MCP SERVER | NO CODE | CLOUD HOSTED

Burnout Detector MCP for AI Agents

Diagnosing Professional Stress and Mental Health Risk Assessment Scores

Burnout Detector uses the Maslach Burnout Inventory (MBI) model to give a quantified assessment of professional burnout risk. This MCP processes raw survey scores into actionable diagnostic data, breaking down an individual's status across three key areas: Emotional Exhaustion, Depersonalization, and Personal Accomplishment. It moves beyond general feelings by providing specific, measurable metrics that help diagnose the severity and type of workplace stress.

A+ Quality Score 100/100

burnout | mbi | mental-health | assessment | diagnostic

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vinkius.com/mcp/burnout-detector

SCAN TO VIEW

The connectivity layer between AI and the world's software.

Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

> *The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.*
>
> — Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256	Ed25519	24h TTL	V8 Isolate
Encryption at rest	PKI vault signatures	Ephemeral session keys	Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT

```
https://edge.vinkius.com/{token}/mcp
```

Claude · Cursor · VS Code · Windsurf · Grok · Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

06 — Honeytoken Trap System

Phantom credentials are injected into isolated environments. If a honeytoken is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1) Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

> Get started at **cloud.vinkius.com** — connect your AI agent in under 60 seconds.

Burnout Detector MCP

3 tools available
Cloud-hosted on Vinkius

Figuring out burnout used to be a vague conversation about 'feeling tired.' Now, you can quantify it. This MCP gives your AI agent a diagnostic tool based on the established Maslach Burnout Inventory (MBI) model. Instead of just guessing, you feed in survey data and get precise metrics across three dimensions: Emotional Exhaustion, Depersonalization, and Personal Accomplishment. The system processes these scores to identify risk tiers—low, moderate, or severe. When working within the Vinkius catalog, this connector acts as a specialized diagnostic layer for your AI client, taking complex well-being data and turning it into clear risk assessments. You get immediate insight into where an employee's professional stress is coming from, allowing HR or wellness teams to intervene with targeted support.

Core Capabilities

01 — Calculate detailed burnout scores

It processes raw survey responses to generate specific quantitative metrics for the overall burnout index.

02 — Check dimension status

You can pull a health status report on any single burnout dimension, like Emotional Exhaustion or Personal Accomplishment.

03 — Determine risk level

The system evaluates the combined scores and outputs an overall professional burnout risk rating from low to severe.

One Click on Vinkius — From Prompt to Execution

Available at **vinkius.com/mcp/burnout-detector** — connect your AI agent in three steps.

01 Input raw survey data, providing specific numerical scores for various dimensions of exhaustion, depersonalization, and accomplishment.

02 The MCP calculates the combined metrics against established MBI criteria, generating a diagnostic profile.

03 You receive a clear assessment: an overall risk level (e.g., Moderate) alongside detailed status reports for each dimension.

The bottom line is that you get professional well-being data structured into actionable risk metrics.

Built For

This MCP is essential for HR professionals, Organizational Psychologists, and Wellness Program Managers. If your job involves analyzing employee retention risks or managing mandatory wellness programs, you need this diagnostic capability. Stop relying on subjective gut feelings; start basing interventions on measurable data.

HR Operations Manager

Uses the Burnout Detector MCP to run anonymous group assessments and pinpoint which departments or roles are showing high levels of emotional exhaustion.

Wellness Program Coordinator

Processes individual survey results to determine if an employee's risk is severe, flagging them for immediate follow-up resources.

Organizational Psychologist

Calculates comparative metrics across multiple teams to identify organizational structural stressors that need policy changes.

What Changes When You Connect

01 Instead of vague concerns, you get hard metrics. By running `calculate_burnout_metrics`, your agent provides precise scores for exhaustion and accomplishment.

02 The tool moves beyond simple status checks. Using `get_dimension_health_status` lets you pinpoint exactly which area—like Depersonalization—needs the most attention.

03 It cuts through complexity with a clear verdict. The ability to `evaluate_risk_level` gives management an immediate, actionable risk rating (Low, Medium, Severe).

04 You can analyze trends over time. Running these diagnostics allows organizations to prove where systemic stress is occurring, not just blaming individuals.

05 It standardizes the diagnosis process by adhering strictly to the recognized Maslach Burnout Inventory model.

Real-World Applications

Analyzing annual employee survey results

An HR Manager inputs hundreds of anonymous survey scores. The agent uses `calculate_burnout_metrics` across all participants, generating a heat map that immediately shows which department has the highest average emotional exhaustion scores.

Assessing leadership team readiness

A Wellness Coordinator runs the Burnout Detector on a small group of senior leaders. The agent uses `evaluate_risk_level` and notes that several key managers are in 'Severe' risk, requiring immediate mandatory leave.

Monitoring stress during project crunch time

A team lead inputs daily check-in data for a critical quarter. The agent uses `get_dimension_health_status` to track Depersonalization week over week, identifying when the team started emotionally checking out.

Benchmarking program efficacy

An Organizational Psychologist compares pre- and post-intervention scores. By running metrics before and after a training module, they prove that Personal Accomplishment increased significantly in the target group.

Patterns to Avoid

Using gut feelings instead of data

✗ AVOID

A manager assumes 'everyone is stressed' because people are quiet. They try to assign a risk level based only on observation, which is inaccurate.

✓ INSTEAD

Instead, feed the scores into `evaluate_risk_level`. This MCP gives you a quantifiable metric that proves or disproves assumptions, providing an objective assessment.

