

## The COPSOQ III questionnaire

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### Dimensions and items in the COPSOQ III questionnaire. Detailed overview

Scale	Dimension name	Item name	Level	Question	Response options*
Quantitative demands	QD	QD1	MIDDLE	Is your workload unevenly distributed so it piles up?	1
		QD2	CORE	How often do you not have time to complete all your work tasks?	1
		QD3	CORE	Do you get behind with your work?	1
		QD4	LONG	Do you have enough time for your work tasks?	1R
Work pace	WP	WP1	CORE	Do you have to work very fast?	1
		WP2	CORE	Do you work at a high pace throughout the day?	2
		WP3	LONG	Is it necessary to keep working at a high pace?	2
Cognitive demands	CD	CD1	LONG	Do you have to keep your eyes on lots of things while you work?	1
		CD2	LONG	Does your work require that you remember a lot of things?	1
		CD3	LONG	Does your work demand that you are good at coming up with new ideas?	1
		CD4	LONG	Does your work require you to make difficult decisions?	1
Emotional demands	ED	ED1	MIDDLE	Does your work put you in emotionally disturbing situations?	1
		EDX2	CORE	Do you have to deal with other people's personal problems as part of your work?	1
		ED3	CORE	Is your work emotionally demanding?	2
Demands for hiding emotions	HE	HE1	LONG	Are you required to treat everyone equally, even if you do not feel like it?	1
		HE2	MIDDLE	Does your work require that you hide your feelings?	2
		HE3	MIDDLE	Are you required to be kind and open towards everyone – regardless of how they behave towards	2
		HE4	MIDDLE	Does your work require that you do not state your opinion?	1
Influence at work	I	INX1	CORE	Do you have a large degree of influence on the decisions concerning your work?	1
		IN2	LONG	Do you have a say in choosing who you work with?	1
		IN3	MIDDLE	Can you influence the amount of work assigned to you?	1
		IN4	MIDDLE	Do you have any influence on what you do at work?	1
		IN5	LONG	Can you influence how quickly you work?	1
		IN6	MIDDLE	Do you have any influence on HOW you do your work?	1
Possibilities for development	PD	PD2	CORE	Do you have the possibility of learning new things through your work?	2

Scale	Dimension name	Item name	Level	Question	Response options*
(Skill discretion)		PD3	CORE	Can you use your skills or expertise in your work?	2
		PD4	MIDDLE	Does your work give you the opportunity to develop your skills?	2
Variation of work	VA	VA1	LONG	Is your work varied?	1
		VA2	LONG	Do you have to do the same thing over and over again?	1R
Control over working time	CT	CT1	MIDDLE	Can you decide when to take a break?	1
		CT2	MIDDLE	Can you take holidays more or less when you wish?	1
		CT3	MIDDLE	Can you leave your work to have a chat with a colleague?	1
		CT4	MIDDLE	If you have some private business is it possible for you to leave your piece of work for half an hour without special permission?	1
		CT5	LONG	Do you have to do overtime?	1R
Meaning of work	MW	MW1	CORE	Is your work meaningful?	2
		MW2	MIDDLE	Do you feel that the work you do is important?	2
Predictability	PR	PR1	CORE	At your place of work, are you informed well in advance concerning for example important decisions, changes or plans for the future?	2
		PR2	CORE	Do you receive all the information you need in order to do your work well?	2
Recognition	RE	RE1	CORE	Is your work recognized and appreciated by the management?	2
		RE2	LONG	Does the management at your workplace respect you?	2
		RE3	LONG	Are you treated fairly at your workplace?	2
Role clarity	CL	CL1	CORE	Does your work have clear objectives?	2
		CL2	MIDDLE	Do you know exactly which areas are your responsibility?	2
		CL3	MIDDLE	Do you know exactly what is expected of you at work?	2
Role conflicts	CO	CO2	CORE	Are contradictory demands placed on you at work?	2
		CO3	CORE	Do you sometimes have to do things which ought to have been done in a different way?	2
Illegitimate tasks	IT	IT1	MIDDLE	Do you sometimes have to do things which seem to be unnecessary?	2
Quality of leadership	QL	QL_T		To what extent would you say that your immediate superior ...	
		QLX1	MIDDLE	makes sure that the members of staff has good development opportunities?	2**
		QL2	LONG	gives high priority to job satisfaction?	2**
		QL3	CORE	is good at work planning?	2**
		QL4	CORE	is good at solving conflicts?	2**
Social support from supervisor	SS	SSX1	MIDDLE	How often is your immediate superior willing to listen to your problems at work, if needed?	1**
		SSX2	CORE	How often do you get help and support from your immediate superior, if needed?	1**
		SSX3	LONG	How often does your immediate superior talk with you about how well you carry out your work?	1**
Social support from colleagues	SC	SCX1	CORE	How often do you get help and support from your colleagues, if needed?	1***
		SCX2	MIDDLE	How often are your colleagues willing to listen to your problems at work, if needed?	1***

