**職業性ストレス簡易調査票**

**The Brief Job Stress Questionnaire English version**

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| Ａ | あなたの仕事についてうかがいます。最もあてはまるものに○を付けてください。  （Please answer the following questions concerning your job by circling the number that best fits your situation.） | そうだ  Very much so | まあそうだ  Moderately so | ややちがう  Somewhat | ちがう  Not at all |
| 1. | 非常にたくさんの仕事をしなければならない  ( I have an extremely large amount of work to do) | 1 | 2 | 3 | 4 |
| 2. | 時間内に仕事が処理しきれない  ( I can't complete work in the required time) | 1 | 2 | 3 | 4 |
| 3. | 一生懸命働かなければならない ( I have to work as hard as I can) | 1 | 2 | 3 | 4 |
| 4. | かなり注意を集中する必要がある ( I have to pay very careful attention) | 1 | 2 | 3 | 4 |
| 5. | 高度の知識や技術が必要なむずかしい仕事だ  ( My job is difficult in that it requires a high level of knowledge and technical skill) | 1 | 2 | 3 | 4 |
| 6. | 勤務時間中はいつも仕事のことを考えていなければならない  ( I need to be constantly thinking about work throughout the working day) | 1 | 2 | 3 | 4 |
| 7. | からだを大変よく使う仕事だ ( My job requires a lot of physical work) | 1 | 2 | 3 | 4 |
| 8. | 自分のペースで仕事ができる ( I can work at my own pace) | 1 | 2 | 3 | 4 |
| 9. | 自分で仕事の順番・やり方を決めることができる  （I can choose how and in what order to do my work） | 1 | 2 | 3 | 4 |
| 10. | 職場の仕事の方針に自分の意見を反映できる  ( I can reflect my opinions on workplace policy) | 1 | 2 | 3 | 4 |
| 11. | 自分の技能や知識を仕事で使うことが少ない  ( My knowledge and skills are rarely used at work) | 1 | 2 | 3 | 4 |
| 12. | 私の部署内で意見のくい違いがある  ( There are differences of opinion within my department) | 1 | 2 | 3 | 4 |
| 13. | 私の部署と他の部署とはうまが合わない  ( My department does not get along well with other departments) | 1 | 2 | 3 | 4 |
| 14. | 私の職場の雰囲気は友好的である  ( The atmosphere in my workplace is friendly) | 1 | 2 | 3 | 4 |
| 15. | 私の職場の作業環境（騒音、照明、温度、換気など）はよくない  ( My working environment is poor (e.g. noise, lighting, temperature, ventilation)) | 1 | 2 | 3 | 4 |
| 16. | 仕事の内容は自分にあっている ( This job suits me well) | 1 | 2 | 3 | 4 |
| 17. | 働きがいのある仕事だ ( My job is worth doing) | 1 | 2 | 3 | 4 |
| Ｂ | 最近1か月間のあなたの状態についてうかがいます。最もあてはまるものに○を付けてください。  ( Please answer the following questions concerning your health during the past month by circling the number that best fits your situation.) | ほとんどなかった  Almost never | ときどきあった  Sometimes | しばしばあった  Often | ほとんどいつもあった  Almost always |
| 1. | 活気がわいてくる ( I have been very active) | 1 | 2 | 3 | 4 |
| 2. | 元気がいっぱいだ ( I have been full of energy) | 1 | 2 | 3 | 4 |
| 3. | 生き生きする ( I have been lively) | 1 | 2 | 3 | 4 |
| 4. | 怒りを感じる ( I have felt angry) | 1 | 2 | 3 | 4 |
| 5. | 内心腹立たしい ( I have been inwardly annoyed or aggravated) | 1 | 2 | 3 | 4 |
| 6. | イライラしている ( I have felt irritable) | 1 | 2 | 3 | 4 |
| 7. | ひどく疲れた ( I have felt extremely tired) | 1 | 2 | 3 | 4 |
| 8. | へとへとだ ( I have felt exhausted) | 1 | 2 | 3 | 4 |
| 9. | だるい ( I have felt weary or listless) | 1 | 2 | 3 | 4 |
