support										X						
Child loneliness				X												
Child life satisfaction				X												
Child antisocial behaviour				X												

Cultural considerations

Table 6 lists all the different versions of the PBA available thus far. Although most of the country-specific validation studies have confirmed the good psychometric properties of the PBA and its four subscales and thus are in line with the findings reported in the seminal paper of the IIPB (Roskam et al., 2021), some culture-specific exceptions need attention. Due to differences in sample sizes and sample characteristics, comparing the results of different validation studies is only possible as a guideline, and the characteristics of the samples should be considered when attempting to generalize them.

First, the studies carried out in different countries and regions have revealed only a few differences in the factor structure of the PBA. Although in most of the countries the results have supported both the first-order and second-order factor structures, in China (Cheng et al., 2020) and Spanish-speaking countries (Manrique-Millones et al., 2022) some structural differences have been reported. In the Chinese study (Cheng et al., 2020), two items from the exhaustion subscale were removed (EX3: *I am so tired out by my role as a parent that sleeping does not seem like enough*; EX7: *My role as a parent uses up all my resources*) due to their low factor loadings. Based on the results, a one-factor structure was proposed for the Chinese version of the PBA rather than the previously suggested four-factor or second-order factor structures. According to Cheng et al. (2020), the pattern of results may be explained by the fact that in the Chinese version, the four factors were more intrinsically correlated than in the original version and, as a result, may have combined into a single factor. The researchers suggested that Chinese parents may consider parental burnout to have a broader scope, as people in China and other Asian cultures have a relatively holistic cognitive orientation (Nisbett et al., 2001). In contrast, parents in Western cultures may have a more analytic cognitive style (Nisbett et al., 2001) and may therefore view parental burnout as consisting of several different aspects. It should, however, be noted that in the Chinese validation study, the sample was limited to parents (mothers and fathers from 614 families) of eighth-grade adolescents (average age of 13.9 years). This is important because research conducted within the IIPB (Roskam et al., 2021) included another Chinese sample of parents ($n = 722$) of children of different ages (the mean age of the youngest child living at home was 8.64 and that of the oldest child was 14.18), and the results confirmed the validity of the second-order factor structure in the Chinese sample (Roskam et al., 2021). Overall, further research is needed on Chinese parents to determine whether the Chinese version of the PBA functions differently among different subpopulations of Chinese parents.

Similarly, in the validation paper of the Spanish-language version of the PBA (Manrique-Millones et al., 2022), the findings supported the general factor behind all 23 PBA items. However, the factor loadings of four specific factors were low and not in all cases statistically significant. This pattern of results stems from the fact that the validation paper used bifactor exploratory structural equation modeling (bifactor ESEM) to model the data rather than second-order factor modeling. When ESEM is

applied, the general factor is used to explain the variability of items rather than sub-dimensions. In addition, specific factors are used to explain the variation of items after controlling for the impact of the general factor (i.e., variation shared by the items). Consequently, although the results supported the existence of the general factor behind all 23 PBA items, the results concerning the four subdimensions cannot be compared with the results of studies that applied first-order and second-order factor structures in data modeling. Notably, other studies carried out among Spanish parents provided further support for the psychometric properties of the total score of the Spanish version of the PBA as well as its four subdimensions (Roskam et al., 2021; Suarez et al., 2022).

Second, some differences between countries and/or language versions were evident in the reliability of the scores of the PBA subscales. In general, the reliabilities of the subscale scores were high in most languages and countries, suggesting that the items of each subscale consistently assessed the intended construct. The emotional distance subscale exhibited the lowest reliability (ranging from $\alpha = 0.60$ in the Iranian study to $\alpha = 0.84$ in the Hungarian study). The situation was, however, slightly different in the African and Turkish studies. In Africa (a sample consisting of parents from Burundi, Cameroon, Rwanda, and Togo), the Cronbach's alpha value for the feelings of being fed up subscale was relatively low ($\alpha = 0.67$; $\alpha = 0.70$ for fathers and $\alpha = 0.65$ for mothers), compared to those reported for this subscale in other validation studies, but it improved ($\alpha = 0.75$) by removing one item for mothers (i.e., FU4: *I feel like I can't cope as a parent*). Similarly, the Cronbach's alpha value for the emotional distancing subscale was poor ($\alpha = 0.50$) but improved somewhat ($\alpha = 0.64$) after removing one item from both mothers and fathers (i.e., ED1: *I do what I am supposed to do for my child(ren), but nothing more*). The authors suggest that the low reliability of the emotional distance subscale may stem from Africa's cultural specificity, where it is difficult for parents to report emotional distancing from their children (Sodi et al., 2020). The authors also note that it can be particularly troublesome for African mothers to say that they "do what they are supposed to do for their children but nothing more than that." They suggest that future research on parental burnout among African parents should include qualitative methods (Sodi et al., 2020). It should also be noted that the sample used in the study was drawn from only four out of the 54 African countries. Africa is a continent, which means that many cultural and language differences may affect the research results. Further studies with larger samples are needed to test the measurement invariance of the PBA between different African countries.

In Turkey, the Cronbach's alpha for the feelings of being fed up subscale was initially found to be poor ($\alpha = 0.51$), but it improved ($\alpha = 0.77$) after removing two items: *I don't enjoy being with my child(ren)* (FU5) and *I feel like I can't cope as a parent* (FU4). The latter was the same item that was removed in the African study. Similarly, the reliability of the emotional distancing subscale was poor ($\alpha = 0.50$; $\alpha = 0.50$ for fathers and $\alpha = 0.51$ for mothers) and could not be improved by removing any item.

The reliability of the total PBA score was, however, high ($\alpha = 0.90$; $\alpha = 0.89$ for fathers and $\alpha = 0.91$ for mothers). As the value of Cronbach's alpha is influenced by the number of items in a scale, the low coefficient of emotional distancing sub-scale may be partly due to the presence of only three items in this sub-scale. The relatively small sample size may also have played a role. However, as the three items have been reported to function well in many other language versions, it is likely that the cultural context of parenting may have affected the results. The researchers of the Turkish study (Arikan et al., 2020) argue that in Turkish culture, parents hold a sacred place due to Islamic teachings (e.g., the Prophet's often-repeated words: Heaven lies beneath the feet of mothers). Therefore, it is plausible that the participating parents may have been reluctant to report emotional distancing due to their traditional understanding of the sacred parental role. Such reluctance may also stem from collectivist tendencies and the high value placed on relatedness that characterizes Turkish culture (Kagitcibasi & Ataca, 2005). Since closeness (e.g., connectedness/relatedness) is highly valued in collectivistic cultures, emotional distancing, meaning a lack of connection and lack of closeness, can be firmly at odds with ideas about the parental role in these cultures. It should be noted that the reliability of the emotional distancing subscale was found to be low in the Persian version of the PBA as well ($\alpha = 0.60$). The authors of the Persian version (Mousavi et al., 2020) suggest that in Iranian culture, parental exhaustion does not necessarily lead to emotional distancing from one's children because bringing up children in an intimate family environment that promotes feelings of belonging, security, and coherence is considered crucially important. Overall, the findings concerning the low reliability of the emotional distancing factor in these non-Western countries (Turkey, Iran, Africa) highlight the need for further quantitative and in-depth qualitative research on the cultural differences in the expression of parental burnout, particularly what it comes to emotional distancing, in non-Western cultures.

Third, studies in different countries have consistently reported low correlations between sociodemographic variables and parental burnout assessed with the PBA. Still, some inconsistent findings regarding the direction of some of these correlations exist. For example, parents' age and children's age tended in most studies to correlate negatively with parental burnout, indicating that parents of younger ages and those with younger children reported more parental burnout symptoms. However, in Lebanon (Arabic version of the PBA; Gannagé et al., 2020) the correlations were positive: older parents and parents with older children were more prone to parental burnout than younger parents or parents with younger children. Another striking result of the Lebanese study was that there was no significant difference in parental burnout between mothers and fathers. The researchers suggested that this result could be attributable to the data collection method (face-to-face interviews)—mothers might have been reluctant to reveal intense feelings of exhaustion in a face-to-face interview because of fear of negative judgment. They also suggest that the absence of a gender difference could indicate true gender equality in

Lebanon, resulting from the experience of the war, when women acquired new skills and unfamiliar roles, and thus gender relations were renegotiated (Gannagé et al., 2020). Similarly, in the validation studies in Africa (Sodi et al., 2020) and in Turkey (Mousavi et al., 2020), no gender differences were found in the mean level of parental burnout. In Africa, spending hours with children was negatively associated with parental burnout, whereas in many other studies it is positively related to parental burnout. Further, in Africa, parents' educational level was found to be a protective factor against parental burnout, whereas in other studies parental education has not typically been related to parental burnout. Overall, the pattern of findings suggest that the risk and protective factors of parental burnout might be to some extent culture specific, particularly when comparing Western cultures with non-Western cultures. Fine-grained cultural analyses could provide valuable insights on the cultural mechanisms behind of the reported differences in the correlates of parental burnout.

Scoring Instructions

The PBA is a self-report questionnaire in which each item is rated on the same 7-point Likert scale, indicating the frequency of occurrence of a specific burnout symptom: options range from “never” to “every day” (0 = *never*, 1 = *a few times a year or less*, 2 = *once a month or less*, 3 = *a few times a month*, 4 = *once a week*, 5 = *a few times a week*, 6 = *every day*). The total PBA score is calculated by summing up the scores of the 23 items of the scale, with a minimum score of 0 and a maximum score of 138. Similarly, the scoring of subdimensions is done by summing up the items assessing a particular dimension (i.e., emotional exhaustion, emotional distancing, feelings of being fed up, and contrast with previous parental self). In all the different language versions, the scoring instructions are identical, making the use of the PBA straightforward in an international context. However, as country-specific validation studies carried out in Africa, China, and Turkey suggested excluding some specific items from the subscales to ensure the reliable use of the subscales, in these cultural contexts, some caution is needed when using sum scores of single subscales. The use of the total score, in turn, seems to be a valid option independently of the language version.

Besides the total PBA score and the scores of its four subdimensions, diagnostic thresholds have been introduced to evaluate the presence of parental burnout in clinical settings (Brianda et al., in press). Parents with a total PBA score equal or higher than 86.26 (95% CI: 79.49–93.03) can be considered to be suffering from parental burnout, while those with a score higher than 53 (95% CI: 40.91–64.43) but lower than 86.26 can be considered to be at risk of developing clinically significant levels of parental burnout. The thresholds presented are based on a multi-informant and multi-method assessment study that used a set of different indicators of parental burnout (self-reports of parents, views of external clinical judges, and a biological measure of chronic stress in terms of hair cortisol concentration) to define the thresholds

(Brianda et al., in press). Based on the PBA, the Brief Parental Burnout scale (BPBs) has also been developed, which can be used in clinical contexts and healthcare settings to screen burnt-out parents and parents at risk of burnout (Aunola et al., 2021).

Limitations and Recommendations for Future Research

Although evidence of the good psychometric properties of PBA has been found in different cultures and languages, various issues warrant attention when interpreting the findings reported thus far and when considering directions for future research. First, the datasets used in validation studies of the PBA have varied from country to country in terms of sample sizes and representativeness. Therefore, caution is needed when making comparisons of the reliabilities between different language versions of the PBA and making conclusions about cultural differences, as larger sample sizes provide more robust and reliable results than smaller sample sizes. Because findings indicating the low reliability of some of the PBA subscales in some cultures may be affected by small samples, studies with larger sample sizes are needed to replicate the findings before making far-reaching generalizations. Second, typical for most of the samples is the underrepresentation of fathers, lower-educated parents, and parents representing family types other than nuclear families. Therefore, future research is needed to validate the PBA on broader samples and test its invariance across various subpopulations in different countries and regions. Additionally, larger unselected samples are needed to establish national norms for the PBA in different countries.

Third, few studies have provided evidence of the test–retest reliability of the PBA (Cheng et al., 2020). In addition to evaluating the test–retest reliability of the PBA in different cultural contexts, longitudinal data are needed to test the measurement invariance of the PBA and its four subdimensions across time and the possible cultural- or country-specific differences in the measurement invariance. After confirming time-invariance of the PBA, it is possible to examine the extent to which symptoms of parental burnout show situation-specific or daily variation (i.e., variations related, for example, to daily mood or specific difficult child-rearing situations) and the extent to which they are longer lasting and all-encompassing. Moreover, to understand the developmental processes of parental burnout and the cultural differences in these processes, longitudinal studies across cultures with time-invariant assessments are needed.

