

## Stress at Work

Name \_\_\_\_\_ Date \_\_\_\_\_

For each question, please tick the box that best represents your behaviour				
0=No stress	1=Slightly stressful	2=Moderately stressful	3=Very stressful	4=Extremely stressful
Aspects of your job				Stress rating
The physical conditions at work e.g. ventilation, noise, lighting, heating				<input type="checkbox"/>
The freedom to choose your work				<input type="checkbox"/>
The freedom to get on with your work				<input type="checkbox"/>
Your colleagues				<input type="checkbox"/>
The recognition you get for good work				<input type="checkbox"/>
Having more than one immediate boss				<input type="checkbox"/>
Your immediate boss or bosses				<input type="checkbox"/>
The amount of responsibility you are given				<input type="checkbox"/>
Your rate of pay				<input type="checkbox"/>
Your opportunity to use your abilities				<input type="checkbox"/>
Industrial relations between management and workers in your organization				<input type="checkbox"/>
Your chance of promotion				<input type="checkbox"/>
The way your organization is managed				<input type="checkbox"/>
The attention paid to suggestions you make				<input type="checkbox"/>
The number of hours worked				<input type="checkbox"/>
The amount of variety in your job				<input type="checkbox"/>
The security of your employment				<input type="checkbox"/>
Any other aspects				<input type="checkbox"/>
<b>Total score</b>				

# Scott Sanders

Personal Trainer / Massage  
Therapist / Nutritional Advisor

## Evaluation

Below 21	Your job does not appear to cause you too much distress
21-40	It appears that your job may be the source of some distress
41-60	Your job appears to cause of much distress
Above 60	your job appears to be a major source of distress