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WORK RELATED STRESS [1]

The following questionnaire attempts to detect your own stress index and how it affects you at work. Read each sentence carefully and mark the degree that suits you.
Mark the frequency of each of the following statements on a scale of 1 to 5, where 1 denotes never, 2 seldom, 3 occasionally, 4 frequently, and 5 always.
Remember that the results are just meant to serve as a basic guide and do not provide a precise depiction of your personality.

	NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
I can never finish work on time	1	2	3	4	5
I don't have the time to do things the way I would like them to be done	1	2	3	4	5
I have not yet clarified what my responsibilities are in work	1	2	3	4	5
I have no ideas on how to occupy the mind and my time	1	2	3	4	5
I don't get along with my supervisor	1	2	3	4	5
I lose my confidence when I come into contact with others	1	2	3	4	5
I have ongoing issues with all staff	1	2	3	4	5
I don't get much support from my colleagues or my superiors	1	2	3	4	5
I really don't know how well I'm doing at work; no one tells me anything	1	2	3	4	5
No one understands the requirements of my work	1	2	3	4	5
Work goals are unrealistic and cannot be met	1	2	3	4	5
I am forced to take work at home too	1	2	3	4	5
I avoid difficult situations	1	2	3	4	5
I feel resentful and angry	1	2	3	4	5

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SCORING: the sum of the sentences above represents your final score:

If the score falls between **0 and 20**, it indicates that the pressures are modest, similar to most people who enjoy their jobs but occasionally resent a few things.
If your score is between **21 and 45**, it indicates that you have stressors that cause you to feel anxious occasionally and that you need to use relaxation techniques to help you relax.
If your score is **45 or above**, it indicates that you are dealing with a lot of stress and that your personality and everyday life are now characterised by worry and uneasiness. For methodical treatment in this situation, a specialist's assistance must be sought.

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