

WORK – STRESS QUESTIONNAIRE

Scoring Method

Write in the score which best matches you:

1 = never, 2 = seldom, 3 = sometimes, 4 = often, 5 = nearly all the time

	Question	Score
1	How often do you feel you have too little authority to carry out your responsibilities?	
2	How often do you feel you are unclear about the scope and responsibilities of your job?	
3	How often are you unaware that opportunities for advancement and promotion exist for you?	
4	How often do you feel that your workload is too heavy and that you could not possibly finish during the ordinary work day?	
5	How often do you feel that you will not be able to satisfy the conflicting demands of various people around you?	
6	How often do you feel that you are not fully qualified to handle your job?	
7	How often do you not know what your superior thinks of you or how he/she evaluates your performance?	
8	How often do you find yourself unable to get the information you need to perform your job?	
9	How often do you worry about making decisions that affect the lives of people you know?	
10	How often do you feel that you may not be liked and accepted by people at work?	
11	How often do you feel unable to influence your immediate supervisor's decisions and actions that affect you?	

12	How often do you not know just what the people you work for expect of you?	
13	How often do you think the amount of work you have to do may interfere with how well it is done?	
14	How often do you feel that you have to do things on the job that are against your better judgment?	
15	How often do you feel your job interferes with your family life?	

What the score means:

15-30 You're experiencing a little pressure at work but generally feel in control.

31-45 You have a good level of control most of the time. Situations cause stress occasionally.

46-60 You often feel under pressure and out of control. You are likely feeling some form of stress.

61-75 You have a high level of pressure and feel out of control. You are almost certainly suffering from stress and need to plan for new coping skills or a change in situation.

From Stress Management – The Essential Guide to Thinking and Working Smarter
By Gerard Hargreaves