Fourth, the items of the PBA were initially generated based on mothers' testimonies, and thus they may reflect mothers' experiences more than fathers'. In future research, inductive studies on fathers in different cultures are needed to determine the extent to which the measure accurately addresses fathers' symptoms of burnout and whether there are some specific features of parental burnout evident among fathers depending on culture. For example, in a qualitative study carried out in Finland, the majority of

the burned-out fathers described being dissatisfied with society (Sorkkila & Aunola, 2022), suggesting that parental burnout among fathers may manifest to some extent in externalizing forms. Gender differences in mental well-being and problem behaviors have systematically demonstrated that while females are often prone to internalizing symptoms, males may be more likely to externalize psychological distress (Kramer, Krueger, & Hicks, 2008).

It should also be noted that the PBA was developed based on testimonies of French- and English-speaking Western mothers. There may be cultural variations in the manifestation of parental burnout due to, for example, different family policies, different childcare arrangements, or different belief and value systems. Therefore, further studies are still needed to determine whether the phenomenon of parental burnout manifests to some extent differently in different cultural contexts.

Finally, to ensure the clinical utility of the PBA, future research is needed on the applicability of clinical thresholds of the PBA (Brianda et al., in press) and the screening tool created based on it (i.e., BPBs; Aunola et al., 2021) in different cultural contexts. Cross-cultural validation of clinical cut-offs would be an important step toward efforts to prevent parental burnout and its drastic consequences worldwide.

Conclusion

The present chapter presented an overview on the development and cross-cultural validation of the PBA. The PBA can be used to measure total levels of parental burnout as well its four core symptoms: emotional exhaustion, emotional distancing, feelings of being fed up, and contrast with previous parental self. The evidence presented thus far provides strong support for the psychometric properties of the PBA across various languages and countries. The scale has been translated into 23 languages to date and found to demonstrate structural invariance across gender and language groups, and its total score has shown excellent reliability (Cronbach's alphas > 0.85) across 42 different countries (Roskam et al., 2021). However, further research is still needed to explore the in-depth cultural differences in the subdimensions of parental burnout and how they manifest in different cultural environments and among different subpopulations. Additionally, efforts are needed to create national norms for the PBA in different countries that could be used when evaluating the seriousness of symptoms and planning interventions in specific cultures.

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Appendix

Parental Burnout Assessment (PBA) – English version

Children are an important source of fulfillment and joy for their parents. At the same time, they may also be a source of exhaustion for some parents. (This is not contradictory: self-fulfillment and exhaustion can co-exist, and it is possible to love your children, yet feel exhausted in your role as a parent). The questionnaire below concerns the feeling exhaustion that can be experienced as a parent. Choose the answer that best matches what you feel personally. There is no right or wrong answer. If you have never had this feeling, choose “Never”. If you have had this feeling, indicate how often you feel it by choosing “A few times a year” to “Every day” that best describes how frequently you feel that way.

	Never	A few times a year	Once a month or less	A few times a month	Once a week	A few times a week	Everyday
1. I'm so tired out by my role as a parent that sleeping doesn't seem like enough.	0	1	2	3	4	5	6
2. I feel as though I've lost my direction as a dad/mum.	0	1	2	3	4	5	6
3. I feel completely run down by my role as a parent.	0	1	2	3	4	5	6
4. I have zero energy for looking after my child(ren).	0	1	2	3	4	5	6
5. I don't think I'm the good father/mother that I used to be to my child(ren).	0	1	2	3	4	5	6
6. I can't stand my role as father/mother any more.	0	1	2	3	4	5	6
7. I feel like I can't take any more as a parent.	0	1	2	3	4	5	6
8. I have the impression that I'm looking after my child(ren) on autopilot.	0	1	2	3	4	5	6
9. I have the sense that I'm really worn out as a parent.	0	1	2	3	4	5	6
10. When I get up in the morning and have to face another day with my child(ren), I feel exhausted before I've even started.	0	1	2	3	4	5	6
11. I don't enjoy being with my child(ren).	0	1	2	3	4	5	6
12. I feel like I can't cope as a parent.	0	1	2	3	4	5	6
13. I tell myself that I'm no longer the parent I used to be.	0	1	2	3	4	5	6
14. I do what I'm supposed to do for my child(ren), but nothing more.	0	1	2	3	4	5	6
15. My role as a parent uses up all my resources.	0	1	2	3	4	5	6
16. I can't take being a parent any more.	0	1	2	3	4	5	6
17. I'm ashamed of the parent that I've become.	0	1	2	3	4	5	6
18. I'm no longer proud of myself as a parent.	0	1	2	3	4	5	6
19. I have the impression that I'm not myself anymore when I'm interacting with my child(ren).	0	1	2	3	4	5	6
20. I'm no longer able to show my child(ren) how much I love them.	0	1	2	3	4	5	6
21. I find it exhausting just thinking of everything I have to do for my child(ren).	0	1	2	3	4	5	6
22. Outside the usual routines (lifts in the car, bedtime, meals), I'm no longer able to make an effort for my child(ren).	0	1	2	3	4	5	6
23. I'm in survival mode in my role as a parent.	0	1	2	3	4	5	6

Applicable in Australia, Cameroun, UK, USA.

Source: Roskam, I., Brianda, M. E., & Mikolajczak, M. (2018). A step forward in the conceptualization and measurement of parental burnout: The parental burnout assessment (PBA). *Frontiers in Psychology*, 9, 758. <https://doi.org/10.3389/fpsyg.2018.00758>

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Parental Burnout Assessment (PBA) – French version

Les enfants représentent une source importante d'épanouissement et de joies pour leurs parents. En même temps, ils peuvent également être une source d'épuisement (et ceci n'est pas antinomique : l'épanouissement et l'épuisement peuvent coexister ; on peut aimer ses enfants et pourtant se sentir épuisé dans son rôle de parent). Le questionnaire ci-dessous concerne l'épuisement qu'on peut ressentir en tant que parent. Choisissez la réponse qui correspond le mieux à ce que vous ressentez personnellement. Il n'y a pas de bonne ou de mauvaise réponse. Si vous n'avez jamais eu ce sentiment, indiquez : "Jamais". Si vous avez eu ce sentiment, indiquez à quelle fréquence en cochant parmi les propositions allant de « Quelques fois par mois ou moins » à « Chaque jour ».

	Jamais	Quelques fois par an ou moins	Une fois par mois ou moins	Quelques fois par mois	Une fois par semaine	Quelques fois par semaine	Chaque jour
1. Je suis tellement fatigué par mon rôle de parent que j'ai l'impression que dormir ne suffit pas.	0	1	2	3	4	5	6
2. J'ai le sentiment de ne plus me reconnaître en tant que papa/maman.	0	1	2	3	4	5	6
3. J'ai le sentiment d'être à bout de force à cause de mon rôle de parent.	0	1	2	3	4	5	6
4. J'ai zéro énergie pour gérer mes enfants.	0	1	2	3	4	5	6
5. Je pense que je ne suis plus le bon père/la bonne mère que j'ai été pour mes enfants.	0	1	2	3	4	5	6
6. Je n'en peux plus d'être parent.	0	1	2	3	4	5	6
7. En tant que parent, j'ai un sentiment de trop, « trop plein ».	0	1	2	3	4	5	6
8. J'ai l'impression de m'occuper de mes enfants en pilote automatique.	0	1	2	3	4	5	6
9. J'ai le sentiment que je n'en peux vraiment plus en tant que parent.	0	1	2	3	4	5	6
10. Quand je me lève le matin et que j'ai à faire face à une autre journée avec mes enfants, je me sens épuisé(e) d'avance.	0	1	2	3	4	5	6
11. Je ne ressens pas de plaisir à être avec mes enfants.	0	1	2	3	4	5	6
12. Je me sens saturé(e) en tant que parent.	0	1	2	3	4	5	6
13. Je me dis que je ne suis plus le parent que j'ai été.	0	1	2	3	4	5	6
14. Je fais juste ce qu'il faut pour mes enfants mais pas plus.	0	1	2	3	4	5	6
15. Mon rôle de parent épuise toutes mes ressources.	0	1	2	3	4	5	6
16. Je ne supporte plus mon rôle de père/mère.	0	1	2	3	4	5	6
17. J'ai honte du parent que je suis devenu.	0	1	2	3	4	5	6
18. Je ne suis plus fier(e) de moi en tant que parent.	0	1	2	3	4	5	6
19. J'ai l'impression que je ne suis plus moi-même quand j'interagis avec mes enfants.	0	1	2	3	4	5	6
20. Je n'arrive plus à montrer à mes enfants combien je les aime.	0	1	2	3	4	5	6
21. Penser à tout ce que je dois faire pour mes enfants m'épuise.	0	1	2	3	4	5	6
22. J'ai l'impression qu'en dehors des routines (trajets, coucher, repas), je n'arrive plus à m'investir auprès de mes enfants.	0	1	2	3	4	5	6
23. Dans mon rôle de parent, je suis en mode survie.	0	1	2	3	4	5	6

Applicable in Belgium, Cameroun, Canada, France, Lebanon, Switzerland, Togo.

Source: Roskam, I., Brianda, M. E., & Mikolajczak, M. (2018). A step forward in the conceptualization and measurement of parental burnout: The parental burnout assessment (PBA). *Frontiers in Psychology*, 9, 758. <https://doi.org/10.3389/fpsyg.2018.00758>

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Parental Burnout Assessment (PBA) – Lebanese Arabic version

يمثل الأولاد بالنسبة إلى والديهم مصدراً مهماً للراحة النفسية والفرح. وفي الوقت نفسه، قد يشكّلون بالنسبة إلى بعض الأهل مصدراً للإرهاق والتعب (علماً بأنّ هذه الحالة ليست متعارضة، فالراحة النفسية والإرهاق قد يتواجدان في آن واحد، حيث يمكننا أن نحب أولادنا وأن نشعر مع ذلك بالإرهاق والتعب عند تأدية دورنا كأحد الوالدين). إنّ استمارة الأسئلة الواردة أدناه تدور حول الإرهاق الذي من الممكن أن تشعروا به كأهل. اختاروا الإجابة التي تُعتبر الأكثر توافقاً مع ما تشعر به شخصياً، مع العلم بأنّه ما من إجابة صحيحة أو خاطئة. في حال لم تعرف يوماً هذا الشعور، اختر الإجابة بـ "أبداً". وإذا واجهت هذا الشعور، حدّد عدد المرات التي شعرت بها بالإرهاق عبر اختيار العبارة التي تصف بشكل أفضل شعورك: "بضع مرات في السنة" إلى "كل يوم".

