

## 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 people around you 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