

## **Attachment D3**

### **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													



