



# National Psychosocial Workplace Survey Tool - StressAssess

**Occupational Health Clinics  
for Ontario Workers**



**Centres de santé des travailleurs  
(ses) de l'Ontario**

John Oudyk, OHCOW  
Sue Freeman, CCOHS



---

# Mental Injury Toolkit

[Home](#) > [Key Programs](#) > Mental Injury Toolkit



## Mental Injury Toolkit

This guide and resource kit will provide workers a basic understanding and a place to start to learn about workplace stress and what to do about it. The guide gives definitions, common causes of mental distress, legal frameworks (focusing on Ontario), possible actions to take, and resources available. It is an introduction and action guide created by workers for workers.

Click on [Measure Workplace Stress App](#) to access download information for a smartphone App that lets you answer the MIT questionnaire and measure your level of stress.

**Note:** Click headings for content.

[Introduction: Worker Call to Action](#)

# Measure Workplace Stress App

July '15-March '17

- 4,000+ uses
- Apple iOS, Android and Blackberry Versions



# Welcome to StressAssess

A survey of the psychosocial factors  
in your workplace



Demographic



Physical



Psychosocial



Personal



Workplace



Health and  
Well-being



Violence and  
Bullying

Based on the Copenhagen Psychosocial Questionnaire (COPSOQ) and  
customized to address concerns within the Canadian workplace.



# Getting Started

## The Five Step Approach



# Workplace Stressors

also know as

## psychosocial hazards

- Excessive demands
- Offensive behaviours
  - Role conflict
- Lack of justice & respect

can affect your **mental** and **physical** health.



---

## Choose from two versions



# The Questions

Build your survey from a set of mandatory and optional questions:

- To what extent do you agree that your job security is good?
- Does your workplace have a violence and harassment policy?
- How well are biological hazards managed?
- To what extent would you say your immediate superior gives high priority to job satisfaction?
- How often have you woken up several times and found it difficult to get back to sleep?
- Have you been exposed to bullying at your workplace during the last 12 months?



---

# The Wizard

A **web-based wizard** steps you through the process to administer your survey:

- > PREPARE
  - > ANNOUNCE
    - > CREATE
      - > BUILD
        - > TEST
          - > DEPLOY
            - > REMIND
              - > MONITOR
                - > EVALUATE

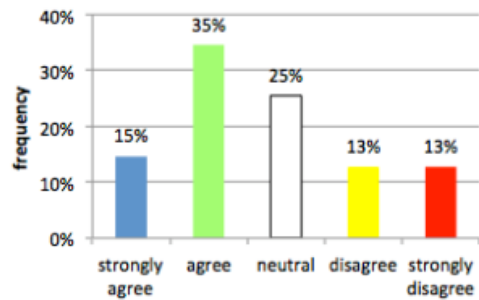


## WORKING CONDITIONS



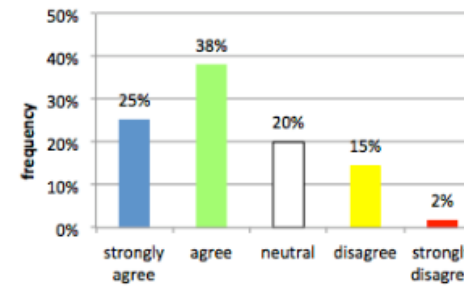
### Job Security

Q. To what extent do you agree that your job security is good?



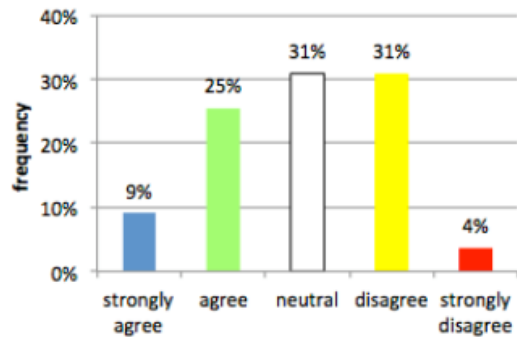
### Adequate Resources

Q. To what extent do you agree that your workplace has enough resources to do the job the way it should be done?

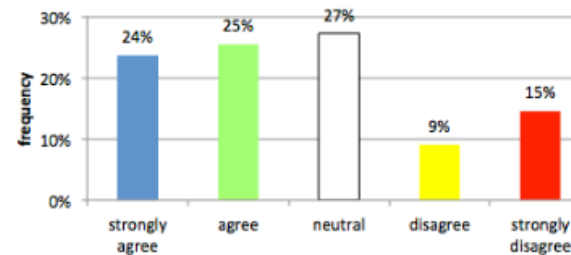


### Adequate Staffing Levels

Q. To what extent do you agree that staffing levels are adequate?



### Accommodation for Outside Responsibilities



## Comparison with Canadian Reference Population

Save Image  
↓



◀ worse than average | better than average ▶

SHOW SCALE



---

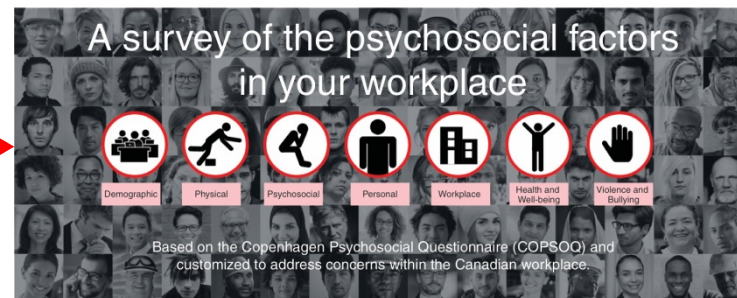
# Staged Implementation

- Feb-June 2017:
  - Design/programming/testing
  - English version completed
- June-August 2017:
  - French version completed
  - Client testing completed
- September 2017: **Public launch!**

# Client Testing Available

- Want to test in your workplace?
- Or...Have questions about StressAssess?
- Contact John Oudyk (OHCOW) or Sue Freeman (CCOHS)

## Welcome to StressAssess





---

# Thank You!

- John Oudyk, OHCOW  
[joudyk@ohcow.on.ca](mailto:joudyk@ohcow.on.ca)  
905-549-2552
- Sue Freeman, CCOHS  
[Susan.Freeman@ccohs.ca](mailto:Susan.Freeman@ccohs.ca)  
905-572-2981 x4554