# Pressure at work

1. What is your role in the company?

- [ ] Executive/Senior Management

- [ ] Manager

- [ ] Staff/Employee

- [ ] Intern

- [ ] Other (please specify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. How long have you been with the company?

- [ ] Less than 1 year

- [ ] 1-3 years

- [ ] 3-5 years

- [ ] 5-10 years

- [ ] More than 10 years

3. How often do you feel pressure at work?

- [ ] Always

- [ ] Often

- [ ] Sometimes

- [ ] Rarely

- [ ] Never

6. How does work-related pressure affect your job performance?

- [ ] Very positively

- [ ] Positively

- [ ] Neutral

- [ ] Negatively

- [ ] Very negatively

4. What are the main sources of pressure you experience at work? (Select all that apply)

- [ ] Workload

- [ ] Deadlines

- [ ] Performance expectations

- [ ] Interpersonal conflicts

- [ ] Lack of resources

- [ ] Management style

- [ ] Work-life balance

- [ ] Other (please specify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. Which of the following contribute most to your work-related pressure? (Select up to 3)

- [ ] High volume of work

- [ ] Tight deadlines

- [ ] Ambiguous job expectations

- [ ] Inadequate support from management

- [ ] Limited opportunities for advancement

- [ ] Lack of recognition

- [ ] Conflicts with colleagues

- [ ] Long working hours

- [ ] Personal issues affecting work

- [ ] Other (please specify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8. How does work-related pressure affect your relationships with colleagues?

- [ ] Very positively

- [ ] Positively

- [ ] Neutral

- [ ] Negatively

- [ ] Very negatively

9. Have you ever taken time off work due to stress or pressure?

- [ ] Yes

- [ ] No

10. If yes, please describe the circumstances:

- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

11. How effective are the resources provided by the company in helping you manage work-related pressure?

- [ ] Very effective

- [ ] Effective

- [ ] Neutral

- [ ] Ineffective

- [ ] Very ineffective

12. Which of the following resources do you find helpful in managing pressure at work? (Select all that apply)

- [ ] Employee assistance programs (EAP)

- [ ] Stress management workshops

- [ ] Flexible work hours

- [ ] Remote work options

- [ ] Access to mental health professionals

- [ ] Supportive management

- [ ] Team-building activities

- [ ] Other (please specify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

13. What additional resources or support would help you manage work-related pressure better?

- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

15. Do you feel comfortable discussing work-related pressure with your manager or HR?

- [ ] Yes

- [ ] No

- [ ] Sometimes

16. If no or sometimes, what would make you feel more comfortable?

- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_