

Operational Stress Questionnaire

Below is a list of items that describe different aspects of being a first responder. After each item, please indicate how often that item has caused stress you over the past 6 months, using the scale that ranges from “Never” to “Always”:

Never = 0 | Rarely = 1 | Sometimes = 2 | Often = 3 | Always = 4

Items and Responses	Score												
1. Shift work.													
<table style="width: 100%; border: none;"> <tr> <td style="width: 20%;">Never</td> <td style="width: 20%;">Rarely</td> <td style="width: 20%;">Sometimes</td> <td style="width: 20%;">Often</td> <td style="width: 20%;">Always</td> <td style="width: 20%;"></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td style="text-align: right;">_____</td> </tr> </table>	Never	Rarely	Sometimes	Often	Always		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
Never	Rarely	Sometimes	Often	Always									
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____								
2. Working alone at night.													
<table style="width: 100%; border: none;"> <tr> <td style="width: 20%;">Never</td> <td style="width: 20%;">Rarely</td> <td style="width: 20%;">Sometimes</td> <td style="width: 20%;">Often</td> <td style="width: 20%;">Always</td> <td style="width: 20%;"></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td style="text-align: right;">_____</td> </tr> </table>	Never	Rarely	Sometimes	Often	Always		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
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3. Over-time demands.													
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____								
4. Risk of being injured on the job.													
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5. Work related activities on days off (e.g. court, community events).													
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6. Traumatic events (e.g. MVA, domestics, death, injury).													
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Never	Rarely	Sometimes	Often	Always									
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____								
7. Managing your social life outside of work.													
<table style="width: 100%; border: none;"> <tr> <td style="width: 20%;">Never</td> <td style="width: 20%;">Rarely</td> <td style="width: 20%;">Sometimes</td> <td style="width: 20%;">Often</td> <td style="width: 20%;">Always</td> <td style="width: 20%;"></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td style="text-align: right;">_____</td> </tr> </table>	Never	Rarely	Sometimes	Often	Always		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
Never	Rarely	Sometimes	Often	Always									
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____								
8. Not enough time available to spend with friends and family.													
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9. Paperwork.													
<table style="width: 100%; border: none;"> <tr> <td style="width: 20%;">Never</td> <td style="width: 20%;">Rarely</td> <td style="width: 20%;">Sometimes</td> <td style="width: 20%;">Often</td> <td style="width: 20%;">Always</td> <td style="width: 20%;"></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td style="text-align: right;">_____</td> </tr> </table>	Never	Rarely	Sometimes	Often	Always		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
Never	Rarely	Sometimes	Often	Always									
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10. Eating healthy at work.													
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11. Finding time to stay in good physical condition.													
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Never	Rarely	Sometimes	Often	Always									
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____								
12. Fatigue (e.g. shift work, over-time).													
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Never	Rarely	Sometimes	Often	Always									
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____								

13. Occupation-related health issues (e.g. back pain).					
Never	Rarely	Sometimes	Often	Always	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
14. Lack of understanding from family and friends about your work.					
Never	Rarely	Sometimes	Often	Always	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
15. Making friends outside the job.					
Never	Rarely	Sometimes	Often	Always	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
16. Upholding a "higher image" in public.					
Never	Rarely	Sometimes	Often	Always	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
17. Negative comments from the public.					
Never	Rarely	Sometimes	Often	Always	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
18. Limitations to your social life (e.g. who your friends are, where you socialize).					
Never	Rarely	Sometimes	Often	Always	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
19. Feeling like you are always on the job.					
Never	Rarely	Sometimes	Often	Always	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
20. Friends / family feel the effects of the stigma associated with your job.					
Never	Rarely	Sometimes	Often	Always	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
					TOTAL SCORE: _____

How to interpret your score:

- A score between 0 and 30 indicates a low job-related stress level, and a lower risk for stress-related health problems
- A score between 31 and 55 indicates a moderate level of job-related stress; there is some likelihood of being debilitated by the stress of some trigger event
- A score between 56 and 80 is extremely high, and there is a great risk of succumbing to the debilitating effects of both chronic and traumatic stress