The Brief Job Stress Questionnaire English version

Please answer the following questions concerning your job by circling the number that best fits your situation.

		Very much so	Moderately so	Somewhat	Not at all
1.	I have an extremely large amount of work to do	1	2	3	4
2.	I can't complete work in the required time	1	2	3	4
3.	I have to work as hard as I can	1	2	3	4
4.	I have to pay very careful attention	1	2	3	4
5.	My job is difficult in that it requires a high level of knowledge and technical skill	1	2	3	4
6.	I need to be constantly thinking about work throughout the working day	1	2	3	4
7.	My job requires a lot of physical work	1	2	3	4
8.	I can work at my own pace	1	2	3	4
9.	I can choose how and in what order to do my work	1	2	3	4
10.	I can reflect my opinions on workplace policy	1	2	3	4
11.	My knowledge and skills are rarely used at work	1	2	3	4
12.	There are differences of opinion within my department	1	2	3	4
13.	My department does not get along well with other departments	1	2	3	4
14.	The atmosphere in my workplace is friendly	1	2	3	4
15.	My working environment is poor (e.g. noise, lighting, temperature, ventilation)	1	2	3	4
16.	This job suits me well	1	2	3	4
17.	My job is worth doing	1	2	3	4

Please answer the following questions concerning your health during the past month by circling the number that best fits your situation.

		Almost never	Sometimes	Often	Almost always
18.	I have been very active	1	2	3	4
19.	I have been full of energy	1	2	3	4
20.	I have been lively	1	2	3	4
21.	I have felt angry	1	2	3	4
22.	I have been inwardly annoyed or aggravated	1	2	3	4
23.	I have felt irritable	1	2	3	4
24.	I have felt extremely tired	1	2	3	4
25.	I have felt exhausted	1	2	3	4
26.	I have felt weary or listless	1	2	3	4
27.	I have felt tense	1	2	3	4
28.	I have felt worried or insecure	1	2	3	4
29.	I have felt restless	1	2	3	4
30.	I have been depressed	1	2	3	4
31.	I have thought that doing anything was a hassle	1	2	3	4
32.	I have been unable to concentrate	1	2	3	4

33. I have felt gloomy	1	2	3	4
34. I have been unable to handle work	1	2	3	4
35. I have felt sad	1	2	3	4
36. I have felt dizzy	1	2	3	4
37. I have experienced joint pains	1	2	3	4
38. I have experienced headaches	1	2	3	4
39. I have had a stiff neck and / or shoulders	1	2	3	4
40. I have had lower back pain	1	2	3	4
41. I have had eyestrain	1	2	3	4
42. I have experienced heart palpitations or shortness of breath	1	2	3	4
43. I have experienced stomach and / or intestine problems	1	2	3	4
44. I have lost my appetite	1	2	3	4
45. I have experienced diarrhea and / or constipation	1	2	3	4
46. I haven't been able to sleep well	1	2	3	4

Please answer the following questions concerning satisfaction by circling the number that best fits your situation.

	Extremely	Very much	Somewhat	Not at all
How freely can you talk with the following people?				
47. Superiors	1	2	3	4
48. Co-workers	1	2	3	4
49. Spouse, family, friends, etc.	1	2	3	4
How reliable are the following people when you are troubled?				
50. Superiors	1	2	3	4
51. Co-workers	1	2	3	4
52. Spouse, family, friends, etc.	1	2	3	4
How well will the following people listen to you when you ask for advice on personal matters?				
53. Superiors	1	2	3	4
54. Co-workers	1	2	3	4
55. Spouse, family, friends, etc.	1	2	3	4

Please answer the following questions concerning satisfaction by circling the number that best fits your situation.

	Satisfied	Somewhat satisfied	Somewhat dissatisfied	Dissatisfied
56. I am satisfied with my job	1	2	3	4
57. I am satisfied with my family life	1	2	3	4