| 10. | 気がはりつめている ( I have felt tense) | 1 | 2 | 3 | 4 |
| 11. | 不安だ ( I have felt worried or insecure) | 1 | 2 | 3 | 4 |
| 12. | 落着かない ( I have felt restless) | 1 | 2 | 3 | 4 |
| 13. | ゆううつだ ( I have been depressed) | 1 | 2 | 3 | 4 |
| 14. | 何をするのも面倒だ ( I have thought that doing anything was a hassle) | 1 | 2 | 3 | 4 |
| 15. | 物事に集中できない ( I have been unable to concentrate) | 1 | 2 | 3 | 4 |
| 16. | 気分が晴れない ( I have felt gloomy) | 1 | 2 | 3 | 4 |
| 17. | 仕事が手につかない ( I have been unable to handle work) | 1 | 2 | 3 | 4 |
| 18. | 悲しいと感じる ( I have felt sad) | 1 | 2 | 3 | 4 |
| 19. | めまいがする ( I have felt dizzy) | 1 | 2 | 3 | 4 |
| 20. | 体のふしぶしが痛む ( I have experienced joint pains) | 1 | 2 | 3 | 4 |
| 21. | 頭が重かったり頭痛がする ( I have experienced headaches) | 1 | 2 | 3 | 4 |
| 22. | 首筋や肩がこる ( I have had a stiff neck and / or shoulders) | 1 | 2 | 3 | 4 |
| 23. | 腰が痛い ( I have had lower back pain) | 1 | 2 | 3 | 4 |
| 24. | 目が疲れる ( I have had eyestrain) | 1 | 2 | 3 | 4 |
| 25. | 動悸や息切れがする  (I have experienced heart palpitations or shortness of breath) | 1 | 2 | 3 | 4 |
| 26. | 胃腸の具合が悪い  ( I have experienced stomach and / or intestine problems) | 1 | 2 | 3 | 4 |
| 27. | 食欲がない ( I have lost my appetite) | 1 | 2 | 3 | 4 |
| 28. | 便秘や下痢をする ( I have experienced diarrhea and / or constipation) | 1 | 2 | 3 | 4 |
| 29. | よく眠れない ( I haven’t been able to sleep well) | 1 | 2 | 3 | 4 |
| Ｃ | あなたの周りの方々についてうかがいます。最もあてはまるものに○を付けてください。  ( Please answer the following questions concerning satisfaction by circling the number that best fits your situation.) | 非常に  Extremely | かなり  Very much | 多少  Somewhat | 全くない  Not at all |
|  | 次の人たちはどのくらい気軽に話ができますか？  ( How freely can you talk with the following people?) |  |  |  |  |
| 1. | 上司 ( Superiors) | 1 | 2 | 3 | 4 |
| 2. | 職場の同僚 ( Co-workers) | 1 | 2 | 3 | 4 |
| 3. | 配偶者、家族、友人等 ( Spouse, family, friends, etc.) | 1 | 2 | 3 | 4 |
|  |  |  |  |  |  |
|  | あなたが困った時、次の人たちはどのくらい頼りになりますか？  ( How reliable are the following people when you are troubled?) |  |  |  |  |
| 4. | 上司 ( Superiors) | 1 | 2 | 3 | 4 |
| 5. | 職場の同僚 ( Co-workers) | 1 | 2 | 3 | 4 |
| 6. | 配偶者、家族、友人等 ( Spouse, family, friends, etc.) | 1 | 2 | 3 | 4 |
|  |  |  |  |  |  |
|  | あなたの個人的な問題を相談したら、次の人たちはどのくらいきいてくれますか？  (How well will the following people listen to you when you ask for advice on personal matters?) |  |  |  |  |
| 7. | 上司 ( Superiors) | 1 | 2 | 3 | 4 |
| 8. | 職場の同僚 ( Co-workers) | 1 | 2 | 3 | 4 |
| 9. | 配偶者、家族、友人等 ( Spouse, family, friends, etc.) | 1 | 2 | 3 | 4 |
|  |  |  |  |  |  |
| Ｄ | 満足度について  ( Please answer the following questions concerning satisfaction by circling the number that best fits your situation.) | 満足  Satisfied | まあ満足  Somewhat satisfied | やや不満足  Somewhat dissatisfied | 不満足  Dissatisfied |
| 1. | 仕事に満足だ ( I am satisfied with my job) | 1 | 2 | 3 | 4 |
| 2. | 家庭生活に満足だ ( I am satisfied with my family life) | 1 | 2 | 3 | 4 |