

Sample iWorkHealth Questions

The iWorkHealth was developed based on a review of various workplace psychosocial health tools from various countries and sources, such as the Australia Workplace Barometer, Copenhagen Psychosocial Questionnaire, HPB's Mental Wellbeing Scale and iWorkHealth (2005).

Following are some sample questions on stress-related factors at the workplace such as job demands, job control, job recognition, organisation culture and support.

1. My work is emotionally demanding.
2. In my work, I experience contradictory demands.
3. I feel that my workload is too heavy.
4. I have so much work to do that I am unable to do a good job.
5. I still feel tired from the previous work day / shift even as I start the next one.
6. I know exactly what is expected of me at work.
7. I can use my skills and expertise in my job.
8. I have enough information to get my job done.
9. I receive enough help and equipment to get my job done.
10. My work is meaningful.
11. My work is important.
12. I feel motivated and involved in my work.
13. I receive support and guidance from my immediate supervisor.
14. My immediate supervisor is concerned about the welfare of his or her staff.
15. My immediate supervisor is successful in getting people to work together.
16. I am treated with respect by my immediate supervisor.
17. My immediate supervisor talks with me about how well I carry out my work.
18. I receive support and help from my co-workers.
19. I am treated with respect by my co-workers.
20. There is a good relationship between me and my co-workers.
21. I feel that rewards for my effort are given in a fair way.
22. I feel this company treats its employees well.
23. I think this company considers employee welfare much more important than operations / sales and profits.
24. My company manages changes in policies / structures / processes well.
25. I am satisfied with the amount of pay and benefits I receive.
26. I find the opportunities for promotion within the company are good.
27. I receive the respect and prestige I deserve at work.