

## **New Brief Job Stress Questionnaire**

### **The English version**

2014 Sept 4

This English version of the New Brief Job Stress Questionnaire (NBJSQ) was developed by the collaboration between Department of Mental Health, Graduate School of Medicine, the University of Tokyo and Fujitsu Software Technologies, Ltd., Japan

The use of the English versions of NBJSQ for research does not require any procedure/payment/contract with the development group. For the use of NBJSQ for the business purpose, please contact the following: Project Prof Norito Kawakami, Department of Digital Mental Health, Graduate School of Medicine, the University of Tokyo, e-mail: [kawakami@m.u-tokyo.ac.jp](mailto:kawakami@m.u-tokyo.ac.jp) phone/fax: +81(Japan)-3-5800-9621

The related citations are as follows:

For the development of the original NBJSQ: Inoue A, Kawakami N, Shimomitsu T, Tsutsumi A, Haratani T, Yoshikawa T, Shimazu A, Odagiri Y. Development of a short questionnaire to measure an extended set of job demands, job resources, and positive health outcomes: the new brief job stress questionnaire. *Ind Health*. 2014;52(3):175-89. Epub 2014 Feb 4. PubMed PMID: 24492763.

For the short version: Inoue A, Kawakami N, Shimomitsu T, Tsutsumi A, Haratani T, Yoshikawa T, Shimazu A, Odagiri Y. Development of a Short Version of the New Brief Job Stress Questionnaire. *Ind Health*. 2014 Jun 27. [Epub ahead of print] PubMed PMID:24975108.

For the English version: Ando E, Kawakami N, Shimazu A, Shimomitsu T, Odagiri Y. Reliability and validity of the English version of the New Brief Job Stress Questionnaire. Presented at the 31st International Conference on Occupational Health, Seoul, Korea, 31 May - 5 June 2015.

## New Brief Job Stress Questionnaire

English Short version 2014/09/02

### PART I

**Please answer the following questions concerning your job by circling the number that best fits your situation.**

	Very much so	Moderately so	Somewhat	Not at all
1. I have an extremely large amount of work to do-----	1	2	3	4
2. I can't complete work in the required time-----	1	2	3	4
3. I have to work as hard as I can -----	1	2	3	4
4. I have to pay very careful attention-----	1	2	3	4
5. My job is difficult in that it requires a high level of knowledge and technical skill ----	1	2	3	4
6. I need to be constantly thinking about work throughout the working day -----	1	2	3	4
7. My job requires a lot of physical work-----	1	2	3	4
8. I can work at my own pace -----	1	2	3	4
9. I can choose how and in what order to do my work-----	1	2	3	4
10. I can reflect my opinions on workplace policy-----	1	2	3	4
11. My knowledge and skills are rarely used at work -----	1	2	3	4
12. There are differences of opinion within my department-----	1	2	3	4
13. My department does not get along well with other departments -----	1	2	3	4
14. The atmosphere in my workplace is friendly-----	1	2	3	4
15. My working environment is poor (e.g. noise, lighting, temperature, ventilation) -----	1	2	3	4
16. This job suits me well -----	1	2	3	4
17. My job is worth doing -----	1	2	3	4

**Please answer the following questions concerning your health during the past month by circling the number that best fits your situation.**

	Almost never	Sometimes	Often	Almost always
18. I have been very active-----	1	2	3	4
19. I have been full of energy-----	1	2	3	4
20. I have been lively -----	1	2	3	4
21. I have felt angry-----	1	2	3	4
22. I have been inwardly annoyed or aggravated -----	1	2	3	4
23. I have felt irritable -----	1	2	3	4
24. I have felt extremely tired -----	1	2	3	4
25. I have felt exhausted-----	1	2	3	4
26. I have felt weary or listless -----	1	2	3	4

