



Questionnaire

Stress In the workplace

	almost never	rarely	Half the time	often
I constantly think about work, also at home and in my free time.				
I feel unappreciated despite the fact that I honestly fulfil my professional duties.				
At work I'm nervous and tense.				
I am struggling to get up for work in the morning.				
I work in poor conditions (e.g. in noise, dust, poor lighting).				
I feel I don't have enough support from the management or colleagues.				
I have no influence on what is required of me at work.				
I don't feel respected at work.				
At work I'm rather depressed than satisfied.				
I can't sleep because I'm worried about my work.				
I have so much work that I don't have the time to enjoy my hobbies.				
I am surprised with new tasks at work.				
I have too many duties and I feel that it overwhelms me.				
I deal with stress using stimulants or drugs.				
I wonder if my work makes sense.				