

# 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.