27. I have felt tense-----	1	2	3	4
28. I have felt worried or insecure -----	1	2	3	4
29. I have felt restless-----	1	2	3	4
30. I have been depressed -----	1	2	3	4
31. I have thought that doing anything was a hassle -----	1	2	3	4
32. I have been unable to concentrate -----	1	2	3	4
33. I have felt gloomy-----	1	2	3	4
34. I have been unable to handle work -----	1	2	3	4
35. I have felt sad-----	1	2	3	4
36. I have felt dizzy -----	1	2	3	4
37. I have experienced joint pains-----	1	2	3	4
38. I have experienced headaches-----	1	2	3	4
39. I have had a stiff neck and / or shoulders-----	1	2	3	4
40. I have had lower back pain -----	1	2	3	4
41. I have had eyestrain-----	1	2	3	4
42. I have experienced heart palpitations or shortness of breath -----	1	2	3	4
43. I have experienced stomach and / or intestine problems -----	1	2	3	4
44. I have lost my appetite -----	1	2	3	4
45. I have experienced diarrhea and / or constipation-----	1	2	3	4
46. I haven't been able to sleep well-----	1	2	3	4

**Please answer the following questions concerning satisfaction by circling the number that best fits your situation.**

		Extremely	Very much	Somewhat	Not at all
How freely can you talk with the following people?					
47. Superiors-----	1	2	3	4	4
48. Co-workers-----	1	2	3	4	4
49. Spouse, family, friends, etc. -----	1	2	3	4	4
How reliable are the following people when you are troubled?					
50. Superiors-----	1	2	3	4	4
51. Co-workers-----	1	2	3	4	4
52. Spouse, family, friends, etc. -----	1	2	3	4	4
How well will the following people listen to you when you ask for advice on personal matters?					
53. Superiors-----	1	2	3	4	4
54. Co-workers-----	1	2	3	4	4
55. Spouse, family, friends, etc. -----	1	2	3	4	4

**Please answer the following questions concerning satisfaction by circling the number that best fits your situation.**

	Satisfied	Somewhat satisfied	Somewhat dissatisfied	Dissatisfied
56. I am satisfied with my job -----	1	2	3	4
57. I am satisfied with my family life-----	1	2	3	4

**PART II**

**Please answer the following detailed questions concerning your job by circling the number that best fits your situation.**

	Definitely	Somewhat so	Not exactly	Not at all
58. My job puts emotional burden on me -----	1	2	3	4
59. I receive incompatible requests from two or more people-----	1	2	3	4
60. I know what my duties and responsibilities are-----	1	2	3	4
61. I have opportunities to develop my strengths at work -----	1	2	3	4

**Please answer the following questions about your workplace by circling the number that best fits your situation.**

	Definitely	Somewhat so	Not exactly	Not at all
62. I receive pay and bonuses that commensurate with the work I do -----	1	2	3	4
63. My work is evaluated appropriately by my superiors-----	1	2	3	4
64. I am worried about losing my job-----	1	2	3	4
65. My superiors provide the people working under them with opportunities to improve their skills -----	1	2	3	4
66. My superiors are sincere in their dealings with me-----	1	2	3	4
67. I am praised when I put in effort at work -----	1	2	3	4
68. I am given the opportunity to correct or make up for my mistakes at my workplace -----	1	2	3	4

**Please answer the following questions about the company or organization where you work by circling the number that best fits your situation.**

	Definitely	Somewhat so	Not exactly	Not at all
69. I can trust the information that comes from management-----	1	2	3	4
70. The opinions of employees are taken into consideration when changes are made that affect their work or workplace -----	1	2	3	4
71. My workplace cares about the individual values of its employees -----	1	2	3	4
72. Results of my performance evaluations are fully explained to me-----	1	2	3	4
73. In my workplace, all types of workers (regular full-time employees, non-regular employees, part-time workers, etc.) are respected equally as fellow members of the company or organization-----	1	2	3	4
74. I receive useful, motivating training for my career at my workplace-----	1	2	3	4
75. My personal life suffers because I am always thinking about work -----	1	2	3	4
76. My job gives me energy for my personal life-----	1	2	3	4

**Please answer the following questions about your working conditions and work performance by circling the number that best fits your situation.**

	Definitely	Somewhat so	Not exactly	Not at all
77. I am bullied or harassed at my workplace (e.g. sexual harassment or harassment based on superiority)-----	1	2	3	4
78. There is a spirit of mutual understanding and acceptance at our workplace-----	1	2	3	4
79. I feel invigorated when I am working-----	1	2	3	4
80. I am proud of the work that I do-----	1	2	3	4