

Symptoms of Job Stress – Questionnaire

Please rate the following items in terms of how often the symptom is true for you during the last three months.

0 = Never 1 = Occasionally 2 = Somewhat often 3 = Frequently 4 = Almost always

- _____ 1. I feel little enthusiasm for doing my job.
 - _____ 2. I feel tired even with adequate sleep.
 - _____ 3. I feel frustrated in carrying out my responsibilities at work.
 - _____ 4. I am moody, irritable, or impatient over small inconveniences.
 - _____ 5. I want to withdraw from the constant demands on my time and energy.
 - _____ 6. I feel negative, futile, or depressed about my job.
 - _____ 7. My decision-making ability seems less than usual.
 - _____ 8. I think that I am not as efficient as I should be.
 - _____ 9. The quality of my work is less than it should be.
 - _____ 10. I feel physically, emotionally or spiritually depleted.
 - _____ 11. My resistance to illness is lowered.
 - _____ 12. My interest in sex is lowered.
 - _____ 13. I am eating more or less, drinking more coffee, smoking more cigarettes, or using more alcohol or drugs to cope with my job.
 - _____ 14. I am feeling emotionally callous about the problems and needs of others.
 - _____ 15. My communication with my boss, co-workers, friends, or family seems strained.
 - _____ 16. I am forgetful.
 - _____ 17. I am having difficulty concentrating.
 - _____ 18. I am easily bored.
 - _____ 19. I feel a sense of dissatisfaction, of something wrong or missing.
 - _____ 20. When I ask myself why I get up and go to work, the only answer that occurs is "the money".
- _____ **Total**

If you scored 0 to 25, you are probably coping adequately with your job. If you scored 26 to 40, you are suffering from job stress and need to take preventative action. If you scored 41 to 55, you need to take preventative action to avoid job burnout. If you scored 56 to 80, you are burning and must develop a comprehensive job stress management plan.