

The following questions relate to stress caused by different stresses within the workplace. Please circle the box that most accurately reflects how you feel about your job at the moment. **Please only circle one box for each question.**

1.	I am clear what is expected of me at work	Never	Seldom	Sometimes	Often	A
2.	I can decide when to take a break	Never	Seldom	Sometimes	Often	A
3.	Different groups at work demand things from me that are hard to combine	Never	Seldom	Sometimes	Often	A
4.	I know how to go about getting my job done	Never	Seldom	Sometimes	Often	A
5.	I am subjected to personal harassment in the form of unkind words or behaviour	Never	Seldom	Sometimes	Often	A
6.	I have unachievable deadlines	Never	Seldom	Sometimes	Often	A
7.	If work gets difficult, my colleagues will help me	Never	Seldom	Sometimes	Often	A
8.	I am given supportive feedback on the work I do	Never	Seldom	Sometimes	Often	A
9.	I have to work very intensively	Never	Seldom	Sometimes	Often	A
10.	I have a say in my own work speed	Never	Seldom	Sometimes	Often	A
11.	I am clear what my duties and responsibilities are	Never	Seldom	Sometimes	Often	A
12.	I have to neglect some tasks because I have too much work to do	Never	Seldom	Sometimes	Often	A
13.	I am clear about the goals and objectives for my department	Never	Seldom	Sometimes	Often	A
14.	There is friction or anger between colleagues	Never	Seldom	Sometimes	Often	A
15.	I have a choice in deciding HOW I do my work	Never	Seldom	Sometimes	Often	A
16.	I am unable to take sufficient breaks	Never	Seldom	Sometimes	Often	A
17.	I understand how my work fits into the overall aim of the organisation	Never	Seldom	Sometimes	Often	A
18.	I am pressured to work long hours	Never	Seldom	Sometimes	Often	A
19.	I have a choice in deciding WHAT I do at work	Never	Seldom	Sometimes	Often	A
20.	I have to work very fast	Never	Seldom	Sometimes	Often	A
21.	I am subject to bullying at work	Never	Seldom	Sometimes	Often	A
22.	I have unrealistic time pressures	Never	Seldom	Sometimes	Often	A
23.	I can rely on my line manager to help me out with a work problem	Never	Seldom	Sometimes	Often	A
24.	I get help and support I need from my colleagues	Strongly disagree	Disagree	Neutral	Agree	St ag
25.	I have some say over the way I work.	Strongly disagree	Disagree	Neutral	Agree	St ag
26.	I have sufficient opportunities to question managers about change at work	Strongly disagree	Disagree	Neutral	Agree	St ag
27.	I receive the respect at work I deserve from my colleagues	Strongly disagree	Disagree	Neutral	Agree	St ag

CONTINUED OVER.....

28.	Staff are always consulted about change at work	Strongly disagree	Disagree	Neutral	Agree	St ag
29.	I can talk to my line manager about something that has upset or annoyed me about work	Strongly disagree	Disagree	Neutral	Agree	St ag

30.	My working time can be flexible	Strongly disagree	Disagree	Neutral	Agree	St ag
31.	My colleagues are willing to listen to my work-related problems	Strongly disagree	Disagree	Neutral	Agree	St ag
32.	When changes are made at work, I am clear about how they will work out in practice	Strongly disagree	Disagree	Neutral	Agree	St ag
33.	I am supported through emotionally demanding work	Strongly disagree	Disagree	Neutral	Agree	St ag
34.	Relationships at work are strained	Strongly disagree	Disagree	Neutral	Agree	St ag
35.	My line manager encourages me at work	Strongly disagree	Disagree	Neutral	Agree	St ag

Thank you for completing this questionnaire. Please return to Occupational Health Department in the envelope provided by the date requested on the covering letter.