

**Long Term Conditions Job Strain Scale– British-English.**

These questions ask about what might make working with arthritis or a musculoskeletal condition stressful for you. Please **tick the box** indicating how much you agree or disagree with each question:

*Firstly:*

**Are you self-employed (including business owner)?** Yes  No

**Do you have co-workers, work colleagues or employees?** Yes  No

<b><i>How stressful....</i></b>	<b><i>Not at all stressful</i></b>	<b><i>A little stressful</i></b>	<b><i>Somewhat stressful</i></b>	<b><i>Quite a bit stressful</i></b>	<b><i>Extremely stressful</i></b>
1. ...do the symptoms of your condition make your work? For example, pain or fatigue?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. ...is the day-to-day uncertainty about how you will feel at work?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. ...do your shifts or work hours, combined with your condition, make your work?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. ... do the demands of your job, combined with your condition, make your work?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b><i>How stressful....</i></b>					
5. ... are thoughts about the impact of your condition on your finances, now or in the future?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. ... are managing any absences from work because of your condition? For example, sick leave, medical appointments?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. ... is a lack of information and/ or resources about how to manage your condition and work?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. ... are thoughts about the impact of your condition on your ability to keep working?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<b><i>How stressful....</i></b>	<b><i>Not at all stressful</i></b>	<b><i>A little stressful</i></b>	<b><i>Somewhat stressful</i></b>	<b><i>Quite a bit stressful</i></b>	<b><i>Extremely stressful</i></b>
9. ... is the impact of your condition on your ability to use (or not use) your skills and training in your employment?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. ... are thoughts about the impact of your condition on your future work or career plans?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. ...is your relationship with your employer (or concerns about your future relationship with them), because of your condition?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. ...is your current relationship with your co-workers (or concerns about your future relationship with them) because of your condition?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b><i>How stressful....</i></b>					
13. ...does the “invisibility” of your condition make working? That is, people can’t tell how you feel?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. ...is balancing your health, work, and your personal life because of your condition?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. ...is trying to accept the changes in your life because of your condition? For example, changes in circumstances, your sense of identity, etc?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Scoring instructions:

Items are scored: not at all stressful = 0; a little stressful = 1; somewhat stressful = 2; quite a bit stressful = 3; extremely stressful = 4. Items are summed to form a 0-60 scale. High scores indicate greater work-related stress.

**Items 11 and 12:** if the person identified they are self-employed and/or has no co-workers, and the answer(s) to either question(s) have been left blank, please score these **items as 0**, as the question/s are not applicable and therefore can be scored as “not at all stressful.”

**Missing data:** up to three missing items are allowed. Missing items are replaced by either the person’s overall median or mean LTCJSS score, dependent on the analysis approach. Please note: if items 11 and/or 12 were “not applicable” and scored 0, do **not** count these items as missing data.

A Rasch transformation table is available to convert LTCJSS raw scores to interval scores (please see Supplementary Materials; Hammond et al (2023) in reference below.

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## References:

Hammond A, Tennant A, Ching A, Parker J, Prior Y, Gignac M, Verstappen S, O’Brien R. (2023) Psychometric testing of the British-English Long Term Conditions Job Strain Scale, Arthritis Work Spillover Scale and Work – Health-Personal Life Perceptions Scale in four rheumatic and musculoskeletal conditions. *Musculoskeletal Care* published online 11.5.23 DOI: [10.1002/msc.1774](https://doi.org/10.1002/msc.1774)

**Note:** this scale is termed the **Chronic Illness Job Strain Scale** in Canada (Gignac, M.A.M., Sutton. D., & Badley. E.M. (2007). *Arthritis Symptoms, the Work Environment, and the Future: Measuring Perceived Job Strain Among Employed Persons with Arthritis. Arthritis Care & Research* 57, 738-747. DOI: [10.1002/art.22788](https://doi.org/10.1002/art.22788)