كل يوم	بضع مرات في الأسبوع	مرة في الأسبوع	بضع مرات في الشهر	مرة كل شهر أو أقل	بضع مرات في السنة	أبداً	
6	5	4	3	2	1	0	1. إنّ أداء دور الوالد (الوالدة) يرهقني إرهاباً فحني النوم لا يستعيد نشاطي
6	5	4	3	2	1	0	2. أشعر بأنني أضعت طريقي في تأدية دوري كوالد (والدة)
6	5	4	3	2	1	0	3. أشعر بالتعب الشديد بسبب دوري كوالد (والدة)
6	5	4	3	2	1	0	4. لا أملك الطاقة والقوة للتعامل مع أولادي
6	5	4	3	2	1	0	5. أظنّ أنني لم أعد أمثل الأب الصالح/الأم الصالحة لأولادي كما كنت أفعّل في الماضي
6	5	4	3	2	1	0	6. لا يمكنني تحمّل أداء دور الوالد (الوالدة) بعد اليوم
6	5	4	3	2	1	0	7. أشعر كوالد (والدة) بالإرهاق وبأنّه " طفح الكيل "
6	5	4	3	2	1	0	8. أشعر بأنني أعطني بأولادي بشكل آلي
6	5	4	3	2	1	0	9. أشعر بأنني لم أعد قادراً (قادرة) فعلاً على التحمّل باعتباري والدأ (والدة)
6	5	4	3	2	1	0	10. أشعر بالتعب سلفاً عندما أستيقظ صباحاً ويكون عليّ أن أقضي يوماً آخر مع أولادي
6	5	4	3	2	1	0	11. لا أستمتع بقضاء الوقت مع أولادي
6	5	4	3	2	1	0	12. أشعر بأنّ دوري كوالد (والدة) يثقل كاهلي
6	5	4	3	2	1	0	13. أعتقد أنني لم أعد أؤدي دور الوالد (الوالدة) نفسه كما كنت أفعّل في السابق
6	5	4	3	2	1	0	14. لا أقوم سوى بما يلزم لأولادي
6	5	4	3	2	1	0	15. إنّ دوري كوالد (والدة) يستنزف قواي بالكامل
6	5	4	3	2	1	0	16. لم أعد أحتمل دوري كوالد (والدة) بعد اليوم
6	5	4	3	2	1	0	17. أشعر بالخجل من الحالة التي وصلت إليها كوالد (والدة)
6	5	4	3	2	1	0	18. لم أعد فخوراً بنفس كوالد (والدة)
6	5	4	3	2	1	0	19. أشعر أنني لم أعد على طبيعتي عندما أتفاعل مع أولادي
6	5	4	3	2	1	0	20. لم أعد أستطيع أن أظهر لأولادي كم أحبهم
6	5	4	3	2	1	0	21. أشعر بالإرهاق لدى التفكير في كلّ ما يتعيّن عليّ القيام به من أجل أولادي
6	5	4	3	2	1	0	22. يستحيل عليّ أن أكّس نفسي لأولادي خارج النشاطات الروتينية (كمثل الرحلات بالسيارة، ووقت الخلود إلى النوم، والوجبات)
6	5	4	3	2	1	0	23. إنني في حالة صمود وبقاء عند تأدية دور الوالد (والدة)

Source: Gannagé, M., Besson, E., Harfouche, J., Roskam, I., & Mikolajczak, M. (2020). Parental burnout in Lebanon: Validation psychometric properties of the Lebanese Arabic version of the Parental Burnout Assessment. *New Directions for Child and Adolescent Development*, 174, 51-65. <https://doi.org/10.1002/cad.20383>

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Parental Burnout Assessment (PBA) – Basque language

Haurrak asebetetze eta alaitasun iturri garrantzitsu bat dira haien gurasoentzat. Aldi berean, neke iturri ere izan daitezke guraso batzuentzat. (Hori ez da kontraesankorra: auto-errealizazioa eta nekea aldi berean egon daitezke, eta posible da zure seme-alabak maitatzea, baina nekatuta sentitzea guraso bezala duzun rolean). Behean ageri den galdetegia guraso gisa esperimendu daitezkeen neke sentimenduari buruzkoa da. Aukeratu zuk zeuk sentitzen duzunarekin bat datorren erantzuna. Ez dago erantzun zuzenik edo okerrik. Inoiz ez baduzu sentimendu hori izan, aukeratu “Inoiz ez”. Sentimendu hori eduki baduzu, adierazi modu horretan sentitu zaren maiztasuna ondoen azaltzen duen aukera “Urtean gutxi batzuetan” aukeratik hasita “Egunero” aukerara arte.

	Inoiz ez	Urtean gutxi batzuetan	Hilabeteen behin edo gutxiagotan	Hilabeteen gutxi batzuetan	Astearen behin	Astearen gutxi batzuetan	Egunero
1. Hain nekatuta nago nire guraso rolagatik, badirudiela lo egitea ez dela nahikoa.	0	1	2	3	4	5	6
2. Ama/aita bezala norabidea galdu izan banu bezala sentitzen naiz.	0	1	2	3	4	5	6
3. Erabat nekatuta sentitzen naiz nire guraso rolagatik.	0	1	2	3	4	5	6
4. Ez daukat energiarik nire seme-alaba(k) zaintzeko	0	1	2	3	4	5	6
5. Pentsatzen dut lehen ama/aita ona nintzela. Orain, ordea, ez.	0	1	2	3	4	5	6
6. Dagoeneko, ezin dut nire ama/aita rola jasan.	0	1	2	3	4	5	6
7. Sentitzen dut ezin dudala gehiago guraso gisa.	0	1	2	3	4	5	6
8. Batzuetan nire seme-alaba(k) modu automatikoan zaintzen egotearen sententzia daukat.	0	1	2	3	4	5	6
9. Guraso bezala agortuta egotearen sententzia daukat.	0	1	2	3	4	5	6
10. Goizean esnatzen naizenean eta beste egun bati aurre egin behar diodanean nire seme-alabekin, hasi baino lehen nekatuta sentitzen naiz.	0	1	2	3	4	5	6
11. Ez dut disfrutatzen nire seme-alabekin egoteaz.	0	1	2	3	4	5	6
12. Sentitzen dut ez naizela moldatzen guraso bezala.	0	1	2	3	4	5	6
13. Nire buruari esaten diot ez naizela lehen izan ohi nintzen gurasoa.	0	1	2	3	4	5	6
14. Egin behar dudala suposatzen dena egiten dut, baina ez hori baino gehiago.	0	1	2	3	4	5	6
15. Nire guraso rola nire baliabideak agortzen ditu.	0	1	2	3	4	5	6
16. Dagoeneko, ezin dut jasan guraso izatea.	0	1	2	3	4	5	6
17. Lotsatuta nago bihurtu naizen guraso izateaz.	0	1	2	3	4	5	6
18. Guraso gisa, dagoeneko ez nago nire buruaz harro.	0	1	2	3	4	5	6
19. Inpresioa daukat, dagoeneko ez naizela ni neu haurrarekin elkarrengaitan dudanean.	0	1	2	3	4	5	6
20. Dagoeneko ez naiz gai nire seme-alabei zenbat maite ditudan erakusteko.	0	1	2	3	4	5	6
21. Nire seme-alabengatik egin behar dudana guztian pentsatze hutsa nekagarria egiten zait.	0	1	2	3	4	5	6
22. Ohiko errutinetatik kanpo (kotxez eramatea, oheratzeko ordua, jatorduak), dagoeneko ez naiz gai esfortzu bat egiteko nire seme-alabagatik.	0	1	2	3	4	5	6
23. Nire guraso rolean, biziraupen moduan nago.	0	1	2	3	4	5	6

Source: Sarrionandia, A., & Aliri, J. (2021). Initial validation of the Basque version of the Parental Burnout Assessment (B-PBA). *Scandinavian Journal of Psychology*, 62(3), 348-354. <https://doi.org/10.1111/sjop.12707>
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Parental Burnout Assessment (PBA) – Chinese version

孩子是父母实现感和幸福感的重要来源。同时，孩子也可能是一些父母疲惫的来源。这并不矛盾：自我满足和精疲力尽的状态可以共存。即使你作为父母感到筋疲力尽，但你仍然可以爱你的孩子。下面的问卷涉及作为父母可能体验到的疲惫感。选择最符合你个人感受的答案。这些选项没有对错。如果你从来没有这种感觉，请勾选“从不”。如果你有这种感觉，请勾选最能反映您有这种感觉的频率选项。

	从不	一年几次	一个月或不到一个月一次	一个月几次	一周一次	一周几次	每天
1. 我做父母的时候实在是太累了，以至于我没有充足的睡眠	0	1	2	3	4	5	6
2. 我感觉我已经失去了作为一个父亲/母亲的方向	0	1	2	3	4	5	6
3. 我觉得我作为一个家长的角色彻底失败了	0	1	2	3	4	5	6
4. 我一丁点照顾孩子的力气都没有了	0	1	2	3	4	5	6
5. 我觉得对我的孩子来说我不再像以前一样是一个好家长了	0	1	2	3	4	5	6
6. 我再也忍受不了家长这个身份了	0	1	2	3	4	5	6
7. 我觉得我再也无法当一个家长了	0	1	2	3	4	5	6
8. 我有时会感觉我是在流水线上养孩子	0	1	2	3	4	5	6
9. 我感觉我当家长的时候实在是精疲力尽了	0	1	2	3	4	5	6
10. 早上醒来，一想到又要和我的孩子度过一整天，我就感到累极了（即使我还没有面对我的孩子）	0	1	2	3	4	5	6
11. 和我的孩子在一起时，我并不享受	0	1	2	3	4	5	6
12. 我感觉我没法胜任家长的角色	0	1	2	3	4	5	6
13. 我告诉我自己，我不再是以前那个爸爸/妈妈了	0	1	2	3	4	5	6
14. 我只做“应该”为孩子做的事，但不会做更多了	0	1	2	3	4	5	6
15. 当家长这件事耗尽了我的资源	0	1	2	3	4	5	6
16. 我只做“应该”为孩子做的事，但不会做更多了	0	1	2	3	4	5	6
17. 当家长这件事耗尽了我的资源	0	1	2	3	4	5	6
18. 我再也不为自己是孩子的家长而感到自豪了	0	1	2	3	4	5	6
19. 我感觉和孩子在一起时，我不再是我自己了	0	1	2	3	4	5	6
20. 我不再有能力向孩子表示我有多爱他（们）了	0	1	2	3	4	5	6
21. 一想到我需要为孩子做的那些事我就很头疼	0	1	2	3	4	5	6
22. 除了平常的例行公事（开车接送，就寝，吃饭）之外，我再也无法为我的孩子做出努力了	0	1	2	3	4	5	6
23. 家长这个角色对我来说就好像游戏中的“生存模式”一样	0	1	2	3	4	5	6

Source: Cheng, H., Wang, W., Wang, S., Li, Y., Liu, X., & Li, Y. (2020). Validation of a Chinese Version of the Parental Burnout Assessment. *Frontiers in Psychology*, 11, 321. <https://doi.org/10.3389/fpsyg.2020.00321>

NOTE: Items 1 and 15 from the Exhaustion subscale were excluded from the analysis. However, their use in other samples is not precluded, but it is recommended to check their psychometric parameters.

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Parental Burnout Assessment (PBA) – Croatian version

Djeca predstavljaju važan izvor zadovoljstva i radosti svojim roditeljima. Istovremeno, nekim roditeljima djeca mogu biti razlog iscrpljenosti. (Ovo nije proturječno: zadovoljstvo i iscrpljenost mogu supostojati, odnosno možemo voljeti svoju djecu, a ipak se osjećati iscrpljeno u ulozi roditelja). Upitnik koji slijedi odnosi se na osjećaj iscrpljenosti koji možete doživjeti kao roditelj. Odaberite odgovor koji najbolje opisuje ono što osjećate. Ne postoji ispravan ili pogrešan odgovor. Ukoliko se nikad niste tako osjećali, odaberite „Nikad“. U protivnome, navedite učestalost birajući odgovor na ponuđenoj skali koja se kreće u rasponu od „Nekoliko puta godišnje“ do „Svaki dan“.

	Nikad	Nekoliko puta godišnje	Jednom mjesečno ili rjeđe	Nekoliko puta mjesečno	Jednom tjedno	Nekoliko puta tjedno	Svaki dan
1. Osjećam se toliko umorno od uloge roditelja da mi ni spavanje ne pomaže.	0	1	2	3	4	5	6
2. Osjećam se izgubljeno kao otac/majka.	0	1	2	3	4	5	6
3. Osjećam se potpuno iznemoglo u ulozi roditelja.	0	1	2	3	4	5	6
4. Uopće nemam snage brinuti o vlastitom djetetu/djeci.	0	1	2	3	4	5	6
5. Mislim da nisam dobar otac/majka kao nekad.	0	1	2	3	4	5	6
6. Više ne podnosim svoju ulogu oca/majke.	0	1	2	3	4	5	6
7. Osjećam kako ne mogu više izdržati kao roditelj.	0	1	2	3	4	5	6
8. Imam dojam da brinem za svoje dijete/djecu „po automatizmu“.	0	1	2	3	4	5	6
9. Osjećam se potpuno istrošen kao roditelj.	0	1	2	3	4	5	6
10. Kad se ujutro probudim i suočim s još jednim danom sa svojim djetetom/djecom osjećam se iscrpljeno odmah u startu.	0	1	2	3	4	5	6
11. Ne uživam provoditi vrijeme sa svojim djetetom/djecom.	0	1	2	3	4	5	6
12. Osjećam kako se ne mogu nositi s ulogom roditelja.	0	1	2	3	4	5	6
13. Sam/a sebi govorim kako više nisam roditelj kakav sam nekad bio/la.	0	1	2	3	4	5	6
14. Radim ono što se od mene kao roditelja očekuje, ali ništa više od toga.	0	1	2	3	4	5	6
15. Roditeljstvo crpi sve moje resurse.	0	1	2	3	4	5	6
16. Postalo mi je nesnošljivo biti roditelj.	0	1	2	3	4	5	6
17. Sramim se kakav sam roditelj postao/la.	0	1	2	3	4	5	6
18. Više se ne ponosim sobom kao roditeljem.	0	1	2	3	4	5	6
19. Imam dojam kako više nisam svoj/a u interakciji sa svojim djetetom/djecom.	0	1	2	3	4	5	6
20. Više nisam u stanju pokazati svom djetetu/djeci koliko ga/ih volim.	0	1	2	3	4	5	6
21. Iscrpljuje me i sama pomisao na sve što moram učiniti za svoje dijete/djecu.	0	1	2	3	4	5	6
22. Nisam u stanju truditi se oko svog djeteta/djece izuzev obavljanja rutinskih poslova (vožnje u automobilu, odlazak na spavanje, obroci).	0	1	2	3	4	5	6
23. Nalazim se u „modusu preživljavanja“ u ulozi roditelja.	0	1	2	3	4	5	6

Source: <https://en.burnoutparental.com/instruments-and-materials>

For validation information, see Roskam et al. (2021).

