



## TOOL TO ASSESS AND CLASSIFY WORK STRESS

### TAWS – 16



Work-related stress, especially in chronic and harmful proportions, is a known risk factor for onset and progression of Non Communicable Diseases (NCDs) and mental disorders. Regular and early identification of work stress is important from health and productivity perspective.

This “Tool to assess and classify work stress (TAWS – 16)” will help in identification of stress due to key work related stressors. It is short, easy to understand and can be interviewer or self-administered. Based on the responses provided, an inbuilt algorithm provides your “work stress score” and “level of stress”.

#### **Privacy Policy**

This questionnaire has been developed by Dr Gautham M S and Dr Gururaj G from the Dept of Epidemiology, National Institute of Mental Health and Neurosciences (NIMHANS). NOT to reproduce, translate, display or distribute without prior permission. NOT for commercial purpose.

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**The collected information will remain absolutely confidential and anonymous.**

**The information provided by you will be used only by authorized personnel only.**

☐ I give my consent to take this assessment.

**Please take the assessment only once**

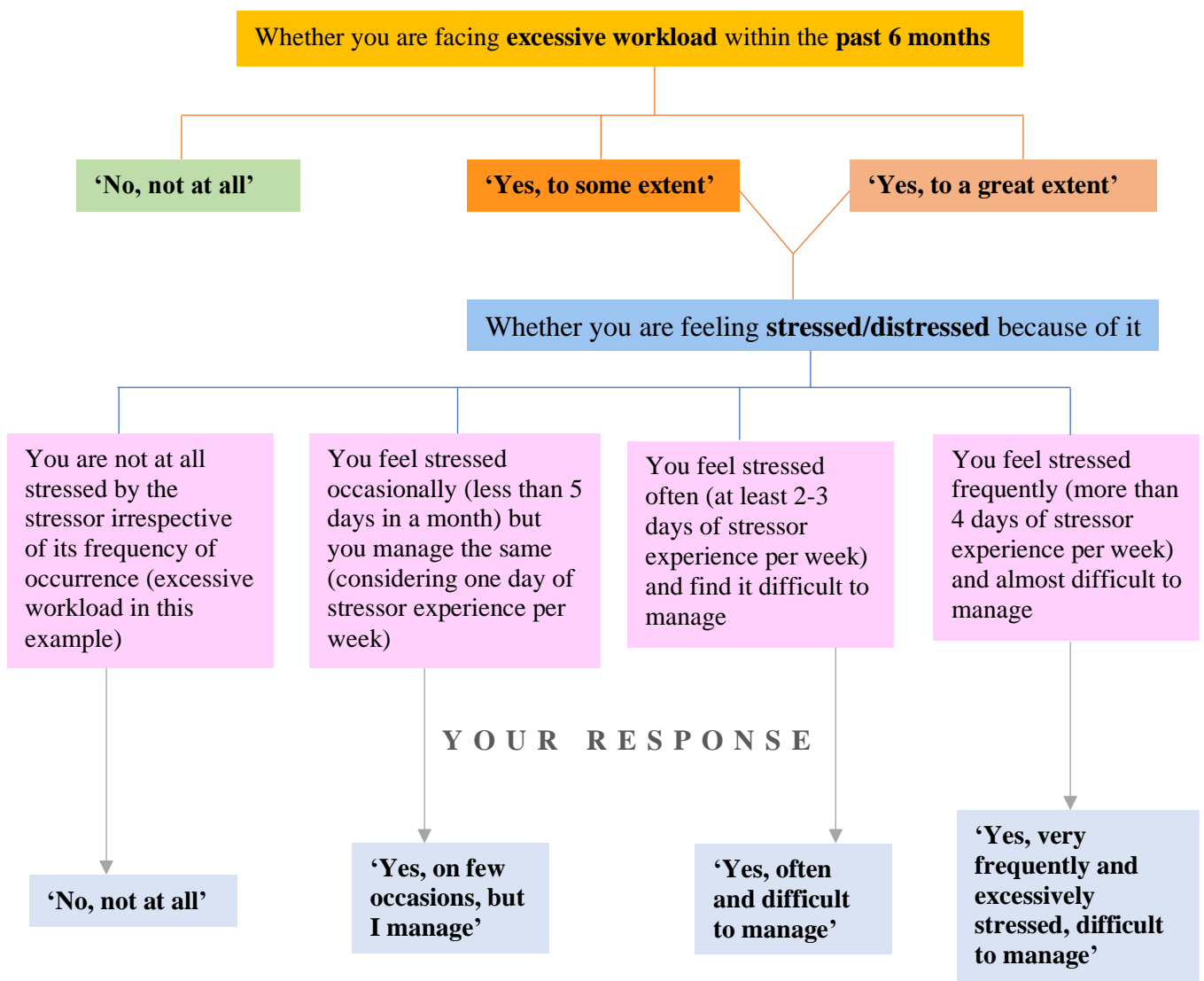
## About Assessment of Work Stress

Provide responses to the questions below **based on your experiences in your workplace** in the **last six months**

**Instructions for use:** It is recognized that working environments may affect worker well-being. This series of questions is intended to assess stress due to work related factors and symptoms of stress. It can be used among diverse group of employees, especially managerial / supervisory level employees.

**You will be asked a question regarding your job.**

**For Example:**



## **About Assessment of Symptoms suggestive of Stress**

This list of questions asks you about experiencing physical, behavioral and emotional symptoms due to harmful work – stress.

Provide your responses to the questions **based on your experiences in your workplace** in the **last six months**.