

The Work Stress Questionnaire

01 Do you have time to finish your assignments?	<input type="checkbox"/> yes, always <input type="checkbox"/> yes, rather often <input type="checkbox"/> no, seldom <input type="checkbox"/> no, never
02 Do you have the possibility to influence decisions at work?	<input type="checkbox"/> yes, always <input type="checkbox"/> yes, rather often <input type="checkbox"/> no, seldom <input type="checkbox"/> no, never
03 Does your supervisor consider your views?	<input type="checkbox"/> yes, always <input type="checkbox"/> yes, rather often <input type="checkbox"/> no, seldom <input type="checkbox"/> no, never
04 Can you decide on your work pace?	<input type="checkbox"/> yes, always <input type="checkbox"/> yes, rather often <input type="checkbox"/> no, seldom <input type="checkbox"/> no, never
05a Has your workload increased?	<input type="checkbox"/> yes <input type="checkbox"/> no – if no: go to question 06a
05b If <i>yes</i> : Do you perceive that as stressful?	<input type="checkbox"/> not stressful <input type="checkbox"/> less stressful <input type="checkbox"/> stressful <input type="checkbox"/> very stressful
06a Are the goals for your workplace clear?	<input type="checkbox"/> yes – if <i>yes</i> continue to question 07a <input type="checkbox"/> partly <input type="checkbox"/> no
06b If <i>partly</i> or <i>no</i> : Do you perceive that as stressful?	<input type="checkbox"/> not stressful <input type="checkbox"/> less stressful <input type="checkbox"/> stressful <input type="checkbox"/> very stressful
07a Do you know which assignments your work tasks include?	<input type="checkbox"/> yes – if <i>yes</i> continue to question 08a <input type="checkbox"/> partly <input type="checkbox"/> no
07b If <i>partly</i> or <i>no</i> : Do you perceive that as stressful?	<input type="checkbox"/> not stressful <input type="checkbox"/> less stressful <input type="checkbox"/> stressful <input type="checkbox"/> very stressful
08a Do you know who is making decisions concerning your workplace?	<input type="checkbox"/> yes – if <i>yes</i> continue to question 09a <input type="checkbox"/> partly <input type="checkbox"/> no
08b If <i>partly</i> or <i>no</i> : Do you perceive that as stressful?	<input type="checkbox"/> not stressful <input type="checkbox"/> less stressful <input type="checkbox"/> stressful <input type="checkbox"/> very stressful
09a Are there any conflicts at work?	<input type="checkbox"/> yes <input type="checkbox"/> no – if <i>no</i> continue to question 12a
09b If <i>yes</i> : Do you perceive that as stressful?	<input type="checkbox"/> not stressful <input type="checkbox"/> less stressful <input type="checkbox"/> stressful <input type="checkbox"/> very stressful
10a Are you involved in any conflicts at your workplace?	<input type="checkbox"/> yes <input type="checkbox"/> no – if <i>no</i> continue to question 11a
10b If <i>yes</i> : Do you perceive that as stressful?	<input type="checkbox"/> not stressful <input type="checkbox"/> less stressful <input type="checkbox"/> stressful <input type="checkbox"/> very stressful
11a Have your supervisor done anything to solve the conflicts?	<input type="checkbox"/> yes – if <i>yes</i> continue to question 12a <input type="checkbox"/> partly <input type="checkbox"/> no
11b If <i>partly</i> or <i>no</i> : Do you perceive that as stressful?	<input type="checkbox"/> not stressful <input type="checkbox"/> less stressful <input type="checkbox"/> stressful <input type="checkbox"/> very stressful

12a Do you put high demands on yourself at work?	<input type="checkbox"/> yes <input type="checkbox"/> no – if <i>no</i> continue to question 13a
12b If <i>yes</i> : Do you perceive that as stressful?	<input type="checkbox"/> not stressful <input type="checkbox"/> less stressful <input type="checkbox"/> stressful <input type="checkbox"/> very stressful
13a Do you often get engaged in your work?	<input type="checkbox"/> yes <input type="checkbox"/> no – if <i>no</i> continue to question 14a
13b If <i>yes</i> : Do you perceive that as stressful?	<input type="checkbox"/> not stressful <input type="checkbox"/> less stressful <input type="checkbox"/> stressful <input type="checkbox"/> very stressful
14a Do you think about work after your working-day?	<input type="checkbox"/> yes <input type="checkbox"/> partly <input type="checkbox"/> no – if <i>no</i> continue to question 15a
14b If <i>yes</i> or <i>partly</i> : Do you perceive that as stressful?	<input type="checkbox"/> not stressful <input type="checkbox"/> less stressful <input type="checkbox"/> stressful <input type="checkbox"/> very stressful
15a Do you find it hard to set a limit to work assignment although you have a lot to do?	<input type="checkbox"/> yes <input type="checkbox"/> partly <input type="checkbox"/> no – if <i>no</i> continue to question 16a
15b If <i>yes</i> or <i>partly</i> : Do you perceive that as stressful?	<input type="checkbox"/> not stressful <input type="checkbox"/> less stressful <input type="checkbox"/> stressful <input type="checkbox"/> very stressful
16a Do you take more responsibility at work than you ought to?	<input type="checkbox"/> yes <input type="checkbox"/> no – if <i>no</i> continue to question 17a
16b If <i>yes</i> : Do you perceive that as stressful?	<input type="checkbox"/> not stressful <input type="checkbox"/> less stressful <input type="checkbox"/> stressful <input type="checkbox"/> very stressful
17a Do you work after ordinary working hours to finish your assignments?	<input type="checkbox"/> yes <input type="checkbox"/> partly <input type="checkbox"/> no – if <i>no</i> continue to question 18a
17b If <i>yes</i> or <i>partly</i> : Do you perceive that as stressful?	<input type="checkbox"/> not stressful <input type="checkbox"/> less stressful <input type="checkbox"/> stressful <input type="checkbox"/> very stressful
18a Do you find it hard to sleep because your mind is occupied with work?	<input type="checkbox"/> yes <input type="checkbox"/> partly <input type="checkbox"/> no – if <i>no</i> continue to question 19
18b If <i>yes</i> or <i>partly</i> : Do you perceive that as stressful?	<input type="checkbox"/> not stressful <input type="checkbox"/> less stressful <input type="checkbox"/> stressful <input type="checkbox"/> very stressful
19 Due to work, do you find it hard to find time to be with your nearest?	<input type="checkbox"/> yes, always <input type="checkbox"/> yes, rather often <input type="checkbox"/> no, seldom <input type="checkbox"/> no, never
20 Due to work, do you find it hard to find time to be with your friends?	<input type="checkbox"/> yes, always <input type="checkbox"/> yes, rather often <input type="checkbox"/> no, seldom <input type="checkbox"/> no, never
21 Due to work, do you find it hard to find time for your recreational activities?	<input type="checkbox"/> yes, always <input type="checkbox"/> yes, rather often <input type="checkbox"/> no, seldom <input type="checkbox"/> no, never