Cited with permission obtained from the author of the translation: Maja Jakšić, Split, Croatia Croatian Society of Marital and Family Counsellors.

Parental Burnout Assessment (PBA) – Dutch version

Kinderen zijn een belangrijke bron van voldoening en plezier voor hun ouders. Tegelijkertijd kunnen ze ook een bron van uitputting zijn voor sommige ouders. Dat spreekt elkaar niet tegen: voldoening en uitputting kunnen naast elkaar bestaan en het is mogelijk om van je kind te houden maar je ook uitgeput te voelen in je rol als ouder. De onderstaande vragenlijst gaat over het gevoel van uitputting dat ouders kunnen ervaren. Kies het antwoord dat het beste aansluit bij uw eigen gevoel. Er zijn geen goede of foute antwoorden. Als u dit gevoel nooit heeft gehad, kies "Nooit". Als u dit gevoel wel heeft gehad, geef dan aan hoe vaak u dit voelt, van "Een paar keer per jaar" tot "Elke dag".

	Nooit	Een paar keer per jaar	Eén keer per maand of minder	Een paar keer per maand	Eén keer per week	Een paar keer per week	Elke dag
1. Ik ben zo afgemat door mijn rol als ouder dat slapen niet genoeg lijkt te zijn.	0	1	2	3	4	5	6
2. Ik heb het gevoel dat ik als vader/moeder de richting ben kwijtgeraakt.	0	1	2	3	4	5	6
3. Ik voel me volledig uitgeput door mijn rol als ouder.	0	1	2	3	4	5	6
4. Ik heb helemaal geen energie om voor mijn kind(eren) te zorgen.	0	1	2	3	4	5	6
5. Ik denk dat ik niet meer de goede vader/moeder ben die ik eerder was voor mijn kind(eren).	0	1	2	3	4	5	6
6. Ik kan niet meer tegen mijn rol als vader/moeder.	0	1	2	3	4	5	6
7. Ik heb het gevoel dat ik als ouder niet nog meer aankan.	0	1	2	3	4	5	6
8. Ik heb de indruk dat ik op automatische piloot voor mijn kind(eren) zorg.	0	1	2	3	4	5	6
9. Ik heb het gevoel dat ik echt op ben als ouder.	0	1	2	3	4	5	6
10. Als ik 's ochtends opsta en een nieuwe dag moet beginnen met mijn kind(eren), voel ik me al uitgeput nog voor ik eraan begonnen ben.	0	1	2	3	4	5	6
11. Ik geniet er niet van om bij mijn kind(eren) te zijn.	0	1	2	3	4	5	6
12. Ik heb het gevoel dat ik het niet aankan als ouder.	0	1	2	3	4	5	6
13. Ik zeg tegen mezelf dat ik niet meer de ouder ben die ik eerder ben geweest.	0	1	2	3	4	5	6
14. Ik doe wat ik moet doen voor mijn kind(eren), maar niets meer.	0	1	2	3	4	5	6
15. Mijn rol als ouder gebruikt al mijn energie op.	0	1	2	3	4	5	6
16. Ik kan het niet meer aan om een ouder te zijn.	0	1	2	3	4	5	6
17. Ik schaam me voor de ouder die ik geworden ben.	0	1	2	3	4	5	6
18. Ik ben niet meer trots op mezelf als ouder.	0	1	2	3	4	5	6
19. Ik heb de indruk dat ik niet meer mezelf ben in de omgang met mijn kind(eren).	0	1	2	3	4	5	6
20. Het lukt me niet meer om mijn kind(eren) te laten zien hoeveel ik van hem/haar/hen hou.	0	1	2	3	4	5	6
21. Ik vind het vermoeiend als ik alleen al denk aan alles wat ik voor mijn kind(eren) moet doen.	0	1	2	3	4	5	6
22. Los van de dagelijkse routines (autoritjes, bedtijd, eten) lukt het me niet om een inspanning te doen voor mijn kind(eren).	0	1	2	3	4	5	6
23. Ik sta in overlevingsmodus in mijn rol als ouder.	0	1	2	3	4	5	6

Applicable in the Dutch-speaking part of Belgium and the Netherlands.

Source: <https://en.burnoutparental.com/instruments-and-materials>

For validation information, see Roskam et al. (2021).

The translation was made by Charlotte Schrooyen and checked by Bart Soenens and Wim Beyers, Ghent University, Belgium.

Parental Burnout Assessment (PBA) – Finnish version

Voit yhtäältä rakastaa lapsiasi syvästi ja iloita heistä, ja toisaalta kokea uupumusta vanhemman roolissa. Täyttymyksen tunne ja uupumus saattavat kulkea käsi kädessä. Seuraavat kysymykset koskevat uupumusta, jota kuka tahansa vanhempi saattaa tuntea. Valitse vastaus, joka parhaiten kuvaa omaa kokemustasi vanhempana. Kysymyksiin ei ole oikeaa tai väärää vastausta. Jos et ole koskaan kokenut kyseistä tunnetta, vastaa ”Ei koskaan”. Jos olet kokenut kyseisen tunteen, kerro kuinka usein ympäröimällä sinulle lähinnä sopivin vaihtoehto.

	Ei koskaan	Joitakin kertoja vuodessa	Kerran kuussa	Joitakin kertoja kuussa	Kerran viikossa	Joitakin kertoja viikossa	Päivittäin
1. Olen niin väsynyt rooliini vanhempana, ettei edes nukkuminen auta.	0	1	2	3	4	5	6
2. Tunnen kadottaneeni suuntani isänä/äitinä.	0	1	2	3	4	5	6
3. Tuntuu siltä, että vanhempana oleminen on ajanut minut loppuun.	0	1	2	3	4	5	6
4. Minulla ei ole voimia huolehtia lapsestani/lapsistani.	0	1	2	3	4	5	6
5. En usko olevani lapselleni/lapsilleni niin hyvä isä/äiti kuin olin ennen.	0	1	2	3	4	5	6
6. En kestä enää rooliani isänä/äitinä.	0	1	2	3	4	5	6
7. Minusta tuntuu, etten jaksakaan enempää vanhempana.	0	1	2	3	4	5	6
8. Välillä tuntuu kuin huolehtisin lapsestani/lapsistani automaattiohjauksella.	0	1	2	3	4	5	6
9. Tunnen olevani aivan loppu uupunut vanhempana.	0	1	2	3	4	5	6
10. Kun nousen aamulla kohdatakseni taas uuden päivän lapseni/lasteni kanssa, tunnen olevani uupunut jo ennen kuin aloitan päivän.	0	1	2	3	4	5	6
11. En nauti yhdessäolosta lapseni/lasteni kanssa.	0	1	2	3	4	5	6
12. En tunne pärjääväni vanhempana.	0	1	2	3	4	5	6
13. Mietin mielessäni, etten enää ole sellainen vanhempi kuin olin aiemmin.	0	1	2	3	4	5	6
14. Teen lapseni/lasteni eteen sen, mitä minulta odotetaan, mutta en sen enempää.	0	1	2	3	4	5	6
15. Vanhemmuus kuluttaa kaikki voimavarani.	0	1	2	3	4	5	6
16. En enää kestä vanhempana olemista.	0	1	2	3	4	5	6
17. Minua hävettää se, millainen vanhempi minusta on tullut.	0	1	2	3	4	5	6
18. En ole enää tyytyväinen itseeni vanhempana.	0	1	2	3	4	5	6
19. Minusta tuntuu, etten enää ole oma itseni ollessani lapseni/lasteni kanssa.	0	1	2	3	4	5	6
20. En enää pysty näyttämään lapselleni/lapsilleni, kuinka paljon rakastan häntä/heitä.	0	1	2	3	4	5	6
21. Minua väsyttää pelkkä ajatus siitä, mitä kaikkea minun täytyy tehdä lapseni/lasteni vuoksi.	0	1	2	3	4	5	6
22. Rutiinien (nukkuttamisen, aterioinnin jne.) lisäksi en enää jaksakaan tehdä muuta lapseni/lasteni eteen.	0	1	2	3	4	5	6
23. Yritän vain selviytyä vanhempana jotenkuten.	0	1	2	3	4	5	6

Source: Aunola, K., Sorkkila, M., & Tolvanen, A. (2020). Validity of the Finnish version of the Parental Burnout Assessment (PBA).

Scandinavian Journal of Psychology, 61(5), 714-722. <https://doi.org/10.1111/sjop.12654>

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Parental Burnout Assessment (PBA) – German version

Kinder sind eine wichtige Quelle der Erfüllung und Freude für ihre Eltern. Gleichzeitig können sie eine Quelle der Erschöpfung für manche Eltern sein (dies steht nicht im Widerspruch zueinander: Selbstverwirklichung und Erschöpfung können nebeneinander existieren und es ist möglich, seine Kinder zu lieben und sich dennoch in seiner Rolle als Elternteil erschöpft zu fühlen). Der untere Fragebogen bezieht sich auf Gefühle der Erschöpfung, welche als Elternteil erlebt werden können. Wählen Sie die Antwortmöglichkeit, welche am besten widerspiegelt, was Sie persönlich empfinden. Es gibt keine richtige oder falsche Antwort. Falls Sie dieses Gefühl niemals hatten, wählen Sie "Nie". Falls Sie dieses Gefühl bereits schon einmal hatten geben Sie bitte an, wie oft dies vorkommt, indem Sie eine Antwortmöglichkeit zwischen "Ein paar Mal pro Jahr" und "Jeden Tag" auswählen, welche am besten beschreibt, wie häufig Sie sich so fühlen.

	Nie	Ein paar Mal pro Jahr	Einmal im Monat oder seltener	Ein paar Mal pro Monat	Einmal pro Woche	Ein paar Mal pro Woche	Jeden Tag
1. Ich fühle mich so erschöpft durch meine Rolle als Elternteil, dass mein Schlaf nicht ausreichend zu sein scheint.	0	1	2	3	4	5	6
2. Ich fühle mich, als ob ich meine Orientierung als Elternteil verloren hätte.	0	1	2	3	4	5	6
3. Durch meine Rolle als Elternteil fühle ich mich völlig ausgebrannt.	0	1	2	3	4	5	6
4. Ich habe absolut keine Energie, um mich um mein(e) Kind(er) zu kümmern.	0	1	2	3	4	5	6
5. Ich glaube nicht, dass ich der gute Vater/die gute Mutter bin, der/die ich einst für mein(e) Kind(er) war.	0	1	2	3	4	5	6
6. Ich halte meine Rolle als Vater/Mutter nicht länger aus.	0	1	2	3	4	5	6
7. Ich habe das Gefühl als Elternteil nicht länger noch mehr ertragen zu können.	0	1	2	3	4	5	6
8. Ich habe den Eindruck auf Autopilot zu sein, wenn ich mich um mein(e) Kind(er) kümmere.	0	1	2	3	4	5	6
9. Ich habe das Gefühl als Elternteil völlig erschöpft zu sein.	0	1	2	3	4	5	6
10. Wenn ich morgens aufstehe und mir ein weiterer Tag mit meinem/-n Kind(ern) bevorsteht, fühle ich mich bereits erschöpft, bevor ich überhaupt angefangen habe.	0	1	2	3	4	5	6
11. Ich genieße es nicht mit meinem/-n Kind(ern) zusammen zu sein.	0	1	2	3	4	5	6
12. Ich habe das Gefühl als Elternteil nicht zurechtzukommen.	0	1	2	3	4	5	6
13. Ich sage mir selbst, dass ich nicht mehr der Vater/die Mutter bin, der/die ich einmal war.	0	1	2	3	4	5	6
14. Ich tue was von mir erwartet wird für mein(e) Kind(er), aber nicht mehr.	0	1	2	3	4	5	6
15. Meine Rolle als Elternteil braucht meine gesamten Ressourcen auf.	0	1	2	3	4	5	6
16. Ich halte es nicht mehr aus, ein Elternteil zu sein.	0	1	2	3	4	5	6
17. Ich schäme mich für den Elternteil, zu dem ich geworden bin.	0	1	2	3	4	5	6
18. Ich bin nicht länger stolz auf mich als Elternteil.	0	1	2	3	4	5	6
19. Ich habe den Eindruck, nicht mehr ich selbst zu sein, wenn ich mit meinem/-n Kind(ern) interagiere.	0	1	2	3	4	5	6
20. Ich bin nicht mehr dazu in der Lage meinem/-n Kind(ern) zu zeigen wie sehr ich es/sie liebe.	0	1	2	3	4	5	6
21. Allein der Gedanke an das, was ich für mein(e) Kind(er) tun muss, erschöpft mich.	0	1	2	3	4	5	6
22. Außerhalb der normalen Routine (ins Auto heben, Bettzeit, Mahlzeiten) bin ich nicht mehr dazu in der Lage mich für mein(e) Kind(er) zu bemühen.	0	1	2	3	4	5	6
23. Ich bin im Überlebensmodus in meiner Rolle als Elternteil.	0	1	2	3	4	5	6

Applicable in Austria and Germany.

