**016638**

**Work Stress Inventory by David E. Barone. C1982.**

**Description: The 40-item scale cover two factors: organizational stress and job risk. Each of these subtests contains 20 items. The items are five-point Likert-type scales and measure amount and frequency of stress. These are written as a gerund phrase from three to fourteen words, e.g., “Having constant supervision.”**

**ADMINISTRATION: The paper –and-pencil scale is group administered. Response choices are circled. These are presented as the numbers “0” through “4.” Subjects’ names must not be requested as stress-denying response results.**

**SCORING AND INTERPRETATIONS: An “Intensity” score is calculated by summing the amounts of stress circled for each scale item. The “Frequency” score is the sum of the numbers circled for each scale item. A “Composite” Score is the sum of the products of the “Amount” and “Frequency” scores for each scale item. This score is optional.**

**TECHINICAL INFORMATION: Norms are included for a variety of occupations. There are also separate norms for males and females. Several studies have been conducted using the scale. In these studies, item-total correlations ranged from .41 to .55 and coefficient alphas ranged from .91 to .93. Test retest reliabilities range from .88 to .91.**

**MATERIALS: *Work Stress Inventory:* Administration and score instructions; Norms.**

**REFERENCES: Barone, David F. and Others. “The Work Stress Inventory: Organizational Stress and Job Risk.” *Educational and Psychological Measurement:* v48 nl p141-54, Spr 85.**

**Work Stress Inventory**

**Age: \_\_\_\_\_\_\_ Occupation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Sex: M F Type of business/organization: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Stress, for the purpose of this inventory, is defined as feelings or emotional strain, pressure, discomfort, uneasiness, and/or tension.**

**Instructions: You are to evaluate your current job for the amount and frequency of stress experienced. For each item, use the following scale to indicate the amount of stress that is experienced or would be if it were to occur:**

1. **None**
2. **A little**
3. **Moderate amount**
4. **Much**
5. **Very much**

**Then, use the following scale to indicate how often it occurs, stressful or not:**

1. **Never**
2. **Rarely (annually)**
3. **Sometimes (at least monthly)**
4. **Often (at least weakly)**
5. **Daily**

**Be sure to circle and answer for amount and frequency for each item.**