**Attachment D3**

**Spielberger Stress Survey**

Form Approved

OMB No. 0920-xxxx

Exp. Date xx/xx/20xx

Spielberger Stress Survey

ID Number \_\_\_\_\_\_\_\_\_\_

I. This section contains a list of job-related items that have been identified by police officers as stressful. Please rate each item as follows:

1. In the stress rating column below, please mark from 0-100 how stressful **you think this event might be** for a police officer. The higher the score, the more stressful the item. **Please assign a stress rating, even if you have not experienced this event.**

2. Mark an “X” for the number of times that you have personally experienced the item within the past month and during the past year.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **Stress Rating**  **(0-100)** | **Mark an “X” for the Number of Times this Event Occurred** | | | | | | | | | | | | | |
|  |  |  | **In the Past Month** | | | | | | | **In the Past Year** | | | | | | |
|  |  |  | **0** | **1** | | **2** | **3-5** | **6-9** | **10+** | **0** | **1** | **2-5** | **6-10** | **11-24** | **25+** |
| 1 | Assignment of disagreeable duties |  |  |  | |  |  |  |  |  |  |  |  |  |  |
| 2 | Changing from day to night shift |  |  |  | |  |  |  |  |  |  |  |  |  |  |
| 3 | Assignment to new or unfamiliar duties |  |  |  | |  |  |  |  |  |  |  |  |  |  |
| 4 | Fellow officers not doing their job |  |  |  | |  |  |  |  |  |  |  |  |  |  |
| 5 | Court leniency with criminals |  |  |  | |  |  |  |  |  |  |  |  |  |  |
| 6 | Political pressure from within the department |  |  |  | |  |  |  |  |  |  |  |  |  |  |
| 7 | Political pressure from outside the department |  |  |  | |  |  |  |  |  |  |  |  |  |  |
|  |  |  | **In the Past Month** | | | | | | | **In the Past Year** | | | | | | |
|  |  |  | **0** | **1** | **2** | | **3-5** | **6-9** | **10+** | **0** | **1** | **2-5** | **6-10** | **11-24** | **25+** |
| 8 | Incapacitating physical injury on the job |  |  |  |  | |  |  |  |  |  |  |  |  |  |
| 9 | Working a second job |  |  |  |  | |  |  |  |  |  |  |  |  |  |
| 10 | Strained relations with non-police friends |  |  |  |  | |  |  |  |  |  |  |  |  |  |
| 11 | Exposure to death of civilians |  |  |  |  | |  |  |  |  |  |  |  |  |  |
| 12 | Inadequate support by supervisor |  |  |  |  | |  |  |  |  |  |  |  |  |  |
| 13 | Inadequate support by department |  |  |  |  | |  |  |  |  |  |  |  |  |  |
| 14 | Court appearances on day off or day following night shift |  |  |  |  | |  |  |  |  |  |  |  |  |  |

Public reporting burden of this collection of information is estimated to average 7 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to CDC/ATSDR Information Collection Review Office, 1600 Clifton Road NE, MS D-74, Atlanta, Georgia 30333; ATTN: PRA (XXXX).