Scale	Dimension name	Item name	Level	Question	Response options*
Sense of community at work	SW	SC3	LONG	How often do your colleagues talk with you about how well you carry out your work?	1***
		SW1	CORE	Is there a good atmosphere between you and your colleagues?	1***
		SW2	LONG	Is there good co-operation between the colleagues at work?	1***
		SW3	MIDDLE	Do you feel part of a community at your place of work?	1***
Commitment to the workplace	CW	CW1	LONG	Do you enjoy telling others about your place of work?	2
		CW2	LONG	Do you feel that your place of work is of great importance to you?	2
		CWX3	LONG	Would you recommend other people to apply for a position at your workplace?	2
		CW4	LONG	How often do you consider looking for work elsewhere?	1R
		CW5	LONG	Are you proud of being part of this organization?	2
Intro Work engagement				The following 3 statements are about how you feel at work. If you have had this feeling, indicate how often you felt it.	
Work engagement	WE	WE1	LONG	At my work, I feel bursting with energy.	3
		WE2	LONG	I am enthusiastic about my job.	3
		WE3	LONG	I am immersed in my work.	3
Insecurity over employment	JI	J11	CORE	Are you worried about becoming unemployed?	2
		J12	LONG	Are you worried about new technology making you redundant?	2
		J13	CORE	Are you worried about it being difficult for you to find another job if you became unemployed?	2
Insecurity over working conditions	IW	IW1	CORE	Are you worried about being transferred to another job against your will?	2
		IW2	LONG	Are you worried about your working tasks being changed against your will?	2
		IW3	MIDDLE	Are you worried about the timetable being changed (shift, weekdays, time to enter and leave ...) against your will?	2
		IW4	MIDDLE	Are you worried about a decrease in your salary (reduction, variable pay being introduced ...)?	2
		IW5	LONG	Are there good prospects in your job?	2R
Quality of work	QW	QW1	LONG	To what extent do you find it possible to perform your work tasks at a satisfactory quality?	2
		QW2	MIDDLE	Are you satisfied with the quality of the work performed at your workplace?	2
Satisfaction with work – job satisfaction	JS	JS_T		Regarding your work in general. How pleased are you with	
		JS1	MIDDLE	your work prospects?	6
		JS2	LONG	the physical working conditions?	6
		JS3	LONG	the way your abilities are used?	6
		JS4	CORE	your job as a whole, everything taken into consideration?	6
Work life conflict	WF	JS5	MIDDLE	your salary?	6
		WFX1	LONG	Are there times when you need to be at work and at home at the same time?	1
		WF_T		The next four questions concern the ways in which your work affects your private life:	

Scale	Dimension name	Item name	Level	Question	Response options*
		WF2	CORE	Do you feel that your work drains so much of your energy that it has a negative effect on your private life?	2
		WF3	CORE	Do you feel that your work takes so much of your time that it has a negative effect on your private life?	2
		WF5	LONG	The demands of my work interfere with my private and family life?	2
		WF6	LONG	Due to work-related duties, I have to make changes to my plans for private and family activities.	2
Into Trust & Justice				The next questions are not about your own job but about the whole company you work at.	
Horizontal trust	TE	TE1	LONG	Do the employees withhold information from each other?	2R
		TE2	LONG	Do the employees withhold information from the management?	2R
		TE3	MIDDLE	Do the employees in general trust each other?	2
Vertical trust	TM	TM1	CORE	Does the management trust the employees to do their work well?	2
		TMX2	CORE	Can the employees trust the information that comes from the management?	2
		TM3	LONG	Does the management withhold important information from the employees?	2R
		TM4	MIDDLE	Are the employees able to express their views and feelings?	2
Organizational justice	JU	JU1	CORE	Are conflicts resolved in a fair way?	2
		JU2	LONG	Are employees appreciated when they have done a good job?	2
		JU3	LONG	Are all suggestions from employees treated seriously by the management?	2
		JU4	CORE	Is the work distributed fairly?	2
Intro Negative acts				Conflicts and the like at work	
Gossip and slander	GS	GS1	LONG	Have you been exposed to gossip and slander at your workplace during the last 12 months?	4
		GS2	LONG	If yes, from whom? (You may tick off more than one)	5M
Conflicts and quarrels	CQ	CQ1	LONG	Have you been involved in quarrels or conflicts at your workplace during the last 12 months?	4
Unpleasant teasing	UT	UT1	LONG	Have you been exposed to unpleasant teasing at your workplace during the last 12 months?	4
		UT2	LONG	If yes, from whom? (You may tick off more than one)	5M
Harassment in social media	HSM	HSM1	LONG	Have you been exposed to work-related harassment on the social media (e.g. Facebook), by e-mail or text messages during the last 12 months?	4
		HSM2	LONG	If yes, from whom? (You may tick off more than one)	5M
Sexual harassment	SH	SH1	LONG	Have you been exposed to undesired sexual attention at your workplace during the last 12 months?	4
		SH2	LONG	If yes, from whom? (You may tick off more than one)	5M
Threats of violence	TV	TV1	LONG	Have you been exposed to threats of violence at your workplace during the last 12 months?	4
		TV2	LONG	If yes, from whom? (You may tick off more than one)	5M
Physical violence	PV	PV1	LONG	Have you been exposed to physical violence at your workplace during the last 12 months?	4
		PV2	LONG	If yes, from whom? (You may tick off more than one)	5M
Bullying	BU	BU1	LONG	Have you been exposed to bullying at your workplace during the last 12 months?	4
		BU3	LONG	If yes, from whom? (You may tick off more than one)	5M

