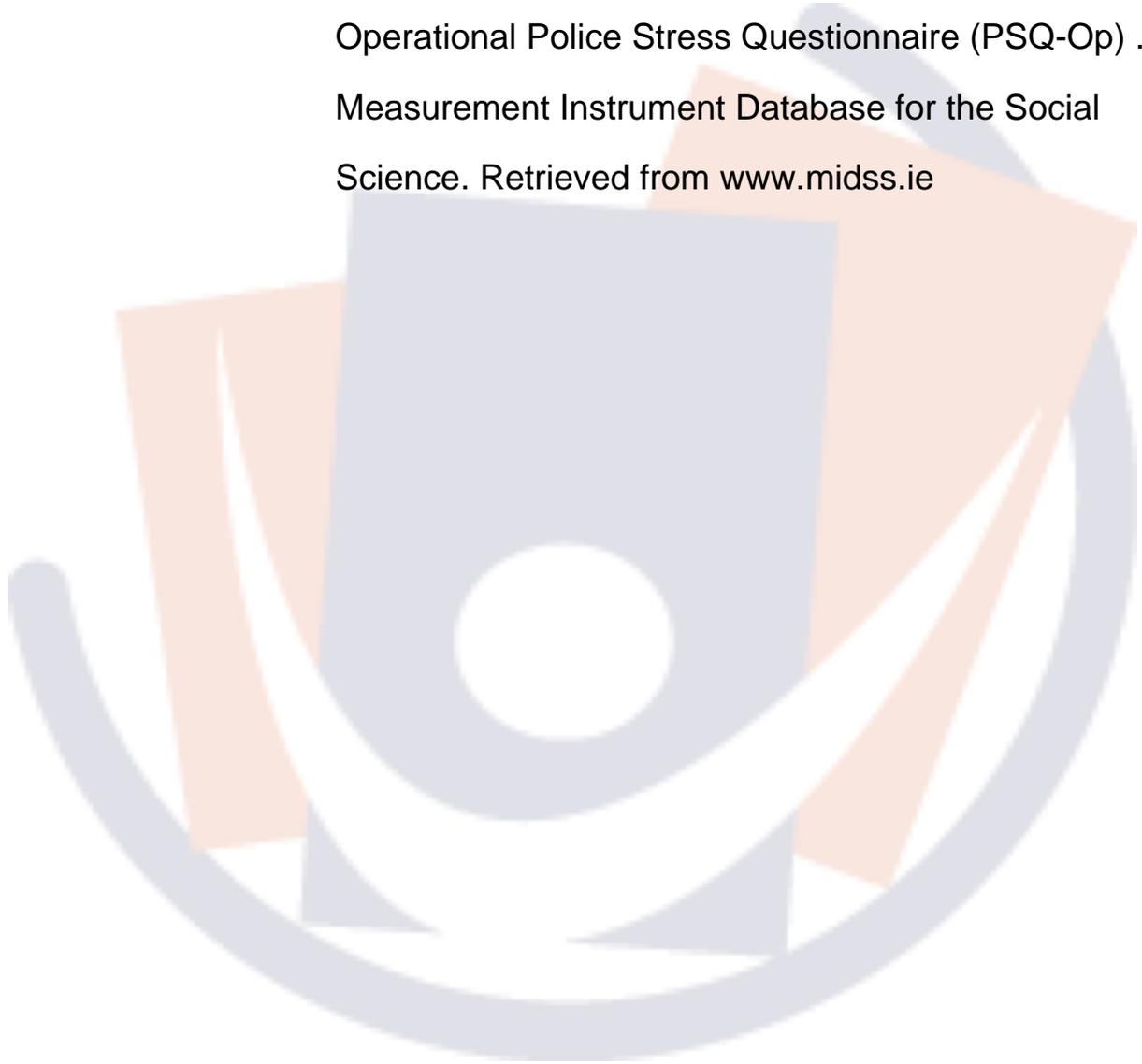


Instrument Title: The Operational Police Stress Questionnaire (PSQ-Op)

Instrument Author: McCreary, D. R., & Thompson, M. M.

Cite instrument as: McCreary, D. R., & Thompson, M. M.. (2013) . The Operational Police Stress Questionnaire (PSQ-Op) . Measurement Instrument Database for the Social Science. Retrieved from [www.midss.ie](http://www.midss.ie)



## Operational Police Stress Questionnaire

Below is a list of items that describe different aspects of being a police officer. After each item, please circle how much stress it has caused you over the past 6 months, using a 7-point scale (see below) that ranges from “No Stress At All” to “A Lot Of Stress”:

| No Stress<br>At All |   |   | Moderate<br>Stress |   |   | A Lot Of<br>Stress |
|---------------------|---|---|--------------------|---|---|--------------------|
| 1                   | 2 | 3 | 4                  | 5 | 6 | 7                  |

|  |   |   |   |   |   |   |   |
|--|---|---|---|---|---|---|---|
| 1. Shift work  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. Working alone at night  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. Over-time demands   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. Risk of being injured on the job  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5. Work related activities on days off (e.g. court, community events)                | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6. Traumatic events (e.g. MVA, domestics, death, injury)                             | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7. Managing your social life outside of work   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8. Not enough time available to spend with friends and family                        | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9. Paperwork   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10. Eating healthy at work   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 11. Finding time to stay in good physical condition                                  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 12. Fatigue (e.g. shift work, over-time)   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 13. Occupation-related health issues (e.g. back pain)                                | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 14. Lack of understanding from family and friends about your work                    | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 15. Making friends outside the job   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 16. Upholding a "higher image" in public   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 17. Negative comments from the public  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 18. Limitations to your social life (e.g. who your friends are, where you socialize) | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 19. Feeling like you are always on the job   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 20. Friends / family feel the effects of the stigma associated with your job         | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

The Operational Police Stress Questionnaire is provided free for non-commercial, educational, and research purposes.