

**Serbian version of the Parental Burnout Assessment (PBA; original version: Roskam, Brianda & Mikolajczak, 2018; <https://www.frontiersin.org/articles/10.3389/fpsyg.2018.00758/full>)**

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Deca su važan izvor ispunjenosti i radosti za svoje roditelje. U isto vreme, ona mogu da budu i izvor iscrpljenja za neke roditelje. (Ovo nije kontradiktorno: samo-ispunjenost i iscrpljenost mogu da koegzistiraju, moguće je da volite svoju decu, ali i da budete iscrpljeni u Vašoj ulozi roditelja). Upitnik koji sledi se odnosi na osećanje iscrpljenosti koje možete da iskusite kao roditelj. Izaberite onaj odgovor koji najbolje odražava kako se osećate. Ne postoje tačni ili pogrešni odgovori. Ukoliko nikada niste imali neko osećanje, izaberite „Nikada“. Ukoliko jeste imali to osećanje, označite u kojoj meri ste ga osetili tako što ćete izabrati odgovor koji najbolje odražava ono što osećate na skali od „Nekoliko puta godišnje“ do „Svaki dan“.

Ponuđeni odgovori: Nikada-Nekoliko puta godišnje-Jednom mesečno ili ređe-Nekoliko puta mesečno-Jednom nedeljno-Nekoliko puta nedeljno- Svaki dan

1. Toliko sam umoran/a od moje roditeljske uloge da to ni spavanje neće popraviti.
2. Osećam kao da sam dezorijentisan kao tata/mama.
3. Osećam se potpuno pregaženo u ulozi roditelja.
4. Imam nultu energiju da brinem o mojoj deci.
5. Mislím da više nisam dobar tata/mama kao što sam bio/la ranije.
6. Ne mogu više da izdržim ulogu oca/majke.
7. Osećam da više ne mogu da izdržim kao roditelj.
8. Imam utisak da o deci brinem kao da sam na autopilotu.
9. Imam osećaj da sam potpuno iscrpljen/a kao roditelj.
10. Kada ujutro ustanem i kada treba da se suočím sa tim da je to još jedan dan sa mojom decom, osećam se iscrpljeno i pre nego što sam počeo/la.
11. Ne uživam da budem sa mojom decom.
12. Osećam da ne mogu da se nosím sa tim da sam roditelj.
13. Govorím sebi da više nisam roditelj koji sam bio/la.
14. Radím ono što bi trebalo za moju decu, ali ništa više od toga.
15. Moja roditeljska uloga mi iskoristi sve moje resurse.
16. Ne mogu više da izdržim da budem roditelj.
17. Sramota me je kakav roditelj sam postao/la.
18. Više nisam ponosan/na na sebe kao na roditelja.
19. Imam utisak da ja više nisam ja kada komuniciram sa svojom decom.
20. Više nisam u stanju da pokažem svojoj deci koliko ih volím.
21. Iscrpljujuće mi je čak i da mislim o tome šta sve treba da uradím za svoju decu.
22. Osim uobičajene rutine (odvoženje dece kolima, uspavlívanje/vreme za spavanje, obroci), nisam u stanju da se potrudím oko svoje dece.
23. Ja sam u modu za preživaljanje u mojoj ulozi roditelja.

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.

Response scale: Never - A few times a year - Once a month or less - A few times a month – Once a week - A few times a week – Every day

1. I'm so tired out by my role as a parent that sleeping doesn't seem like enough
2. I feel as though I've lost my direction as a dad/mum
3. I feel completely run down by my role as a parent
4. I have zero energy for looking after my child(ren)
5. I don't think I'm the good father/mother that I used to be to my child(ren)
6. I can't stand my role as father/mother any more
7. I feel like I can't take any more as a parent
8. I have the impression that I'm looking after my child(ren) on autopilot
9. I have the sense that I'm really worn out as a parent
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
11. I don't enjoy being with my child(ren)
12. I feel like I can't cope as a parent
13. I tell myself that I'm no longer the parent I used to be
14. I do what I'm supposed to do for my child(ren), but nothing more
15. My role as a parent uses up all my resources
16. I can't take being a parent any more
17. I'm ashamed of the parent that I've become
18. I'm no longer proud of myself as a parent
19. I have the impression that I'm not myself any more when I'm interacting with my child(ren)
20. I'm no longer able to show my child(ren) how much I love them
21. I find it exhausting just thinking of everything I have to do for my child(ren)
22. Outside the usual routines (lifts in the car, bedtime, meals), I'm no longer able to make an effort for my child(ren)
23. I'm in survival mode in my role as a parent