



ASSESS AND CLASSIFY WORK STRESS



INTRODUCTION

Greetings from NIMHANS!

Hope you all are healthy and safe.

Dear Participant,

I, Dr Runalika Roy, Master of Public Health student of Department of Epidemiology (NIMHANS) am conducting a study titled “**Validity and Reliability of a work stress assessment tool for managerial-supervisory employees**” as my post-graduation dissertation project under mentorship of Dr Gautham M.S, Associate Professor, NIMHANS.

We invite you to participate in this research.

The collected information will be used only for academic research purposes and remain absolutely confidential and anonymous.

Nowhere your identity or information provided by you will be revealed at any stage of the study.

ABOUT THE ASSESSMENT

Work-Stress Assessment Tool Questionnaire will help you know your harmful work-stress scores based on your responses provided. It is short, easy to understand and specifically based on your work related experiences. Once validated and tested, this tool can be further incorporated in your periodic medical examination for screening of work-stress related problems.

Your consent to participate in the above study is sought. You have the right to refuse consent or withdraw the same during any part of the study without giving any reason. In such an event, you will not be treated differently by any of your higher authority. If you have any doubts about the study, please feel free to clarify the same.

Certificate of Consent

I have been informed about the procedure of study and data which is going to be collected from me in detail. I have understood that I can withdraw from the study or refuse to participate at any point of time during the study period. By giving consent to the study, I understand that I will in no way be concerned with the outcome of the study in any manner.

Privacy Policy

This questionnaire has been developed by Centre for Public health, Dept of Epidemiology, NIMHANS. NOT to reproduce, translate, display or distribute without prior permission. NOT for commercial purpose

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.**

About Depression Anxiety Stress Scales (DASS 21)

The Depression, Anxiety and Stress Scale - 21 Items (DASS-21) is a set of three self-report scales designed to measure the emotional states of depression, anxiety and stress.