The Emergency Medical Services Chronic Stress Questionnaire

Instructions: Below is a list of items that describe different aspects of being an EMT or paramedic. Please indicate how much stress each of these has caused you over the past six months.

	No Stress at all			Moderate stress			A lot of stress
Organizational Stressors							
Feeling like different rules apply to different people (e.g. favoritism)	0(1)	0(2)	0(3)	0(4)	0(5)	0(6)	0(7)
Feeling like you always have to prove yourself to the organization	0(1)	0(2)	0(3)	0(4)	0(5)	0(6)	0(7)
Constant changes in policy/legislation	0(1)	0(2)	0(3)	0(4)	0(5)	0(6)	0(7)
Staff shortages	0(1)	0(2)	0(3)	0(4)	0(5)	0(6)	0(7)
Bureaucratic red tape	0(1)	0(2)	0(3)	0(4)	0(5)	0(6)	0(7)
Lack of training on new equipment	0(1)	0(2)	0(3)	0(4)	0(5)	0(6)	0(7)
Dealing with supervisors	0(1)	0(2)	0(3)	0(4)	0(5)	0(6)	0(7)
Lack of resources	0(1)	0(2)	0(3)	0(4)	0(5)	0(6)	0(7)
Unequal sharing of work responsibilities	0(1)	0(2)	0(3)	0(4)	0(5)	0(6)	0(7)
Leaders over-emphasize the negatives (e.g. supervisor evaluations, public complaints)	0(1)	0(2)	0(3)	0(4)	0(5)	0(6)	0(7)
Operational Stressors							
Shift work	0(1)	0(2)	0(3)	0(4)	0(5)	0(6)	0(7)
Risk of being injured on the job	0(1)	0(2)	0(3)	0(4)	0(5)	0(6)	0(7)
Managing your social life outside of work	0(1)	0(2)	0(3)	0(4)	0(5)	0(6)	0(7)
Friends/family feel the effects of the stigma associated with your job	0(1)	0(2)	0(3)	0(4)	0(5)	0(6)	0(7)
Eating healthy at work	0(1)	0(2)	0(3)	0(4)	0(5)	0(6)	0(7)
Fatigue	0(1)	0(2)	0(3)	0(4)	0(5)	0(6)	0(7)
Lack of understanding from your friends and family about your work	0(1)		0(3)		0(5)	0(6)	0(7)
Making friends outside of the job	0(1)	0(2)	0(3)	0(4)	0(5)	0(6)	0(7)
Negative comments from the public	0(1)	0(2)	0(3)	0(4)	0(5)	0(6)	0(7)
Feeling like you are always on the job	0(1)	0(2)	0(3)	0(4)	0(5)	0(6)	0(7)

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