Source: <https://en.burnoutparental.com/instruments-and-materials>. For validation information, see Prandstetter, K., Olderbak, Wiedenhofer, J., Hajek, M. & Foran, H. M. (2022, under review). Parental burnout: Assessing chronic parenting stress in German-speaking mothers. University of Klagenfurt & University of Ulm. Cited with permission obtained from the first and last author.

Parental Burnout Assessment (PBA) – Hungarian version

A gyermekek a beteljesedés és az öröm fontos forrásai szüleik számára. Ugyanakkor néhány szülőnek a kimerültség forrásai is lehetnek. (Ez nem ellentmondásos: az önmegvalósítás és a kimerültség megférhet egymás mellett, ugyanis lehetséges, hogy Ön imádja a gyermekeit, mégis kimerültnek érzi magát a szülői szerepben). Az alábbi kérdőív a szülőként tapasztalt kimerültséggel foglalkozik. Válassza az Ön személyes érzéseit legjobban tükröző választ! Nincsen jó vagy rossz válasz. Ha sosem érezte magát így, válassza a „Soha” válaszlehetőséget! Ha volt már ilyen érzése, jelölje, milyen gyakran érzi így magát a „Néhányszor egy évben” válaszlehetőségtől a „Minden nap” válaszlehetőségig, attól függően, melyik írja le legjobban az érzés előfordulásának gyakoriságát.

	Soha	Néhányszor egy évben	Egyszer egy hónapban, vagy kevesebb	Néhányszor egy hónapban	Egyszer egy héten	Néhányszor egy héten	Minden nap
1. Olyannyira kifáraszt a szülői szerep, hogy már nem is tudom alvással kipiheni.	0	1	2	3	4	5	6
2. Úgy érzem, hogy nem tudok többé anyaként/apaként tekinteni magamra.	0	1	2	3	4	5	6
3. Úgy érzem, hogy, szülőként minden erőm elfogyott.	0	1	2	3	4	5	6
4. Semmi energiám sincs arra, hogy a gyereke(i)mmel törődjek.	0	1	2	3	4	5	6
5. Azt hiszem, már nem vagyok olyan jó anyja / apja a gyereke(i)mnek, mint voltam.	0	1	2	3	4	5	6
6. Szülőként már nem bírom tovább.	0	1	2	3	4	5	6
7. Szülőként úgy érzem, hogy ez nekem túl sok, „telítődtem”.	0	1	2	3	4	5	6
8. Az a benyomásom, hogy automata üzemmódban foglalkozom a gyereke(i)mmel.	0	1	2	3	4	5	6
9. Úgy érzem, hogy nem bírom tovább szülőként.	0	1	2	3	4	5	6
10. Amikor reggel felkelek, és azzal szembesülök, hogy egy újabb napot kell eltöltenem a gyereke(i)mmel, már előre kimerültnek érzem magam.	0	1	2	3	4	5	6
11. Nem jelent örömet együtt lenni a gyerekeimmel.	0	1	2	3	4	5	6
12. Úgy érzem, hogy telítődtem a szülő szereppel.	0	1	2	3	4	5	6
13. Azt mondom magamnak, hogy már nem vagyok az a szülő, aki régen voltam.	0	1	2	3	4	5	6
14. Éppen csak annyit csinállok meg a gyerek(ek)ért, amennyit muszáj, de semmi többet.	0	1	2	3	4	5	6
15. A szülői szerepem minden energiámat felemészti.	0	1	2	3	4	5	6
16. Nem vagyok képes elviselni tovább az apai/anyai szerepet.	0	1	2	3	4	5	6
17. Szégyellem, hogy milyen szülő lett belőlem.	0	1	2	3	4	5	6
18. Szülőként már nem vagyok büszke magamra.	0	1	2	3	4	5	6
19. Az a benyomásom, már nem vagyok önmagam, amikor a gyereke(i)mmel vagyok együtt.	0	1	2	3	4	5	6
20. Már nem vagyok képes kimutatni a gyereke(i)mnek, mennyire szeretem őket.	0	1	2	3	4	5	6
21. Már az kimerít, ha csak arra gondolok, hogy milyen sok teendőm van a gyereke(i)mmel.	0	1	2	3	4	5	6
22. Az a benyomásom, hogy a rutint leszámítva (utazás, fektetés, etetés) más módon már nem tudok törődni a gyermeke(i)mmel.	0	1	2	3	4	5	6
23. A túlélésre játszom, mint szülő.	0	1	2	3	4	5	6

Source: Hamvai, C., Hidegkuti, I., Vargha, A., & Konkoly Thege, B. (2022). Parental burnout in Hungary: Development and psychometric evaluation of the Hungarian Parental Burnout Assessment (PBA-HUN). *European Journal of Mental Health*, 17(1), 47–61.

<https://doi.org/10.5708/EJMH/17.2022.1.5>

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Parental Burnout Assessment (PBA) – Japanese version

親にとって子どもは、充足感と喜びをもたらしてくれる存在として重要です。それと同時に、一部の親にとっては、子どもは疲労の原因ともなります（これは、矛盾ではありません。自己実現と疲労とは共存する場合がありますし、自分の子どもを愛しながら、同時に親としての役割に疲れ果ててしまうこともありえます）。以下のアンケートは、親として経験する可能性がある「情緒的な疲労」に関するものです。ご自分の気持ちに一番近い回答を、選択してください。以下の各文について、そうした感情を全く経験したことがなければ、「全くない」を選んでください。そうした感情を体験したことがあれば、どの程度の頻度でそう感じるか、「年に数回以下」から「毎日」までのいずれかを選んでお答えください。

	全くない	年に数回以下	月に1回	月に数回	週に1回	週に数回	毎日
1. 親としての自分の役割に疲れてしまっているので、寝ても疲れが取れないように思える	0	1	2	3	4	5	6
2. 父親または母親としての、自分の方向性を見失っているように感じる	0	1	2	3	4	5	6
3. 親としての自分の役割にすっかり疲れ果てている	0	1	2	3	4	5	6
4. 自分の子供の世話をするエネルギーが全くない	0	1	2	3	4	5	6
5. 以前のような良い父親または母親ではなくなっていると思う	0	1	2	3	4	5	6
6. 父親または母親としての自分の役割には、もう耐えられない	0	1	2	3	4	5	6
7. もう、親などやっていられないと感じる	0	1	2	3	4	5	6
8. 自分の子供の世話を、まるで自動操縦装置のようにやってしまっていると感じることがある	0	1	2	3	4	5	6
9. 親として本当に疲れ果ててしまっている感覚がある	0	1	2	3	4	5	6
10. 朝起きて、また1日子供の相手をしないといけない時、始める前から疲れ果ててしまうように感じる	0	1	2	3	4	5	6
11. 自分の子供と一緒にいることが楽しくない	0	1	2	3	4	5	6
12. 親という仕事をこなせないと感じる	0	1	2	3	4	5	6
13. 自分は以前のような親ではなくなってしまったと内心思う	0	1	2	3	4	5	6
14. 親として子供にしなければいけないことはしているが、それ以上のことはしない	0	1	2	3	4	5	6
15. 親としての役割は、私の能力を使い果たしてしまう	0	1	2	3	4	5	6
16. もうこれ以上、親であることに耐えられない	0	1	2	3	4	5	6
17. 自分はひどい親になってしまったと、恥ずかしく思う	0	1	2	3	4	5	6
18. 親としての自分に、もう誇りを持てない	0	1	2	3	4	5	6
19. 自分の子供の相手をしている時、もう自分が自分でないと感じる	0	1	2	3	4	5	6
20. 自分の子供に対して、もはや愛情を示すことができない	0	1	2	3	4	5	6
21. 自分の子供のために、あれもこれもしないといけないと考えるだけで、くたくたになってしまう	0	1	2	3	4	5	6
22. 毎日の決まった仕事（車で送る、寝かしつけ、食事）以外に、もはや子供のために努力することができない	0	1	2	3	4	5	6
23. 親としての自分の役割となると、最低限のことさえやっていれば良いという状態になっている	0	1	2	3	4	5	6

Source: Furutani, K., Kawamoto, T., Alimardani, M., & Nakashima, K. (2020). Exhausted parents in Japan: Preliminary validation of the Japanese version of the Parental Burnout Assessment. *New Directions for Child and Adolescent Development*, 174, 33-49.

<https://doi.org/10.1002/cad.20371>

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Parental Burnout Assessment (PBA) – Persian (Farsi) version

فرزندان منبع مهمی از رضایت و شادی والدین خود هستند. در عین حال، ممکن است برای برخی از والدین نیز منبع فرسودگی باشند. (این دو متناقض نیستند: خودشکوفایی و فرسودگی می توانند همزمان وجود داشته باشند، و ممکن است در عین دوست داشتن فرزندان، در نقش خود به عنوان والدین احساس خستگی کنید). پرسشنامه زیر مربوط به احساس خستگی است که می توان در نقش والد تجربه کرد. پاسخی را انتخاب کنید که به بهترین وجه با احساس شخصی شما مطابقت دارد. پاسخ درست یا غلط وجود ندارد. اگر هیچگاه چنین احساسی را نداشته اید، "هرگز" را انتخاب کنید و اگر چنین احساسی را تجربه کردید، با انتخاب "چند بار در سال" تا "هر روز" مشخص کنید که چقدر این احساس را تجربه کردید.

هرگز	چند بار در سال	یک بار در ماه یا کمتر	چند بار در ماه	یک بار در هفته	چند بار در هفته	هر روز
0	1	2	3	4	5	6
چنان از نقشم به عنوان پدر/مادر خسته ام که خوابیدن خستگی را رفع نمی کند.	0	1	2	3	4	5
احساس می کنم که مسیرم را به عنوان یک پدر/مادر گم کرده ام.	0	1	2	3	4	5
در نقشم به عنوان پدر/مادر کاملاً احساس فرسودگی می کنم.	0	1	2	3	4	5
اصلاً برای مراقبت از فرزند(ان)م انرژی ندارم.	0	1	2	3	4	5
فکر نمی کنم که دیگر مثل قبل پدر/مادر خوبی برای فرزند(ان)م باشم.	0	1	2	3	4	5
دیگر نمی توانم نقشم را به عنوان پدر/مادر تحمل کنم.	0	1	2	3	4	5
احساس می کنم دیگر نمی توانم نقش پدر/مادر بودنم را بازی کنم.	0	1	2	3	4	5
این برداشت را دارم که دارم به طور خودکار از فرزند(ان)م مراقبت می کنم.	0	1	2	3	4	5
این احساس را دارم که به عنوان یک پدر/مادر کاملاً فرسوده شده ام.	0	1	2	3	4	5
وقتی صبح از خواب بیدار شده و باید روز دیگری را با فرزند(ان)م سپری کنم حتی قبل از آن که شروع کنم احساس خستگی می کنم.	0	1	2	3	4	5
از بودن با فرزند(ان)م لذت نمی برم.	0	1	2	3	4	5
احساس می کنم نمی توانم با پدر/مادری بودن کنار بیایم.	0	1	2	3	4	5
به خودم می گویم دیگر آن پدر/مادری که بودم نیستم.	0	1	2	3	4	5
من کارهای ضروری را برای فرزند(ان)م می کنم، نه بیش تر.	0	1	2	3	4	5
نقش من به عنوان والد تمام توانم را مصرف می کند.	0	1	2	3	4	5
دیگر نمی توانم والد بودن را تحمل کنم.	0	1	2	3	4	5
از این نوع پدر/مادری که به آن تبدیل شده ام شرمندم.	0	1	2	3	4	5
دیگر به خودم به عنوان یک پدر/مادر افتخار نمی کنم.	0	1	2	3	4	5
این برداشت را دارم که وقتی با فرزند(ان)م تعامل دارم دیگر خودم نیستم.	0	1	2	3	4	5
دیگر قادر نیستم به فرزند(ان)م نشان دهم چقدر دوستش(ان) دارم.	0	1	2	3	4	5
حتی فکرکردن به کارهایی که باید برای فرزند(ان)م انجام بدهم، برایم خسته کننده است.	0	1	2	3	4	5
به جز کارهای روزمره (رساندن با ماشین، غذا دادن و خواباندن) نمی توانم تلاش دیگری برای فرزند(ان)م بکنم	0	1	2	3	4	5
فقط می خواهم از پدر و مادر بودن جان سالم به در ببرم.	0	1	2	3	4	5

Source: Mousavi, S. F., Mikolajczak, M., & Roskam, I. (2020). Parental burnout in Iran: Psychometric properties of the Persian (Farsi) version of the Parental Burnout Assessment (PBA). *New Directions for Child and Adolescent Development*, 174, 85-100.

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Parental Burnout Assessment (PBA) – Polish version

Dzieci są źródłem radości i spełnienia rodziców. Jednocześnie dla niektórych rodziców mogą stać się źródłem wyczerpania i zmęczenia. Te dwa aspekty nie stoją ze sobą w sprzeczności. Poczucie samospełnienia i wyczerpania mogą występować jednocześnie: można kochać swoje dzieci, ale odczuwać zmęczenie rolą rodzica. Poniższy kwestionariusz dotyczy poczucia zmęczenia, jakiego może doświadczać rodzic. Proszę przeczytać każde stwierdzenie i wybrać odpowiedź najlepiej odpowiadającą Pani/Pana odczuciom. Nie ma dobrych lub złych odpowiedzi. Jeśli nigdy nie doświadczyła Pani/Pan danego stanu, proszę wpisać odpowiedź „0” („nigdy”). Jeśli dane odczucie nie jest Pani/Panu obce, proszę podać jak często pojawia się u Pani/Pan, wybierając określenie najlepiej określające częstotliwość, od „1” („kilka razy w roku”) do „6” („codziennie”).

	Nigdy	Kilka razy w roku	Raz w miesiącu lub rzadziej	Kilka razy w miesiącu	Raz w tygodniu	Kilka razy w tygodniu	Codziennie
1. Jestem tak zmęczona/y rolą rodzica, że ilość snu wydaje mi się być niewystarczająca do tego, aby się zregenerować.	0	1	2	3	4	5	6
2. Czuję, jakbym zagubił(a) się w roli ojca/matki.	0	1	2	3	4	5	6
3. Czuję się całkowicie wyczerpana/y rolą rodzica.	0	1	2	3	4	5	6
4. Całkowicie brakuje mi energii na zajmowanie się dzieckiem/dziećmi.	0	1	2	3	4	5	6
5. Wydaje mi się, że nie jestem już tak dobrym ojcem/dobłą matką dla moich dzieci jak kiedyś.	0	1	2	3	4	5	6
6. Rola ojca/matki całkowicie mnie przerasta.	0	1	2	3	4	5	6
7. Czuję, że nie zniosę więcej jako rodzic.	0	1	2	3	4	5	6
8. Czasami mam wrażenie, że zajmuję się dzieckiem/dziećmi w sposób automatyczny.	0	1	2	3	4	5	6
9. Czuję się zmęczona/y jako rodzic.	0	1	2	3	4	5	6
10. Kiedy wstaję rano by zmierzyć się z kolejnym dniem, czuję się zmęczona/y już na samą myśl o jego rozpoczęciu.	0	1	2	3	4	5	6
11. Nie cieszy mnie spędzanie czasu z dzieckiem/dziećmi.	0	1	2	3	4	5	6
12. Czuję, że nie radzę sobie jako rodzic.	0	1	2	3	4	5	6
13. Powtarzam sobie, że nie jestem już takim rodzicem jak kiedyś.	0	1	2	3	4	5	6
14. Robię dla mojego dziecka/dzieci to, co do mnie należy, ale nic więcej.	0	1	2	3	4	5	6
15. Rola rodzica wyczerpuje wszystkie moje zasoby.	0	1	2	3	4	5	6
16. Wypaliłam/em się jako rodzic.	0	1	2	3	4	5	6
17. Wstydzę się tego, jakim stałam/em się rodzicem.	0	1	2	3	4	5	6
18. Nie jestem dumna/y z siebie jako rodzica.	0	1	2	3	4	5	6
19. Mam wrażenie, że nie jestem już sobą podczas kontaktów z moim dzieckiem/dziećmi.	0	1	2	3	4	5	6
20. Nie jestem już w stanie okazywać dziecku/dzieciom jak bardzo je kocham.	0	1	2	3	4	5	6
21. Sama myśl o wszystkim, co muszę zrobić dla dziecka/dzieci jest dla mnie wyczerpująca.	0	1	2	3	4	5	6
22. Poza codziennymi czynnościami (podwożenie samochodem, kładzenie spać, posiłki) nie jestem w stanie podejmować dodatkowych wysiłków dla mojego dziecka/dzieci.	0	1	2	3	4	5	6
23. Bycie rodzicem to dla mnie prawdziwa szkoła przetrwania.	0	1	2	3	4	5	6

Source: Szczygieł, D., Sekulowicz, M., Kwiatkowski, P., Roskam, I., & Mikołajczak, M. (2020). Validation of the Polish version of the Parental Burnout Assessment (PBA). *New Directions for Child and Adolescent Development*, 174, 137-158. <https://doi.org/10.1002/cad.20385>
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Parental Burnout Assessment (PBA) – European Portuguese version

Os filhos são uma importante fonte de realização e alegria para os seus pais. Ao mesmo tempo, também podem ser uma fonte de exaustão para alguns pais. Isto não é contraditório: a autorrealização e a exaustão podem coexistir, e é possível amar o/a(s) filho/a(s) mas sentir-se exausto/a no papel de pai/mãe. O questionário abaixo diz respeito à sensação de exaustão que pode ser vivenciada enquanto pai/mãe. Escolha a resposta que melhor se adequa ao que pessoalmente sente. Não há respostas certas ou erradas. Se nunca teve este sentimento, escolha “nunca”. Se já teve este sentimento, indique com que frequência o experienciou, escolhendo a resposta que melhor descreve quão frequentemente se sente assim.

	Nunca	Algumas vezes por ano ou menos	Uma vez por mês ou menos	Algumas vezes por mês	Uma vez por semana	Algumas vezes por semana	Diariamente
1. Sinto-me tão cansado/a pelo meu papel parental que tenho impressão que dormir não chega para recuperar.	0	1	2	3	4	5	6
2. Sinto-me perdido/a enquanto pai/mãe.	0	1	2	3	4	5	6
3. Tenho a sensação de ter atingido o limite das minhas forças por causa do meu papel parental.	0	1	2	3	4	5	6
4. Não tenho nenhuma energia para tomar conta do/a(s) meu/minha(s) filho/a(s).	0	1	2	3	4	5	6
5. Penso que não sou mais o bom pai/a boa mãe que costumava ser para o/a(s) meu/minha(s) filho/a(s).	0	1	2	3	4	5	6
6. Sinto que já não aguento mais ser pai/mãe.	0	1	2	3	4	5	6
7. Tenho a sensação que ser pai/mãe é demasiado para mim.	0	1	2	3	4	5	6
8. Tenho a impressão de que tomo conta do/a(s) meu/minha(s) filho/a(s) em piloto automático.	0	1	2	3	4	5	6
9. Sinto-me completamente esgotado/a enquanto pai/mãe.	0	1	2	3	4	5	6
10. Quando me levanto de manhã e penso que tenho de encarar um outro dia com o/a(s) meu/minha(s) filho/a(s), sinto-me exausto/a ainda antes de ter começado.	0	1	2	3	4	5	6
11. Não tenho prazer em estar com o/a(s) meu(minha)(s) filhos/as.	0	1	2	3	4	5	6
12. Sinto que não consigo lidar com ser pai/mãe.	0	1	2	3	4	5	6
13. Digo a mim mesmo/a que não sou mais o pai /a mãe que já fui.	0	1	2	3	4	5	6
14. Faço o mínimo que é suposto fazer para o/a(s) meu/minha(s) filho/a(s), mas não mais que isso.	0	1	2	3	4	5	6
15. O meu papel parental esgota todas as minhas forças.	0	1	2	3	4	5	6
16. Eu não aguento mais o meu papel de pai/mãe.	0	1	2	3	4	5	6
17. Tenho vergonha do tipo de pai/mãe em que me tornei.	0	1	2	3	4	5	6
18. Não tenho mais orgulho de mim próprio/a enquanto pai/mãe.	0	1	2	3	4	5	6
19. Tenho a impressão de que já não sou mais eu mesmo/a quando interajo com o/a(s) meu/minha(s) filho/a(s).	0	1	2	3	4	5	6
20. Já não consigo mostrar ao/à(s) meu/minha(s) filho/a(s) quanto o/a(s) amo.	0	1	2	3	4	5	6
21. Só de pensar em tudo o que tenho de fazer para o/a(s) meu/minha(s) filho/a(s), fico esgotado/a.	0	1	2	3	4	5	6
22. Tenho a impressão de que, além das rotinas (levar e trazer, deitar, refeições), já não consigo fazer mais nenhum esforço pelo/a(s) meu/minha(s) filho/a(s).	0	1	2	3	4	5	6
23. No meu papel parental, sinto-me em modo de sobrevivência.	0	1	2	3	4	5	6

Applicable in Portugal.

Source: Matias, M., Aguiar, J., César, F., Braz, A. C., Barham, E. J., Leme, V., Elias, L., Gaspar, M. F., Mikolajczak, M., Roskam, I., & Fontaine, A. M. (2020). The Brazilian–Portuguese version of the Parental Burnout Assessment: Transcultural adaptation and initial validity evidence. *New Directions for Child and Adolescent Development*, 174, 67-83. <https://doi.org/10.1002/cad.20374>

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Parental Burnout Assessment (PBA) – Brazilian Portuguese version

Os filhos são uma importante fonte de realização e alegria para os seus pais. Ao mesmo tempo, também podem ser uma fonte de exaustão

para alguns pais. Isto não é contraditório: a autorrealização e a exaustão podem coexistir, e é possível amar o/a(s) filho/a(s) mas sentir-se exausto/a no papel de pai/mãe. O questionário abaixo diz respeito à sensação de exaustão que pode ser vivenciada como pai/mãe. Escolha a resposta que melhor corresponde ao que pessoalmente sente. Não há respostas certas ou erradas. Caso nunca tenha tido este sentimento, escolha “nunca”. Se já teve este sentimento, indique com que frequência o experienciou, escolhendo a resposta que melhor descreve a frequência com que se sente assim.

