

ATTACHMENT 2 – SAMPLE SURVEY QUESTIONS FOR WORK-RELATED STRESS

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The following questions cover the areas that have been found to be the main sources of stress for people at work. Please tick the box that most accurately reflects how you feel about your job at the moment.

Please only tick ONE box for each question.

1. I have unrealistic time pressures

Often Sometimes Seldom Never/almost never

2. Staff are consulted about change at work

Often Sometimes Seldom Never/almost never

3. I have some say over the way I work

Often Sometimes Seldom Never/almost never

4. I am clear about what my duties and responsibilities are

Often Sometimes Seldom Never/almost never

5. I receive the respect I deserve from my colleagues at work

Often Sometimes Seldom Never/almost never

6. Staff are exposed to interpersonal conflict at work

Often Sometimes Seldom Never/almost never

7. My line manager encourages me at work

Often Sometimes Seldom Never/almost never

Source: Cousins R, Mackay C, Clarke S, Kelly C, Kelly P and McCaig R, 'Management Standards and work-related stress in the UK: Practical development', Work and Stress: a journal of work, health and organisation, 18(2), 2004, p.130; and www.hse.gov.uk/stress

Note: Privacy and confidentiality of personal information must be protected. Personal information is information or opinion, whether true or not about an identifiable individual. It should not be possible to identify an individual from workplace records, survey data or workplace consultation, therefore grouped or aggregate information is recommended to protect the identity of individuals.

Only persons authorised to handle personal information should summarise, aggregate or de-identify personal information.