# The Work Stress Questionnaire

<table>
<thead>
<tr>
<th>01</th>
<th>Do you have time to finish your assignments?</th>
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<tbody>
<tr>
<td>02</td>
<td>Do you have the possibility to influence decisions at work?</td>
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<td>03</td>
<td>Does your supervisor consider your views?</td>
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<td>04</td>
<td>Can you decide on your work pace?</td>
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<tr>
<td>05a</td>
<td>Has your workload increased?</td>
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<tr>
<td>05b</td>
<td>If yes: Do you perceive that as stressful?</td>
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<tr>
<td>06a</td>
<td>Are the goals for your workplace clear?</td>
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<tr>
<td>06b</td>
<td>If partly or no: Do you perceive that as stressful?</td>
</tr>
<tr>
<td>07a</td>
<td>Do you know which assignments your work tasks include?</td>
</tr>
<tr>
<td>07b</td>
<td>If partly or no: Do you perceive that as stressful?</td>
</tr>
<tr>
<td>08a</td>
<td>Do you know who is making decisions concerning your workplace?</td>
</tr>
<tr>
<td>08b</td>
<td>If partly or no: Do you perceive that as stressful?</td>
</tr>
<tr>
<td>09a</td>
<td>Are there any conflicts at work?</td>
</tr>
<tr>
<td>09b</td>
<td>If yes: Do you perceive that as stressful?</td>
</tr>
<tr>
<td>10a</td>
<td>Are you involved in any conflicts at your workplace?</td>
</tr>
<tr>
<td>10b</td>
<td>If yes: Do you perceive that as stressful?</td>
</tr>
<tr>
<td>11a</td>
<td>Have your supervisor done anything to solve the conflicts?</td>
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<tr>
<td>11b</td>
<td>If partly or no: Do you perceive that as stressful?</td>
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</table>

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