	Nunca	Algumas vezes por ano ou menos	Uma vez por mês ou menos	Algumas vezes por mês	Uma vez por semana	Algumas vezes por semana	Diariamente
1. Sinto-me tão cansado/o pelo meu papel parental que tenho impressão que dormir não é o suficiente para recuperar.	0	1	2	3	4	5	6
2. Sinto-me perdido/a enquanto pai/mãe.	0	1	2	3	4	5	6
3. Tenho a sensação de ter atingido o limite das minhas forças por causa do meu papel de pai/mãe.	0	1	2	3	4	5	6
4. Não tenho energia nenhuma para tomar conta do/a(s) meu/minha(s) filho/a(s).	0	1	2	3	4	5	6
5. Penso que não sou mais o/a bom/boa pai/mãe que era.	0	1	2	3	4	5	6
6. Sinto que já não aguento mais ser pai/mãe.	0	1	2	3	4	5	6
7. Tenho a sensação que ser mãe exige demais de mim.	0	1	2	3	4	5	6
8. Tenho impressão de que tomo conta do/a(s) meu/minha(s) filho/a(s) de forma automática.	0	1	2	3	4	5	6
9. Sinto-me completamente esgotado/a enquanto pai/mãe.	0	1	2	3	4	5	6
10. Quando me levanto de manhã e penso que tenho de encarar um outro dia com o/a(s) meu/minha(s) filho/a(s), sinto-me exausto/a ainda antes de ter começado.	0	1	2	3	4	5	6
11. Não tenho prazer em estar com meu/minha(s) filho/a(s).	0	1	2	3	4	5	6
12. Sinto que não consigo lidar com ser pai/mãe.	0	1	2	3	4	5	6
13. Digo a mim mesmo/a que já não sou mais o pai/ a mãe que era.	0	1	2	3	4	5	6
14. Faço somente o mínimo que é preciso para o/a(s) meu/minha(s) filho/a(s), mas não mais do que isso.	0	1	2	3	4	5	6
15. O meu papel parental esgota todas as minhas forças.	0	1	2	3	4	5	6
16. Eu não aguento mais o meu papel de mãe/pai.	0	1	2	3	4	5	6
17. Tenho vergonha do tipo de pai/mãe em que me tornei.	0	1	2	3	4	5	6
18. Não tenho mais orgulho de mim mesma enquanto pai/mãe.	0	1	2	3	4	5	6
19. Tenho a impressão que já não sou mais eu mesmo/a quando interajo com o/a(s) meu/minha(s) filho/a(s).	0	1	2	3	4	5	6
20. Já não consigo demonstrar ao/à(s) meu/minha(s) filho/a(s) quanto o/a(s) amo.	0	1	2	3	4	5	6
21. Só de pensar em tudo o que tenho de fazer para o/a(s) meu/minha(s) filho/a(s), fico esgotado/a.	0	1	2	3	4	5	6
22. Sinto que já não consigo fazer mais nenhum esforço pelo/a(s) meu/minha(s) filho/a(s) para além das rotinas (levar e trazer, deitar, refeições).	0	1	2	3	4	5	6
23. No meu papel parental, sinto-me no limite das minhas forças.	0	1	2	3	4	5	6

Applicable in Brazil.

Source: Matias, M., Aguiar, J., César, F., Braz, A. C., Barham, E. J., Leme, V., Elias, L., Gaspar, M. F., Mikolajczak, M., Roskam, I., & Fontaine, A. M. (2020). The Brazilian–Portuguese version of the Parental Burnout Assessment: Transcultural adaptation and initial validity evidence. *New Directions for Child and Adolescent Development*, 174, 67-83. <https://doi.org/10.1002/cad.20374>

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Parental Burnout Assessment (PBA) – Romanian version

Copiii sunt o importantă sursă de împlinire și bucurie pentru părinții lor. În același timp, ei pot fi și o sursă de epuizare pentru unii părinți. (Nu este o contradicție: sentimentul de împlinire personală și epuizare pot coexista, și este posibil să-ți iubești copiii și să te simți epuizat în rolul de părinte). Chestionarul de mai jos se referă la sentimentul de epuizare care poate fi resimțit de către părinte. Alegeți răspunsul care se potrivește cel mai bine pentru dumneavoastră personal. Nu există răspuns corect sau greșit. Dacă nu ați avut niciodată acest sentiment, alegeți „niciodată”; marcați cu x în rubrica ce descrie cel mai bine de câte ori v-ați simțit în acest mod.

	Niciodată	De câteva ori pe an	Cel puțin odată pe lună	De câteva ori pe lună	Odată pe săptămână	De câteva ori pe săptămână	Zilnic
1. Sunt atât de obosit/ă de rolul de părinte încât mi se pare că somnul nu-i de ajuns ca să-mi revin.	0	1	2	3	4	5	6
2. Ca mamă/tată simt că mi-am pierdut direcția.	0	1	2	3	4	5	6
3. Mă simt complet depășit/a de rolul de părinte.	0	1	2	3	4	5	6
4. Nu mai am pic de energie pentru a mă ocupa de copil/ii.	0	1	2	3	4	5	6
5. Cred că nu mai sunt mama/tatăl bun/ă care eram mai înainte cu copilul/ii meu/i.	0	1	2	3	4	5	6
6. Simt ca nu mai sunt în stare să-mi asum rolul de părinte.	0	1	2	3	4	5	6
7. Simt că a fi părinte este prea mult pentru mine.	0	1	2	3	4	5	6
8. Când mă ocup de copil/i, am impresia că trec pe pilot-automat.	0	1	2	3	4	5	6
9. Mă simt desființat/ă ca părinte.	0	1	2	3	4	5	6
10. Mă simt obosit/ă dimineața când mă trezesc și știu că trebuie să fac față unei noi zile cu copilul/copiii mei.	0	1	2	3	4	5	6
11. Nu mă bucur de timpul pe care-l petrec cu copilul/ii meu/i.	0	1	2	3	4	5	6
12. Simt că nu mai fac față ca părinte.	0	1	2	3	4	5	6
13. Îmi dau seama singur/ă că nu mai sunt părintele bun de altă dată.	0	1	2	3	4	5	6
14. Fac minimum necesar pentru copiii mei și nimic mai mult.	0	1	2	3	4	5	6
15. Rolul de părinte îmi epuizează toate resursele.	0	1	2	3	4	5	6
16. Nu mai rezist ca părinte.	0	1	2	3	4	5	6
17. Mi-e jenă de ce fel de părinte am devenit.	0	1	2	3	4	5	6
18. Nu mai sunt mândru/ă de mine ca părinte.	0	1	2	3	4	5	6
19. Simt că nu mai sunt eu atunci când interacționez cu copilul/ii mei.	0	1	2	3	4	5	6
20. Nu mai sunt capabil/ă să arăt copilului/iilor meu/i cât de mult îl/i iubesc.	0	1	2	3	4	5	6
21. Mă simt epuizat/ă doar când mă gândesc la tot ce am de făcut pentru copilul/ii meu/i.	0	1	2	3	4	5	6
22. Am senzația că dincolo de rutină (drumurile, culcatul, mâncarea) nu mai sunt în stare de niciun efort pentru copilul/ii meu/i.	0	1	2	3	4	5	6
23. În rolul meu de părinte sunt la nivel de supraviețuire.	0	1	2	3	4	5	6

Source: Stănculescu, E., Roskam, I., Mikolajczak, M., Muntean, A., & Gurza, A. (2020). Parental burnout in Romania: Validity of the Romanian version of the parental burnout assessment (PBA-RO). *New Directions for Child and Adolescent Development*, 174, 119-136. <https://doi.org/10.1002/cad.20384> <https://doi.org/10.1002/cad.20384>

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Parental Burnout Assessment (PBA) – Spanish version

Los niños son una fuente importante de satisfacción y alegría para sus padres. Al mismo tiempo, también pueden ser una fuente de agotamiento para algunos (y esto no es contradictorio: la satisfacción y el agotamiento pueden coexistir, uno puede amar a los hijos y, sin embargo, sentirse agotado en su rol como padre/madre). El siguiente cuestionario es sobre el agotamiento que se puede sentir como padre/madre. Elija la respuesta que mejor se adapte a sus sentimientos personales. No hay una respuesta buena o mala. Si nunca ha tenido este sentimiento, elija "Nunca". Si ha tenido este sentimiento, indique con qué frecuencia lo siente eligiendo la respuesta que mejor se ajuste. Marque con una X el casillero según su opinión en cada caso.

	Nunca	Algunas veces al año o menos	Una vez al mes o menos.	Algunas veces por mes	Una vez por semana	Algunas veces a la semana	Cada día
1. Estoy tan cansado(a) por mi rol de padre/madre que tengo la impresión que dormir no es suficiente para recuperarme.	0	1	2	3	4	5	6
2. Siento que ya no me reconozco como padre/madre.	0	1	2	3	4	5	6
3. Siento que estoy al límite de mis fuerzas a causa de mi rol de padre/madre.	0	1	2	3	4	5	6
4. No tengo energía para cuidar a mis hijos.	0	1	2	3	4	5	6
5. No creo que sea el buen padre/madre que solía ser para mi (s) hijo (s).	0	1	2	3	4	5	6
6. No puedo soportar más mi rol de padre/madre.	0	1	2	3	4	5	6
7. Tengo la sensación de estar sobrecargado como padre/madre.	0	1	2	3	4	5	6
8. Tengo la impresión de ocuparme de mis hijos en piloto automático.	0	1	2	3	4	5	6
9. Siento que realmente no puedo más como padre/madre.	0	1	2	3	4	5	6
10. Cuando me levanto por la mañana y tengo que enfrentar otro día con mis hijos, me siento de antemano agotado(a).	0	1	2	3	4	5	6
11. No siento placer estando con mis hijos.	0	1	2	3	4	5	6
12. Me siento saturado(a) como padre/madre.	0	1	2	3	4	5	6
13. Me digo a mí mismo que ya no soy el padre/la madre que solía ser.	0	1	2	3	4	5	6
14. Solo hago justo lo que hace falta para mis hijos pero no más.	0	1	2	3	4	5	6
15. Mi rol de padre/madre agota todos mis recursos.	0	1	2	3	4	5	6
16. Ya no soporto más mi rol de padre/madre.	0	1	2	3	4	5	6
17. Estoy avergonzado(a) del padre/madre en que me he convertido.	0	1	2	3	4	5	6
18. Ya no estoy orgulloso(a) de mí como padre/madre.	0	1	2	3	4	5	6
19. Tengo la impresión de que ya no soy el/la mismo(a) cuando me relaciono con mis hijos.	0	1	2	3	4	5	6
20. Ya no logro mostrarles a mis hijos cuanto los amo.	0	1	2	3	4	5	6
21. Me agota pensar en todo lo que tengo que hacer para mis hijos.	0	1	2	3	4	5	6
22. Tengo la impresión que, aparte de las rutinas (trasladarlos, horas de sueño, comidas), no logro involucrarme más con mis hijos.	0	1	2	3	4	5	6
23. Estoy en modo de supervivencia en mi rol como padre/madre.	0	1	2	3	4	5	6

Applicable in Argentina, Chile, Costa Rica, Cuba, Ecuador, Peru, Spain, and Uruguay.

Source: Manrique-Millones, D., Vasin, G. M., Dominguez-Lara, S., Millones-Rivalles, R., Ricci, R. T., Abregu Rey, M., Escobar, M. J., Oyarce, D., Diaz, P. P., Santelices, M. P., Pineda-Marín, C., Tapia, J., Artavia, M., Valdés Pacheco, M., Miranda, M. I., Sánchez Rodríguez, R., Morgades-Bamba, C. I., Peña-Sarrionandia, A., Salinas-Quiroz, F., Cabrera, P. S., Mikolajczak, M., & Roskam, I. (2022). Parental Burnout Assessment in Hispanic countries: An Exploratory Structural Equation Modeling Approach. *Frontiers in Psychology*, 13, 827014. <https://doi.org/10.3389/fpsyg.2022.827014>

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Parental Burnout Assessment (PBA) – Turkish version

Çocuklar, anne-babaları için önemli bir memnuniyet ve sevinç kaynağıdır. Aynı zamanda, çocuk sahibi olmak bazı anne-babalar için yıpratıcı olabilir. (Bu çelişkili gibi görünse de, hem çocuğunuzu sevmeniz hem de de anne-babalık rolünüzden ötürü kendinizi bitkin hissetmeniz mümkündür.) Aşağıdaki anket, anne-baba olarak yaşayabileceğiniz bu bitkinlik hissiyle ilgilidir. İfadelerin yanında yer alan derecelendirilmiş yanıtlardan size en yakın olanı seçiniz. Doğru veya yanlış cevap yoktur. Eğer daha önce hiç böyle bir duygu hissetmediyseniz, “Hiçbir zaman” şıkkını seçin. Eğer bu duyguyu daha önce hissettiyseniz, bunu ne sıklıkta hissettiğinizi “Yılda birkaç kez” seçeneğinden “Her gün” seçeneğine kadar, sizi en iyi tanımlayacak şekilde işaretleyiniz.

