

Job Content Questionnaire (Karasek) (JCQ)

The JCQ (Job Content Questionnaire) is an assessment tool used to measure the psychosocial dimensions of work, such as psychological demands, control over one's work and social support. It allows the psychologist to identify the level of work stress according to the demand-control-support model, thereby facilitating the prevention of psychosocial risks and intervention in the workplace.

Number of questions	49 questions
Estimated duration	15 minutes
Language	English
Original name	Job Content Questionnaire (Karasek)
Target audience	Employed adults
Authors	Robert A. Karasek (1985)
Category	Burnout, Work-related distress

Preview of the 49 questions

My job requires that I learn new things.

Strongly disagree | Disagree | Agree | Strongly agree

My job involves a lot of repetitive work.

Strongly disagree | Disagree | Agree | Strongly agree

My job requires me to be creative.

Strongly disagree | Disagree | Agree | Strongly agree

My job allows me to make a lot of decisions on my own.

Strongly disagree | Disagree | Agree | Strongly agree

My job requires a high level of skill.

Strongly disagree | Disagree | Agree | Strongly agree

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is rated on a Likert-type scale (often from 1 to 4). Scores are summed to calculate the subscales (psychological demands, decision latitude, social support). Interpretation follows the cutoffs in the manual, allowing classification into different profiles of psychological risk at work.

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.

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“Mentaal has become an indispensable ally for structuring my assessments and deepening my clinical understanding of my patients.”

Nolwenn P. - CBT Psychologist