

Advice before taking the Brief Stress Questionnaire

The Brief Job Stress Questionnaire aims primarily to understand your level of stress, promote your own awareness of stress, contribute to workplace improvement, and create a comfortable work environment, thereby preventing you from experiencing mental health problems (primary prevention).

＜Regarding filling out the Stress Check Questionnaire＞

* The questionnaire consists of 57 items. Please provide one response per question. Use a black pencil (mechanical or regular) to put a circle (○) in the box (□) that best applies to you.

＜Regarding the results of the Stress Check Questionnaire＞

* The results will be returned to you by sealed mail.
* The center will not disclose individual results to employers.

A. Please answer the following questions concerning your job by circling the number that best fits your situation.

1. I have an extremely large amount of work to do	Very much so	Moderately so	Somewhat	Not at all
2. I can't complete work in the required time				
3. I have to work as hard as I can				
4. I have to pay very careful attention				
5. My job is difficult in that it requires a high level of knowledge				
6. I need to be constantly thinking about work throughout the working day				
7. My job requires a lot of physical work				
8. I can work at my own pace				
9. I can choose how and in what order to do my work				
10. I can reflect my opinions on workplace policy				
11. My knowledge and skills are rarely used at work				
12. There are differences of opinion within my department				
13. My department does not get along well with other departments				
14. The atmosphere in my workplace is friendly				
15. My working environment is poor (e.g. noise, lighting, temperature, ventilation)				
16. This job suits me well				
17. My job is worth doing				

B. Please answer the following questions concerning your health during the past month by circling the number that best fits your situation.

1. I have been very active	Almost never	Sometimes	Often	Almost always
2. I have been full of energy				
3. I have been lively				
4. I have felt angry				
5. I have been inwardly annoyed or aggravated				

6. I have felt irritable	Almost never	Sometimes	Often	Almost always
7. I have felt extremely tired				
8. I have felt exhausted				
9. I have felt weary or listless				
10. I have felt tense				
11. I have felt worried or insecure				
12. I have felt restless				
13. I have been depressed				
14. I have thought that doing anything was a hassle				
15. I have been unable to concentrate				
16. I have felt gloomy				
17. I have been unable to handle work				
18. I have felt sad				
19. I have felt dizzy				
20. I have experienced joint pains				
21. I have experienced headaches				
22. I have had a stiff neck and / or shoulders				
23. I have had lower back pain				
24. I have had eyestrain				
25. I have experienced heart palpitations or shortness of breath				
26. I have experienced stomach and / or intestine problems				
27. I have lost my appetite				
28. I have experienced diarrhea and / or constipation				
29. I haven't been able to sleep well				

事業所名 所属名等			
カナ氏名			
漢字氏名			

健診機関使用欄	コース・枝番					
	団体コード		個人番号		登録番号	

受診日			
受診番号			
団体コード			
生年月日	昭・平	年	月 日
年 齢	歳		
性 別	男性 ・ 女性		

C. Please answer the following questions concerning people around you by circling the number that best fits your situation.

How freely can you talk with the following people?	Extremely	Very much	Somewhat	Not at all
1. Superiors				
2. Co-workers				
3. Spouse, family, friends, etc.				
How reliable are the following people when you are troubled?				
1. Superiors				
2. Co-workers				
3. Spouse, family, friends, etc.				
How well will the following people listen to you when you ask for advice on personal matters?				
1. Superiors				
2. Co-workers				
3. Spouse, family, friends, etc.				

D. Please answer the following questions concerning satisfaction by circling the number that best fits your situation.

	Satisfied	Somewhat satisfied	Somewhat dissatisfied	Dissatisfied
1. I am satisfied with my job				
2. I am satisfied with my family life				