	Hiçbir zaman	Yılda birkaç kez	Ayda bir veya daha az	Ayda birkaç kez	Haftada bir	Haftada birkaç kez	Her gün
1. Anne-babalık rolümden (anne-baba olmaktan) o kadar çok yoruldum ki uyku bana asla yetmiyor.	0	1	2	3	4	5	6
2. Anne-baba olarak yolumu kaybetmiş gibi hissediyorum.	0	1	2	3	4	5	6
3. Anne-babalık rolüm (anne- baba olmak) beni tamamen bitiriyor.	0	1	2	3	4	5	6
4. Çocuğuma/çocuklarıma bakmaya hiç enerjim yok.	0	1	2	3	4	5	6
5. Çocuğuma/çocuklarıma eskiden olduğum gibi, iyi bir anne-baba olmadığımı düşünüyorum.	0	1	2	3	4	5	6
6. Anne-babalık rolüme (anne- baba olmaya) tahammül edemiyorum.	0	1	2	3	4	5	6
7. Anne-baba olarak daha fazla dayanamazmışım gibi geliyor.	0	1	2	3	4	5	6
8. Bazen çocuğuma/çocuklarıma bakarken otomatiğe bağladığımı düşünüyorum.	0	1	2	3	4	5	6
9. Anne-baba olarak tamamen tükenmiş gibi hissediyorum.	0	1	2	3	4	5	6
10. Çocuğumla/çocuklarımla geçirmek zorunda olduğum bir güne uyandıysam, daha gün başlamadan kendimi tükenmiş hissediyorum.	0	1	2	3	4	5	6
11. Çocuğumla/çocuklarımla birlikte zaman geçirmekten zevk almıyorum.	0	1	2	3	4	5	6
12. Anne-baba olarak kendimi işlerle baş edemez gibi (baş edemeyecek gibi) hissediyorum.	0	1	2	3	4	5	6
13. Kendi kendime eskiden olduğum gibi bir anne-baba olamadığımı söylüyorum.	0	1	2	3	4	5	6
14. Çocuğum/çocuklarım için gerekli olanlar neyse sadece onları yapıyorum, daha fazlasını değil.	0	1	2	3	4	5	6
15. Anne-baba (ebeveyn) olmak sahip olduğum tüm kaynaklarımı tüketiyor.	0	1	2	3	4	5	6
16. Anne-baba olmayı daha fazla kaldıramıyorum.	0	1	2	3	4	5	6
17. Anne-baba olarak geldiğim şu halden utanıyorum.	0	1	2	3	4	5	6
18. Anne-baba olarak kendimle artık gurur duymuyorum.	0	1	2	3	4	5	6
19. Çocuğumla/çocuklarımla birlikteyken ben, ben gibi değilim.	0	1	2	3	4	5	6
20. Artık çocuğuma/çocuklarıma, onları ne kadar sevdiğimi gösteremiyorum.	0	1	2	3	4	5	6
21. Çocuğum/çocuklarım için yapmam gerekenleri düşünmek bile beni tüketiyor.	0	1	2	3	4	5	6
22. Her zaman yaptığım rutin işler (çocuğumu/çocuklarımı bir yerden bir yere götürmek, uykuya yatırmak, yemek hazırlamak) dışında, artık çocuğumla/çocuklarımla ekstra bir şey yapamaya güç bulamıyorum.	0	1	2	3	4	5	6
23. Anne-baba olarak sadece yapılması şart olan işleri yapıyorum.	0	1	2	3	4	5	6

Source: Arikan, G., Üstündağ-Budak, A. M., Akgün, E., Mikolajczak, M., & Roskam, I. (2020). Validation of the Turkish version of the Parental Burnout Assessment (PBA). *New Directions for Child and Adolescent Development*, 174, 15-32. <https://doi.org/10.1002/cad.20375>
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Parental Burnout Assessment (PBA) – Ukrainian version

Діти – важливе джерело задоволення та радості для батьків. Водночас для деяких батьків вони також можуть стати джерелом виснаження. Тут немає протиріччя, задоволення від батьківства та одночасно виснаження від батьківської ролі/обов'язків можуть

співіснувати. Це можливо – любити своїх дітей, але в той же час відчувати виснаження або знесилення у своїй батьківській ролі. Представлений нижче опитувальник, стосується виключно відчуття виснаження, яке можуть переживати батьки (як мами, так і тата). Для кожного твердження оберіть відповідь, яка найкраще відповідає тому, що відчуваєте особисто ви. Тут немає правильних чи неправильних відповідей. Якщо у вас ніколи не було такого відчуття, виберіть «Ніколи». Якщо у вас було таке відчуття, виберіть одну відповідь на шкалі від "Деякі рази на рік" до "Щодня", яка якнайкраще описує, як часто ви себе так почували.

	Ніколи	Деякі рази на рік	Один раз на місяць або менше	Деякі рази на місяць	Один раз на тиждень	Деякі рази на тиждень	Кожного дня
1. Я настільки знесилена(вся) від батьківської ролі (обов'язків), що сон вже не приносить бажаного відпочинку.	0	1	2	3	4	5	6
2. Мені здається, що як мама/тато я дезорієнтована(ий) і втратила(в) напрямок у своєму материнстві/батьківстві.	0	1	2	3	4	5	6
3. Я почуваюся повністю змученою(им) від своїх батьківських обов'язків.	0	1	2	3	4	5	6
4. У мене взагалі немає сил, щоб піклуватися про свою дитину (дітей).	0	1	2	3	4	5	6
5. Я думаю, я не така(ий) хороша(ий) мама/тато, якою(им) була(в) раніше по відношенню до своєї дитини (дітей).	0	1	2	3	4	5	6
6. Батьківство стає для мене нестерпним.	0	1	2	3	4	5	6
7. Я відчуваю, що моє батьківство – надто тяжка ноша для мене і я знаходжуся «на межі».	0	1	2	3	4	5	6
8. У мене виникає відчуття, що я доглядаю за дитиною (дітьми) на автопілоті.	0	1	2	3	4	5	6
9. Мені здається, що я дуже знесилена(вся) від батьківства.	0	1	2	3	4	5	6
10. Коли я прокидаюся вранці і попереду на мене чекає черговий день з моєю дитиною (дітьми), то я вже почуваюся виснаженою(им) навіть до того, як почну щось робити.	0	1	2	3	4	5	6
11. Час з дитиною (дітьми) не приносить мені задоволення.	0	1	2	3	4	5	6
12. Мені здається, що як мама/тато, я не справляюсь.	0	1	2	3	4	5	6
13. Я зізнаюсь собі, що я вже не та мама/той тато, якою(им) була(в) раніше.	0	1	2	3	4	5	6
14. Я роблю необхідний мінімум для дитини (дітей), але не більше.	0	1	2	3	4	5	6
15. Батьківські обов'язки висмоктують з мене всі ресурси.	0	1	2	3	4	5	6
16. Я більше не витримую бути мамою/татом	0	1	2	3	4	5	6
17. Мені соромно за те, якою мамою/татом я стала(в).	0	1	2	3	4	5	6
18. Я більше не пишаюсь собою, як мамою/татом.	0	1	2	3	4	5	6
19. Коли я взаємодію з дитиною(дітьми), у мене складається враження, що я – це вже не я.	0	1	2	3	4	5	6
20. Я більше не здатна(ий) показувати своїй дитині (дітям) як сильно я її/їх люблю.	0	1	2	3	4	5	6
21. В мене опускаються руки навіть від думок про все те, що я маю зробити для своєї дитини (дітей).	0	1	2	3	4	5	6
22. Окрім звичайної рутини (відвезти/привезти, вкласти спати, приготувати їжу, нагодувати), в мене не вистачає енергії на додаткові зусилля для моєї дитини (дітей).	0	1	2	3	4	5	6
23. Я проживаю своє батьківство в «режимі виживання».	0	1	2	3	4	5	6

Source: Zbrodska, I., Roskam, I., Dolynska, L., & Mikolajczak, M. (2022). Validation of the Ukrainian version of the Parental Burnout Assessment. *Frontiers in Psychology*, 13, 1059937. <https://doi.org/10.3389/fpsyg.2022.1059937>

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Parental Burnout Assessment (PBA) – Vietnamese version

Con cái là nguồn lực quan trọng mang đến niềm vui và sự mãn nguyện cho cha mẹ. Đồng thời, chúng cũng có thể là căn nguyên của tình trạng kiệt sức ở một số bậc phụ huynh (điều này không hề mâu thuẫn: sự mãn nguyện và tình trạng kiệt sức có thể cùng tồn tại, cũng như cha mẹ có thể vừa yêu thương con cái vừa cảm thấy kiệt sức với vai trò làm cha mẹ). Các câu hỏi dưới đây liên quan đến tình trạng kiệt sức mà một người trong vai trò làm cha/mẹ có thể trải qua. Xin hãy chọn câu trả lời phù hợp nhất với những gì cá nhân anh/chị cảm nhận. Không có câu trả lời đúng hay sai. Nếu anh/chị chưa bao giờ có cảm nhận này, hãy chọn "Không bao giờ". Nếu anh/chị có cảm nhận này,

hãy cho biết mức độ thường xuyên mà anh/chị cảm nhận bằng cách lựa chọn phương án phù hợp nhất, từ "Vài lần một năm" đến "Mỗi ngày".

	Không bao giờ	Vài lần một năm	Một lần một tháng hoặc ít hơn	Vài lần một tháng	Một lần một tuần	Vài lần một tuần	Mỗi ngày
1. Tôi quá mệt mỏi với vai trò làm cha/mẹ đến mức dường như ngủ không đủ.	0	1	2	3	4	5	6
2. Tôi cảm thấy như mình không còn nhận ra mình là người cha/mẹ nữa.	0	1	2	3	4	5	6
3. Tôi cảm thấy bị suy nhược hoàn toàn bởi vai trò làm cha/mẹ của mình.	0	1	2	3	4	5	6
4. Tôi không còn chút năng lượng nào để chăm sóc cho (các) con của mình.	0	1	2	3	4	5	6
5. Tôi nghĩ rằng tôi không còn là một người cha/mẹ tốt với (các) con như tôi đã từng là.	0	1	2	3	4	5	6
6. Tôi không thể chịu đựng vai trò làm cha/mẹ được nữa.	0	1	2	3	4	5	6
7. Tôi cảm thấy làm cha/mẹ như vậy là quá đủ rồi.	0	1	2	3	4	5	6
8. Đôi khi tôi có cảm nhận rằng tôi đang chăm sóc (các) con của mình như một cái máy tự động.	0	1	2	3	4	5	6
9. Tôi cảm thấy một điều là tôi thực sự mệt mỏi khi làm cha/mẹ.	0	1	2	3	4	5	6
10. Khi tôi thức dậy vào buổi sáng và phải đối mặt với (các) con của mình thêm một ngày nữa, tôi cảm thấy kiệt sức ngay cả khi chưa bắt đầu.	0	1	2	3	4	5	6
11. Tôi không thích thú khi ở cùng với (các) con của mình.	0	1	2	3	4	5	6
12. Tôi cảm thấy mình không thể ứng phó được trong vai làm cha/mẹ.	0	1	2	3	4	5	6
13. Tôi tự nhủ rằng mình không còn là người cha/mẹ như tôi đã từng là.	0	1	2	3	4	5	6
14. Tôi chỉ làm những gì phải làm cho (các) con của mình, ngoài ra, không có gì hơn.	0	1	2	3	4	5	6
15. Vai trò làm cha/mẹ lấy hết toàn bộ nguồn lực của tôi.	0	1	2	3	4	5	6
16. Tôi không thể chịu nổi trong vai trò làm cha/mẹ nữa.	0	1	2	3	4	5	6
17. Tôi cảm thấy xấu hổ về người cha/mẹ mà tôi đã trở thành.	0	1	2	3	4	5	6
18. Tôi không còn tự hào về bản thân trong vai làm cha/mẹ nữa.	0	1	2	3	4	5	6
19. Tôi cảm thấy tôi không còn là chính mình khi tương tác với (các) con của mình.	0	1	2	3	4	5	6
20. Tôi không còn bày tỏ với (các) con của mình rằng tôi yêu chúng nhiều như thế nào nữa.	0	1	2	3	4	5	6
21. Tôi cảm thấy kiệt sức khi chỉ vừa nghĩ đến những thứ tôi cần phải làm cho (các) con của mình.	0	1	2	3	4	5	6
22. Ngoài những công việc thường ngày (đưa đón con, nhắc đi ngủ, lo cơm nước), tôi không thể cố gắng làm gì thêm cho (các) con của tôi nữa.	0	1	2	3	4	5	6
23. Tôi quá căng thẳng trong vai trò làm cha/mẹ.	0	1	2	3	4	5	6

Source: <https://en.burnoutparental.com/instruments-and-materials>

For validation information, see Roskam et al. (2021).

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