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| **Domain:** | Social Environments |
| **Measure:** | Job Strain |
| **Definition:** | This measure is a questionnaire that assesses how much stress a person experiences in their job. |
| **Purpose:** | This measure can be used to assess how much stress a respondent experiences at work by assessing work demands and the extent to which workers can use their skills and discretion on the job. Many studies suggest that jobs that offer little decision latitude and high levels of demands are associated with cardiovascular disease and indicators of mental health such as anxiety and depression (Karasek et al., 1998, Landsbergis et al., 1994). |
| **Essential PhenX Measures:** |  |
| **Related PhenX Measures:** |  |
| **Collections:** |  |
| **Keywords:** | Work, Work Related Stress, Demand-Control Model, Job Stress, Job Control, Stress, Job Content Questionnaire, JCQ, Job Strain, proprietary, Social Environments |

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| **Protocol Release Date:** | October 20, 2010 |
| **PhenX Protocol Name:** | Job Strain |
| **Protocol Name from Source:** | This section will be completed when reviewed by an Expert Review Panel. |
| **Description:** | This protocol includes 15 self-administered questions from the Skill Discretion (seven items), Decision Authority (three items), and Psychological Job Demands (five items) subscales of the Job Content Questionnaire. The protocol includes basic instructions for scoring the subscales and using the subscales to calculate job strain. |
| **Specific Instructions:** | The Job Content Questionnaire is a proprietary protocol. A license for the Job Content Questionnaire can be obtained from the Job Content Questionnaire Center website (http://jcqcenter.org/). Currently, there is a usage charge for research projects containing over 500 participants. |
| **Protocol:** | **Summary of the Skill Discretion, Decision Authority and Psychological Job Demands subscales of the Job Content Questionnaire**The Skill Discretion subscale includes questions that ask the respondent to rate whether or not she or he learns new things, performs repetitive work, can develop her or his own abilities, and her or his work has variety.The Decision Authority subscale includes questions that ask the respondent to rate whether or not she or he makes her or his own decisions and has a lot of input at work. The Psychological Job Demands subscale asks the respondent to rate whether or not they have to work hard; have to work fast; have excessive work, have enough time; and have conflicting demands.**Scoring Instructions**Each question response includes a four point Likert scale: strongly disagree, disagree, agree, and strongly agree. Responses from specific questions are added together and multiplied by a weighting factor to generate scores for each subscale. Skill Discretion and Decision Authority subscales are added together to generate a Decision Latitude score. Employees are scored as having high job strain if they are above the median for Psychological Job Demands and below the median for Decision Latitude.  |
| **Selection Rationale:** | The Job Content Questionnaire is a validated, widely used instrument that is easy to use and administer. It has been used in diverse samples and countries to study the physical and psychological correlates of working conditions. The Job Content Questionnaire demonstrates substantial predictive validity with respect to stress-related chronic disease in international and U.S. research (Karasek et al., 1998). |
| **Source:** | The Job Content Questionnaire is a proprietary instrument available from the Job Content Questionnaire Center:Job Content Questionnaire CenterDepartment of Work EnvironmentUniversity of Massachusetts LowellLowell, MA 01854 USAPhone: 978.934.3348E-mail: jcqcenter@uml.eduWebsite: http://www.jcqcenter.org/ |
| **Life Stage:** | Adult |
| **Language of source:** | English, Available in other languages |
| **Participant:** | Adults, aged 18 years and older |
| **Personnel and Training Required:** | None |
| **Equipment Needs:** | The respondent will need a copy of the questionnaire and a pen or pencil. |
| **Standards:** |

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| **Standard** | **Name** | **ID** | **Source** |
| Common Data Element (CDE) | Social Environment Job Strain Assessment Score | 3151140 | [CDE Browser](https://cdebrowser.nci.nih.gov/CDEBrowser/search?elementDetails=9&FirstTimer=0&PageId=ElementDetailsGroup&publicId=3151140&version=1.0) |
| Logical Observation Identifiers Names and Codes (LOINC) | Job strain proto | 63034-3 | [LOINC](http://s.details.loinc.org/LOINC/63034-3.html?sections=Web) |

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| **General references:** | Karasek, R., Brisson, C., Kawakami, N., Houtman, I., Bongers, P., & Amick, B. (1998) The Job Content Questionnaire (JCQ): An instrument for internationally comparative assessment of psychosocial job characteristics. *Journal of Occupational Health Psychology, 3*, 322-355.Karasek, R., & Theorell, T. (1990). *Healthy work: Stress, productivity, and the reconstruction of working life*. New York: Basic Books. Landsbergis, P.A., Schnall, P.L., Warren, K., Pickering, T.G., & Schwartz, J.E. (1994) Association between ambulatory blood pressure and alternative formulations of job strain. *Scandinavian Journal of Work, Environment & Health, 20,* 349-63. |
| **Mode of Administration:** | Self-administered questionnaire |
| **Derived Variables:** | None |
| **Requirements:** |

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| **Requirement Category** | **Required** |
| Major equipment | No |
| Specialized training | No |
| Specialized requirements for biospecimen collection | No |
| Average time of greater than 15 minutes in an unaffected individual | No |

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| **Process and Review:** | This section will be completed when reviewed by an Expert Review Panel. |