The 20-item **Operational Police Stress Questionnaire (PSQ-Op)** was created to measure one of the most common stressors for police officers; operational stress. The relationship between stress and work has been a rising topic for discussion and research over the past few years. Stress related to work is taking a toll on the employees as well as the employers. Reduced productivity, absenteeism, and employee turnovers are all stress-related issues that may negatively affect employers with burnt-out employees. The Operational Police Stress Questionnaire (PSQ-Op) is psycho-metrically sound to measure the operational stressors that policing entails. The PSQ-Op should be used in future programs investigating the association between physical health, stress, and psychological well-being.

**Author**

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**To Access this Instrument**

**Operational Police Stress Questionnaire**

**Reliability and Validity**

In the report by developer McCreary DR & Thompson MM (2004), *The development of a reliable and valid measure of stressors in policing*: A summary of findings from WSIB Development Grant 02-051, showed that the PSQ-Op is highly reliable (alphas > .09; corrected item-total correlations between .40 and .60) and positively correlated (r = .50 or less) with other general stress measures.

**Administration, Analysis and Reporting**

Statistics Solutions consists of a team of professional methodologists and statisticians that can assist the student or professional researcher in administering the survey instrument, collecting the data, conducting the analyses and explaining the results.

For additional information on these services, **click here**.

**Dissertations that have used the Operational Police Stress Questionnaire**


**References**


**Other Survey Instruments in the Stress/Anxiety/Depression**

- Beck Anxiety Inventory (BAI)
- Beck Depression Inventory (BDI)
- Consideration of Future Consequences Scale (CFCS)
- Coping Resources Inventory (CRI)
- Depression and Anxiety in Youth Scale (DAYS)
- Fear of Negative Evaluation (FNE)
- Generalized Anxiety Disorder 7 (GAD-7)
- Hassles and Uplifts (HSUP)
- Impact of Event Scale (IES)
- Overcoming Depression and Loss Workbook
- Perceived Stress Scale
- Police Stress Survey (PSS)
- Posttraumatic Stress Diagnostic Scale (PDS)
- Revised Children’s Manifest Anxiety Scale (RCMAS-2)
- School Situation Survey (SSS)
- Social Avoidance and Distress Scale (SADS)
- State-Trait Anxiety Inventory (STAI)
- Test Anxiety Inventory (TAI)
- Understanding and Managing Your Stress (UMYS)
- Understanding and Managing Your Anxiety (UMYAS)
- Zung Self-Rating Anxiety Scale (SAS)
- Zung Self-Rating Depression Scale (ZSDS)