Work-related Stress Questionnaire

We are asking your help to gather information to identify if Stress in the workplace is still on the increase, and is largely ignored by employers and managers. We are trying to identify if changes in government legislation and rhetoric has impacted more on some employee groups than others. Please take a few minutes to complete this questionnaire and return it to the Stress Network table or by email to convenor@workstress.net.

Can you tell us a little bit about yourself:

Gender

Sexual orientation

Do you have a disability?

If you do Does your disability mean that you need workplace support?

Race

Your Age? 18 to 30; 30 to 45; 45 to 55; 55 to 70; over 70

Your Workplace: Public Sector/Private Sector

Have you in the past 3 years had to take time off work because of stress-related health issues? Yes/No

If Yes please give a little detail

Please read the following statements and circle your response, add comments if needed

These comments should reflect your experiences of work-stress since 2010

Please score using:

1 not at all; 2 a little; 3 more than a little; 4 a lot; 5 a hell of a lot

1. Have your stress levels in the workplace been affected by your gender since 2010.

   1 2 3 4 5

   Please give a specific example ..........................................................

2. Have your stress levels in the workplace been affected by your sexual orientation since 2010.

   1 2 3 4 5

   Please give a specific example ..........................................................

3. Have your stress levels in the workplace been affected by your racial identity since 2010

   1 2 3 4 5

   Please give a specific example ..........................................................
4. Have your stress levels in the workplace been affected by your disability since 2010

1 2 3 4 5

Please give a specific example ..........................................................

5. Have your stress levels in the workplace been affected by your age since 2010

1 2 3 4 5

Please give a specific example ..........................................................

Do you feel you have been discriminated against because of:-

Gender   Ethnicity   Sexual Orientation   Age   Disability   Other (please explain)

If yes, please give a little detail

In your experience of your workplace, please indicate which of the following are high stress factors:

<table>
<thead>
<tr>
<th>Stressor</th>
<th>✓</th>
<th>Stressor</th>
<th>✓</th>
<th>Stressor</th>
<th>✓</th>
<th>Stressor</th>
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</thead>
<tbody>
<tr>
<td>Workload</td>
<td></td>
<td>Targets &amp;</td>
<td></td>
<td>Technology</td>
<td></td>
<td>Harassment</td>
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<td>Deadlines</td>
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<td>Shift Hours</td>
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<td>Time keeping</td>
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<td>Lack of support</td>
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<td>Worker absence</td>
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<td>Monitoring</td>
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<td>Pay/Promotion</td>
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<td>Job security</td>
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<td>Team working</td>
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<td>External factors</td>
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<td>Poor Managers</td>
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<td>Violence and</td>
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<td>Work-Life</td>
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<td>aggression</td>
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<td>Balance</td>
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<tr>
<td>Gender</td>
<td></td>
<td>LGBT discrimination</td>
<td></td>
<td>Disability</td>
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<td>Race discrimination</td>
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<td>Age</td>
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<td>Terms &amp; conditions</td>
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<td>Attitude to</td>
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<td>Zero hours</td>
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<td>discrimination</td>
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<td>Trade Unions</td>
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<td>contracts</td>
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</tbody>
</table>

If you would like to sign up to our mailing list please speak to one of our representatives or email us at convenor@workstress.net

You can also find us on Facebook or follow us on twitter @workstressuk

Thank you for taking part in this exercise.