Only looking at one score

✗ AVOID

Focusing only on 'Exhaustion' and ignoring the other two dimensions. A person might feel exhausted but still have high accomplishments.

✓ INSTEAD

Always check all three points by calling `get_dimension_health_status` for each dimension separately, then letting the MCP calculate the full picture.

Ignoring data boundaries

✗ AVOID

Assuming a single score automatically means 'Low risk' without checking context or severity thresholds.

✓ INSTEAD

Use `calculate_burnout_metrics` first to establish the base index, then use the comprehensive assessment tools for accurate diagnosis.

The Right Fit

You should use this MCP if your organization requires objective, standardized data regarding professional well-being. It's perfect when you need to move past anecdotal evidence and quantify stress using recognized models like MBI. For instance, if you want to know *why* a team is struggling—is it lack of energy (Exhaustion) or feeling detached (Depersonalization)? This tool answers that. Don't use this if your only goal is general morale boosting; those require different communication tools. If you just need simple data entry and storage, an internal database will suffice. But if the outcome needs to be a diagnostic assessment of professional risk, this MCP is required.

Burnout Detector: Quantifying Professional Stress with MBI Assessment

Today, discussing burnout involves messy manual work—collecting paper surveys, manually scoring answers, and then forcing the data into a spreadsheet to find patterns. Most organizations end up comparing raw scores without understanding what those numbers actually mean in terms of risk or systemic failure.

With this MCP, your agent handles all that processing automatically. You provide the raw survey inputs, and the system instantly uses `calculate_burnout_metrics` to give you a professional diagnosis, delivering actionable data points instead of just columns of numbers.

Burnout Detector: Measuring Mental Health Risk for Workforce Planning

The biggest manual time sink is synthesizing the findings. You have to look at exhaustion scores, then separately check accomplishment, and finally compare them all manually to determine if the risk is severe enough to warrant intervention.

Now, you run `evaluate_risk_level`. It takes those three separate data points and combines them into a single, clear professional diagnosis. The outcome isn't just numbers; it’s an immediate understanding of where the company needs to allocate resources.

Burnout Detector: 3 Tools for Quantifying Professional Wellness Metrics

Use these tools to calculate specific scores, check dimension health, and evaluate the overall professional burnout risk level based on survey data.

#	TOOL	DESCRIPTION
01	`calculate_burnout_metrics`	Takes raw survey scores and calculates specific, quantitative burnout metrics for the user.
02	`get_dimension_health_status`	Provides a detailed health status report on one of the three core burnout dimensions (e.g., Depersonalization).
03	`evaluate_risk_level`	Consolidates all available metrics to give an immediate, overall assessment of the user's professional risk level.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

U Run diagnostics for a team that finished a massive product launch. My average exhaustion score was 92, depersonalization was 85, and accomplishment was 15.

Burnout Risk Assessment

Based on the Maslach model inputs:
- **Emotional Exhaustion:** High (92)
- **Depersonalization:** Very High (85)
- **Personal Accomplishment:** Low (15)

Overall Risk Level: Severe. The combination of high emotional drain and detachment with minimal sense of achievement signals immediate burnout risk. Mandatory time off or a significant process review is advised.

U What's the status for 'Personal Accomplishment' if scores are 80, 95, and 70?

Dimension Health Status: Personal Accomplishment

Score Provided: 80/100
- Health Status: Stable (Positive)
- Interpretation: The score suggests the individual maintains a strong sense of capability in their role, which is a positive factor for overall resilience.

U Calculate my metrics with exhaustion scores [75, 80] and depersonalization scores [60, 70].

Burnout Metrics Calculation

DIMENSION	MEAN SCORE
Emotional Exhaustion	77.5
Depersonalization	65.0

Your overall index is being processed for a full risk evaluation.

Frequently Asked Questions

01 **How does the Burnout Detector MCP help quantify stress beyond just saying 'you feel tired'?**

It quantifies stress by breaking it into three measurable areas: Emotional Exhaustion, Depersonalization, and Personal Accomplishment. This gives you a diagnostic picture of *why* someone is struggling, not just that they are.

02 **Can I use the Burnout Detector MCP to see if my team's stress levels are going up or down?**

Yes. You can run these diagnostics repeatedly over time using your agent. Comparing metrics across weeks helps you spot trends, like a creeping increase in exhaustion scores that signal a coming crisis.

03 **What kind of data does the Burnout Detector MCP need to perform an assessment?**

The tool needs raw survey input—numerical scores for different segments related to effort, detachment, and achievement. The more structured score data you provide, the better the diagnosis.

04 **Is the risk level reported by Burnout Detector reliable enough for HR actions?**

It is highly standardized because it uses the established Maslach Burnout Inventory model, providing objective metrics. This moves conversations from subjective feelings to measurable professional health status.

05 **If I only care about emotional drain, can the Burnout Detector MCP assess that?**

Absolutely. You use the specific tools within the MCP to pull a detailed health status report on any single dimension, giving you deep insight into one area without being distracted by the others.

Go Live in 60 Seconds

Get your connection token from **cloud.vinkius.com**, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

```
https://edge.vinkius.com/[TOKEN]/mcp
```

CLIENT	WHERE TO CONFIGURE
Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
Cursor	Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint
VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add `"burnout-detector": { "url": "…" }`
Windsurf	MCP Settings → `mcp_settings.json` → Add endpoint URL
ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

- Ask ChatGPT
- Ask Claude
- Ask Perplexity
- Ask Gemini
- Ask Grok

READY TO CONNECT

Burnout Detector is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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