



# GMB@PUBLIC SERVICES

## STRESS AND MENTAL HEALTH AT WORK SURVEY

GMB is deeply concerned about the mental health of members in the public sector, especially those working for Local Authorities.

The period from 2010 to the present day has seen massive funding cuts for councils, and we know only too well that this means more work for fewer people.

Before GMB can tackle the issue, we need to know how it is affecting our members, and what if anything is already in place to manage mental health conditions and stress at work.

We have developed this questionnaire, incorporating HSE's Stress Management Standards, to help identify where issues exist, and what actions will be needed to make a positive difference to the situation where you work.

**THE MORE MEMBERS THAT COMPLETE THE SURVEY, THE MORE EVIDENCE WE WILL HAVE TO CHALLENGE WITH AND MAKE A CHANGE FOR YOU.**

- This survey is totally confidential.
- Your manager will not know if you have filled in this survey.
- GMB will use this survey to negotiate better working conditions with your employer.

**TO IMPROVE HEALTH AND SAFETY CONDITIONS REQUIRES A STRONG UNION. IF YOU ARE NOT YET A MEMBER OF GMB JOIN TODAY.**

**JOIN ONLINE**  
[www.gmb.org.uk/join](http://www.gmb.org.uk/join)

[www.gmblondon.org.uk](http://www.gmblondon.org.uk)  
f [GMBLondonRegion](#)  
t [@GMBLondonRegion](#)

**UNIONLINE**  
YOUR TRADE UNION LAW FIRM  
0300 333 0303  
[www.unionline.co.uk](http://www.unionline.co.uk)



# STRESS AND MENTAL HEALTH AT WORK SURVEY

Please take a few moments to fill in this important confidential questionnaire.

Once you have completed this survey you can either hand it over to your GMB Representative or send it freepost to: FREEPOST GMB LONDON REGION. You don't need a stamp or any other address details.

Alternatively, you can complete this survey online at:  
[www.surveymonkey.co.uk/r/gmblondonstessandmentalhealthsurvey](http://www.surveymonkey.co.uk/r/gmblondonstessandmentalhealthsurvey)



1. Your name: .....
2. Name of Employer: .....
3. Your job title: .....
4. Are you a GMB Member  Yes  No
5. If not, are you currently a member of any other trade union? .....
6. Please state how long you have worked in your current job/post:  
 1 month–1 year  1 year–3 years  3 years–5 years  5 years–10 years  10 years +
7. Do you work for the employer directly?  Yes  No
8. What type of contract do you have:  
 Permanent  Short-term  Temp  Self-employed  Zero hours
9. If you temp, which agency do you work for? .....
10. How long have you worked in this industry:  
 1 month–1 year  1 year–3 years  3 years–5 years  5 years–10 years  10 years +

	Never	Seldom	Sometimes	Often	Always
11. I am clear what is expected of me at work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I can decide when to take a break	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Different groups at work demand things from me that are hard to combine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I know how to go about getting my job done	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I am subject to personal harassment in the form of unkind words or behaviour	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I have achievable deadlines	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. If work gets difficult, my colleagues will help me out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Never	Seldom	Sometimes	Often	Always
18. I am given supportive feedback on the work I do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. I have to work very intensively	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I have a say in my own work speed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. I am clear what my duties and responsibilities are	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. I have to neglect some tasks because I have too much to do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. I am clear about the goals and objectives for my department	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. There is a friction or anger between colleagues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. I have a choice in deciding how I do my work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. I am unable to take sufficient breaks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. I understand how my work fits into the overall aim of the organisation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. I am pressured to work long hours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. I have a choice in deciding what I do at work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30. I have to work very fast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31. I am subject to bullying at work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32. I have unrealistic time pressures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33. I can rely on my line manager to help me out with a work problem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34. I get help and support I need from colleagues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35. I have some say over the way I work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36. I Have sufficient opportunities to question managers about change at work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37. I receive the respect at work I deserve from my colleagues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

For any further comments please write in the box below

