

3. Work-life balance

- a. Inflexible working hours (causing childcare, domestic problems, etc) 1 2 3 4 5
- b. Unsympathetic management 1 2 3 4 5
- c. Unfair pay system 1 2 3 4 5
- d. Failure to recognise achievements 1 2 3 4 5
- e. Skills not being fully utilised 1 2 3 4 5

4. Relationships at work

- a. Bullying, harassment or unwanted behaviour 1 2 3 4 5
- b. Respect as an employee 1 2 3 4 5
- c. Discrimination or prejudice from colleagues or managers 1 2 3 4 5
- d. Risk of violence and abuse from customers or service users 1 2 3 4 5
- e. Working alone 1 2 3 4 5
- f. Lack of communication between colleagues 1 2 3 4 5
- g. Lack of communication between staff and management 1 2 3 4 5

5. Change

- a. Uncertainty about your future 1 2 3 4 5
- b. Lack of job security 1 2 3 4 5
- c. Introduction of new management techniques 1 2 3 4 5
- d. Restructuring 1 2 3 4 5
- e. Lack of consultation over changes 1 2 3 4 5

6. Conflicting roles

- a. Unclear job responsibilities 1 2 3 4 5
- b. Conflicting responsibilities 1 2 3 4 5
- c. Confused demands 1 2 3 4 5

7. Working environment

- a. Overcrowding or cramped work areas 1 2 3 4 5
- b. Untidy or unclean working areas 1 2 3 4 5
- c. Poor facilities 1 2 3 4 5
- d. Badly designed, unsuitable or uncomfortable equipment 1 2 3 4 5

What do you believe are the major causes of your stress at work?

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What do you believe your organisation could do to reduce stress at your workplace?

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I am a Unite member

Yes No

I am a Unite representative

Yes No

I am interested in getting more involved in this campaign

Yes No

I am interested in being a Unite representative

Yes No

(If you are interested in becoming a representative or getting more involved in the campaign, please contact your local representative or contact your Unite local office (details on the Unite website)

If you are interested in joining Unite, please goto **www.unitetheunion.org** to join on line lor talk to your local representative.



Thank you for completing the questionnaire. Please return to your representative or stress at work campaign co-ordinator.

RETURN SURVEY TO:

NAME: CONTACT DETAILS: