

Emergency Public Safety Coping Techniques Survey

The purpose of this survey is to discover how various people working in the emergency public safety professions (Fire, EMS, Police, 911 Dispatch, Search and Rescue, etc.) cope with the stress they encounter on a daily basis. Because persons in a variety of professions will answer this survey, it uses the terms victims, suspects and recipients to refer to the people for whom you provide emergency services.

On the following pages there are 33 statements of job-related feelings. Please read each statement carefully and decide if you ever use this coping strategy to manage work related stress. If you have never used this coping strategy, write a "0" (zero) before the statement. If you have used this coping strategy, indicate how frequently you use it by writing the number (from 1 to 6) that best describes how frequently you use it. An example is shown below.

Example:

HOW OFTEN	0	1	2	3	4	5	6
	Never	A few times a year or less	Once a month or less	A few times a month	Once a week	A few times a week	Every day

HOW OFTEN
0-6

_____ Statement
Ignore the source of stress.

If you never ignore the source of stress at work, you would write the number "0" (zero) under the heading "HOW OFTEN." If you rarely ignore the source of stress at work (a few times a year or less), you would write the number "1." If you ignore the source of stress fairly frequently (a few times a week, but not daily) you would write a "5."

Emergency Public Safety Professionals Coping Techniques Survey

HOW OFTEN	0	1	2	3	4	5	6
	Never	A few times a year or less	Once a month or less	A few times a month	Once a week	A few times a week	Every day

HOW OFTEN

0 - 6

Statements: "When I'm under stress..."

1. _____ I change the source of stress.
2. _____ I confront the source of stress.
3. _____ I find positive aspects in the situation.
4. _____ I talk about the source of stress.
5. _____ I change myself.
6. _____ I get involved in other activities.
7. _____ I ignore the source of stress.
8. _____ I avoid the source of stress.
9. _____ I leave the source of stress.
10. _____ I drink alcohol or use drugs.
11. _____ I get sick.
12. _____ I collapse.
13. _____ I pray.
15. _____ I meditate.
16. _____ I go shopping.
17. _____ I make more arrests even for minor infractions.
18. _____ I become verbally abusive to people.
19. _____ I become physically abusive to people.
20. _____ I like to use my authority to push people around.
21. _____ I drink on duty.
22. _____ I refuse to become involved.
23. _____ I look for any excuse to call in sick.
24. _____ I get into arguments with fellow officers/co-workers.
25. _____ I deliberately place myself in danger.

26. _____ I provoke people under arrest to violence.
27. _____ I argue with supervisors.
28. _____ I am apt to respond with force when challenged.
29. _____ I criticize the actions of other officers/coworkers and supervisors.
30. _____ I lose interest in the job.
31. _____ I sleep on duty.
32. _____ I deliberately disobey Department rules and regulations.
33. _____ I count the days until retirement.

Copy right 2001, Chace