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **Stress Rating**  **(0-100)** | **Mark an “X” for the Number of Times this Event Occurred** | | | | | | | | | | | | | | | | |
|  |  |  | **In the Past Month** | | | | | | | | | | | **In the Past Year** | | | | | |
|  |  |  | **0** | | **1** | | **2** | | **3-5** | | **6-9** | | **10+** | **0** | **1** | **2-5** | **6-10** | **11-24** | **25+** |
| 15 | Assignment of incompatible partner |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |  |
| 16 | Delivering a death notification |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |  |
| 17 | Periods of inactivity and boredom |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |  |
| 18 | Dealing with family disputes and crisis situations |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |  |
| 19 | High-speed chases |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |  |
| 20 | Difficulty getting along with supervisors |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |  |
| 21 | Responding to a felony in progress |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |  |
| 22 | Experiencing negative attitudes toward police officers |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |  |
|  |  | **Stress Rating**  **(0-100)** | **In the Past Month** | | | | | | | | | | | **In the Past Year** | | | | | |
|  |  |  | **0** | **1** | | **2** | | **3-5** | | **6-9** | | **10+** | | **0** | **1** | **2-5** | **6-10** | **11-24** | **25+** |
| 23 | Public criticism of police |  |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |
| 24 | Disagreeable departmental regulations |  |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |
| 25 | Confrontations with aggressive crowds |  |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |
| 26 | Fellow officer killed in the line of duty |  |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |
| 27 | Distorted or negative press accounts of police |  |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |
| 28 | Making critical on-the-spot decisions |  |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |
| 29 | Ineffectiveness of the judicial system |  |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |
| 30 | Ineffectiveness of the correctional system |  |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **Stress Rating**  **(0-100)** | **In the Past Month** | | | | | | | | | **In the Past Year** | | | | | |
|  |  |  | **0** | **1** | | **2** | **3-5** | | **6-9** | | **10+** | **0** | **1** | **2-5** | **6-10** | **11-24** | **25+** |
| 31 | Personal insult from citizen |  |  |  | |  |  | |  | |  |  |  |  |  |  |  |
| 32 | Insufficient manpower to adequately handle a job |  |  |  | |  |  | |  | |  |  |  |  |  |  |  |
| 33 | Lack of recognition for good work |  |  |  | |  |  | |  | |  |  |  |  |  |  |  |
| 34 | Excessive or inappropriate discipline |  |  |  | |  |  | |  | |  |  |  |  |  |  |  |
| 35 | Performing non-police tasks |  |  |  | |  |  | |  | |  |  |  |  |  |  |  |
| 36 | Demands made by family for more time |  |  |  | |  |  | |  | |  |  |  |  |  |  |  |
| 37 | Promotion or commendation |  |  |  | |  |  | |  | |  |  |  |  |  |  |  |
| 38 | Inadequate or poor quality equipment |  |  |  | |  |  | |  | |  |  |  |  |  |  |  |
|  |  | **Stress Rating**  **(0-100)** | **In the Past Month** | | | | | | | | | **In the Past Year** | | | | | |
|  |  |  | **0** | | **1** | **2** | | **3-5** | | **6-9** | **10+** | **0** | **1** | **2-5** | **6-10** | **11-24** | **25+** |
| 39 | Assignment of increased responsibility |  |  | |  |  | |  | |  |  |  |  |  |  |  |  |
| 40 | Racial pressures or conflicts |  |  | |  |  | |  | |  |  |  |  |  |  |  |  |
| 41 | Lack of participation on policy-making decisions |  |  | |  |  | |  | |  |  |  |  |  |  |  |  |
| 42 | Inadequate salary |  |  | |  |  | |  | |  |  |  |  |  |  |  |  |
| 43 | Accident in a patrol car |  |  | |  |  | |  | |  |  |  |  |  |  |  |  |
| 44 | Physical attack on one’s person |  |  | |  |  | |  | |  |  |  |  |  |  |  |  |
| 45 | Demands for high moral standards |  |  | |  |  | |  | |  |  |  |  |  |  |  |  |
| 46 | Situations requiring use of force |  |  | |  |  | |  | |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **Stress Rating**  **(0-100)** | **In the Past Month** | | | | | | | | | | | **In the Past Year** | | | | | |
|  |  |  | **0** | **1** | | **2** | | **3-5** | | **6-9** | | **10+** | | **0** | **1** | **2-5** | **6-10** | **11-24** | **25+** |
| 47 | Job conflict (by-the-book vs. by-the-situation) |  |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |
| 48 | Court decisions unduly restricting police |  |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |
| 49 | Killing someone in the line of duty |  |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |
| 50 | Making arrests while alone |  |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |
| 51 | Public apathy toward police |  |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |
| 52 | Competition for advancement |  |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |
| 53 | Poor or inadequate supervision |  |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |
|  |  | **Stress Rating**  **(0-100)** | **In the Past Month** | | | | | | | | | | | **In the Past Year** | | | | | |
|  |  |  | **0** | | **1** | | **2** | | **3-5** | | **6-9** | | **10+** | **0** | **1** | **2-5** | **6-10** | **11-24** | **25+** |
| 54 | Exposure to battered or dead children |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |  |
| 55 | Plea bargaining and technical rulings leading to case dismissal |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |  |
| 56 | Frequent changes from boring to demanding activities |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |  |
| 57 | Exposure to adults in pain |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |  |
| 58 | Possibility of minor physical injury on the job |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |  |
| 59 | Put-downs and mistreatment of police officers in court |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |  |
| 60 | Excessive paperwork |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |  |