

The Work Stress Questionnaire (revised version)

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

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