

■ Sources of work stress

Please place a circle around the number which best describes your work stress over the last two months.

	NO STRESS			STRESS		MUCH STRESS
1 Working long or unsociable hours.	0	1	2	3	4	5
2 Having too many different parts or roles to play.	0	1	2	3	4	5
3 Managing and supervising the work of others.	0	1	2	3	4	5
4 Clashes and conflicts with others at work.	0	1	2	3	4	5
5 Current career and promotion prospects.	0	1	2	3	4	5
6 Poor training and guidance.	0	1	2	3	4	5
7 My partner's attitude towards my work.	0	1	2	3	4	5
8 Having far too great a quantity of work to do.	0	1	2	3	4	5
9 Being unclear about what is expected of me.	0	1	2	3	4	5
10 Being responsible for managing other people.	0	1	2	3	4	5
11 My relationship with my superior/manager.	0	1	2	3	4	5
12 The job demands skills which I do not possess.	0	1	2	3	4	5
13 Poor communication and consultation in the organisation.	0	1	2	3	4	5
14 Continuing working when at home.	0	1	2	3	4	5
15 Changes and innovations in working practice.	0	1	2	3	4	5
16 Work situations creating ethical problems.	0	1	2	3	4	5
17 Having to make decisions.	0	1	2	3	4	5
18 Little encouragement and support from management.	0	1	2	3	4	5
19 Job insecurity or threat of redundancy/retirement.	0	1	2	3	4	5
20 Restricted resources and finance to work with.	0	1	2	3	4	5
21 Difficulty 'switching off' at home.	0	1	2	3	4	5
22 Having too little work to do.	0	1	2	3	4	5
23 Inadequate information about my work role.	0	1	2	3	4	5
24 Dealing with conflict and negative situations.	0	1	2	3	4	5
25 Lack of social contact with other people.	0	1	2	3	4	5
26 Wages/salary.	0	1	2	3	4	5
27 The general morale of the workforce.	0	1	2	3	4	5
28 The demands work makes on my home/personal life.	0	1	2	3	4	5
29 Amount of time spent travelling.	0	1	2	3	4	5
30 Having few clear objectives and goals to work towards.	0	1	2	3	4	5

■ Sources of work stress continued

	NO STRESS		STRESS		MUCH STRESS
31 Going to meetings/giving presentations.	0	1	2	3	4 5
32 My relationship with others at work.	0	1	2	3	4 5
33 Doing a job that does not stretch me.	0	1	2	3	4 5
34 Instability and high staff turnover.	0	1	2	3	4 5
35 Changes outside work – moving house, illness, financial, family etc.	0	1	2	3	4 5
36 Time pressures and deadlines.	0	1	2	3	4 5
37 Lack of variety and stimulation at work.	0	1	2	3	4 5
38 Being responsible for managing property/money.	0	1	2	3	4 5
39 Lack of people to talk to and share with.	0	1	2	3	4 5
40 Feeling undervalued.	0	1	2	3	4 5
41 Not having sufficient control, influence and power.	0	1	2	3	4 5
42 Prioritising between work and family/home life.	0	1	2	3	4 5
43 Fear of making a mistake.	0	1	2	3	4 5
44 Changes in the way I have been asked to work.	0	1	2	3	4 5
45 Work politics.	0	1	2	3	4 5
46 Rivalry and competition from colleagues.	0	1	2	3	4 5
47 Lack of job satisfaction and feelings of achievement.	0	1	2	3	4 5
48 An unpleasant physical environment to work in.	0	1	2	3	4 5
49 Changes in my personal relationships outside work.	0	1	2	3	4 5
50 Doing work that is potentially dangerous or distressing.	0	1	2	3	4 5
51 Little feedback about my performance.	0	1	2	3	4 5
52 Too many different demands on my time.	0	1	2	3	4 5
53 Socialising at informal work settings.	0	1	2	3	4 5
54 Lack of feelings of personal development and growth.	0	1	2	3	4 5
55 Rules and restrictions on my behaviour.	0	1	2	3	4 5
56 Little encouragement and support from others outside work.	0	1	2	3	4 5
<i>Add any other sources of your job stress that are not covered:</i>					
57	0	1	2	3	4 5
58	0	1	2	3	4 5