Scale	Dimension name	Item name	Level	Question	Response options*
		BU2	LONG	How often do you feel unjustly criticized, bullied or shown up in front of others by your colleagues or your superior?	1
		BU4	LONG	If yes, from whom? (You may tick off more than one)	5M
Into health				The following five questions are about your own health and well-being. Please do not try to distinguish between symptoms that are caused by work and symptoms that are due to other causes. The task is to describe how you are in general. The questions are about your health and well-being during the last four weeks:	
Self rated health	GH	GH1	CORE	In general, would you say your health is:	7
		GH2	LONG	If you evaluate the best conceivable state of health at 10 points and the worst at 0 points: How many points do you then give your present state of health?	8
Sleeping troubles	SL	SL_T	LONG	Top page: These questions are about how you have been during the last 4 weeks.	
		SL1	LONG	How often have you slept badly and restlessly?	9
		SL2	LONG	How often have you found it hard to go to sleep?	9
		SL3	LONG	How often have you woken up too early and not been able to get back to sleep?	9
		SL4	LONG	How often have you woken up several times and found it difficult to get back to sleep?	9
Burnout	BO	BO_T	LONG	Top page: These questions are about how you have been during the last 5 weeks.	
		BO1	LONG	How often have you felt worn out?	9
		BO2	LONG	How often have you been physically exhausted?	9
		BO3	LONG	How often have you been emotionally exhausted?	9
		BO4	LONG	How often have you felt tired?	9
Stress	ST	ST_T	LONG	Top page: These questions are about how you have been during the last 5 weeks.	
		ST1	LONG	How often have you had problems relaxing?	9
		ST2	LONG	How often have you been irritable?	9
		ST3	LONG	How often have you been tense?	9
Somatic stress	SO	SO_T	LONG	Top page: These questions are about how you have been during the last 5 weeks.	
		SO1	LONG	How often have you had stomach ache?	9
		SO2	LONG	How often have you had a headache?	9
		SO3	LONG	How often have you had palpitations?	9
		SO4	LONG	How often have you had tension in various muscles?	9
Cognitive stress	CS	CS_T	LONG	Top page: These questions are about how you have been during the last 5 weeks.	
		CS1	LONG	How often have you had problems concentrating?	9
		CS2	LONG	How often have you found it difficult to think clearly?	9
		CS3	LONG	How often have you had difficulty in taking decisions?	9
		CS4	LONG	How often have you had difficulty with remembering?	9

Scale	Dimension name	Item name	Level	Question	Response options*
Depressive symptoms	DS	DS_T	LONG	Top page: These questions are about how you have been during the last 5 weeks.	
		DS1	LONG	How often have you felt sad?	9
		DS2	LONG	How often have you lacked self-confidence?	9
		DS3	LONG	How often have you had a bad conscience or felt guilty?	9
		DS4	LONG	How often have you lacked interest in everyday things?	9
Self-efficacy	SE	SE_T		Top of page: How well do these descriptions fit on you as a person?	
		SE1	LONG	I am always able to solve difficult problems, if I try hard enough.	10
		SE2	LONG	If people work against me, I find a way of achieving what I want.	10
		SE3	LONG	It is easy for me to stick to my plans and reach my objectives.	10
		SE4	LONG	I feel confident that I can handle unexpected events.	10
		SE5	LONG	When I have a problem, I can usually find several ways of solving it.	10
		SE6	LONG	Regardless of what happens, I usually manage.	10

\*Response options explanation:

1: Always; Often; Sometimes; Seldom; Never/hardly ever

1R: Always; Often; Sometimes; Seldom; Never/hardly ever (Reversed scoring)

2: To a very large extent; To a large extent; Somewhat; To a small extent; To a very small extent

2R: To a very large extent; To a large extent; Somewhat; To a small extent; To a very small extent (Reversed scoring)

3: Never, Seldom, Sometimes, Often, Always

4: Yes, daily; Yes, weekly; Yes, monthly; Yes, a few times; No

5M: Colleagues, Manager/superior, Subordinates, Clients/customers/patients (Multiple response options)

6: Very satisfied, Satisfied, Neither/Nor, Unsatisfied, Very unsatisfied

7: Excellent, Very good, Good, Fair, Poor

8: 0, 1, 2, 4, 5, 6, 7, 8, 9, 10

9: All the time; A large part of the time; Part of the time; A small part of the time; Not at all

10: Fits perfectly; Fits quite well; Fits a little bit; Does not fit

\*\*Including the response option, if deemed necessary: 'I do not have a supervisor'.

\*\*\*Including the response option, if deemed necessary: 'I do not have colleagues'.

Note that CORE items are mandatory in all national versions of COPSOQ. Choice of items for national MIDDLE versions can deviate from the international version listed here