

Curbow Teacher Job Stress Inventory

Staff Number: _____

Date: _____

Job demands

How often do the following things happen at work?

	Rarely/ Never	Occasionally	Sometimes	Often	Most of the time/ always
1. Parents come late to pick up their children	0	1	2	3	4
2. Parents blame their children's bad behavior on day care	0	1	2	3	4
3. Children have behavior problems that are hard to deal with	0	1	2	3	4
4. I feel there are major sources of stress in the children's lives that I can't do anything about	0	1	2	3	4
5. Parents bring in children who are sick	0	1	2	3	4
6. I feel I should be paid more for the work that I do	0	1	2	3	4
7. I need to be nice no matter how I really feel	0	1	2	3	4
8. I feel like I have to be a parent and a teacher to the children	0	1	2	3	4
9. I feel like I have to be both a friend and a business person with the parents	0	1	2	3	4
10. I buy supplies for children out of my own money	0	1	2	3	4
11. I have to work long hours	0	1	2	3	4
12. All of the children need attention at the same time	0	1	2	3	4
13. I feel like I must look after the needs of my own children while I am working	0	1	2	3	4
14. I feel pressure from my family to do a different kind of work	0	1	2	3	4

Job resources

How often do the following things happen at work?

	Rarely/ Never	Occasionally	Sometimes	Often	Most of the time/ always
1. I know the children are happy with me	0	1	2	3	4
2. I know the children want to be with me	0	1	2	3	4
3. I feel the love of the children for me	0	1	2	3	4
4. I feel like I become close to the children	0	1	2	3	4
5. I have one-on-one time with the children	0	1	2	3	4
6. I see children do special things before their parents do	0	1	2	3	4
7. I know that I am appreciated by the parents	0	1	2	3	4
8. I get praise from the parents for the work that I do	0	1	2	3	4
9. I feel respected for the work that I do	0	1	2	3	4
10. I feel the satisfaction of knowing I am helping the parents	0	1	2	3	4
11. I see that my work is making a difference with a child	0	1	2	3	4
12. I feel like I am doing a “real” job	0	1	2	3	4
13. I know that the work I am doing is important	0	1	2	3	4
14. I feel like I am helping the children grow and develop	0	1	2	3	4
15. I know that the people who are important to me think that I am doing a “real job”	0	1	2	3	4
16. I have fun with the children	0	1	2	3	4
17. I feel like I am teaching the children the skills they need for school	0	1	2	3	4

Job control

How much control do you have over the following things at work?

	No control	A little control	A medium amount of control	A lot of control	Total control
1. When daily activities take place.	0	1	2	3	4
2. The types of daily activities that you do.	0	1	2	3	4
3. When the children go on outings.	0	1	2	3	4
4. How often you work late.	0	1	2	3	4
5. Getting the children to do what you want.	0	1	2	3	4
6. The availability of supplies that you need.	0	1	2	3	4
7. Getting parents to be consistent with you in how to deal with the child.	0	1	2	3	4
8. Getting the parents to work with you on a behavior problem.	0	1	2	3	4
9. Getting parents to follow the rules and policies.	0	1	2	3	4
10. How much you are paid.	0	1	2	3	4
11. When you are paid.	0	1	2	3	4
12. The number of children you care for.	0	1	2	3	4
13. Taking time off from work when you need it.	0	1	2	3	4
14. Cutting back on the number of hours that you work.	0	1	2	3	4
15. How easy it would be for you to change jobs.	0	1	2	3	4
16. When the parents pick up their children.	0	1	2	3	4
17. Taking time by yourself during the workday.	0	1	2	3	4