

Ambulance stress/wellbeing survey 2015 – UNISON Cymru Wales

Friday, December 11, 2015

140

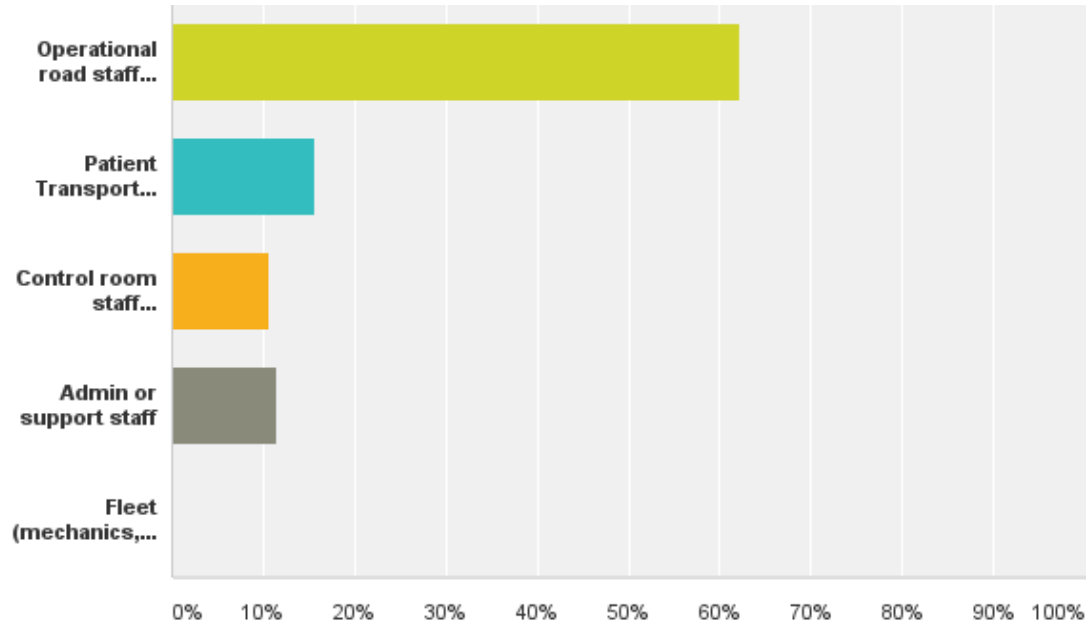
Total Responses

Date Created: Tuesday, March 10, 2015

Complete Responses: 140

Q1: What do you work as?

Answered: 140 Skipped: 0



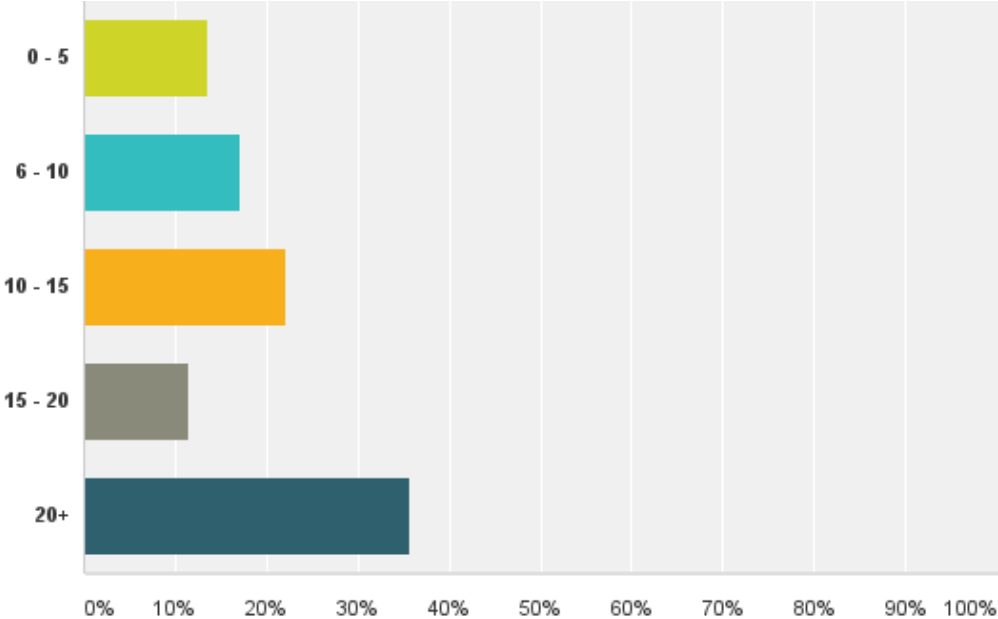
Q1: What do you work as?

Answered: 140 Skipped: 0

Answer Choices	Responses	
Operational road staff (paramedic, technician, ECA...)	62.14%	87
Patient Transport Service	15.71%	22
Control room staff (call-taker, dispatcher, EOC...)	10.71%	15
Admin or support staff	11.43%	16
Fleet (mechanics, charge hand, make ready operative)	0.00%	0
Total		140

Q2: How long have you worked in the ambulance service for?

Answered: 140 Skipped: 0



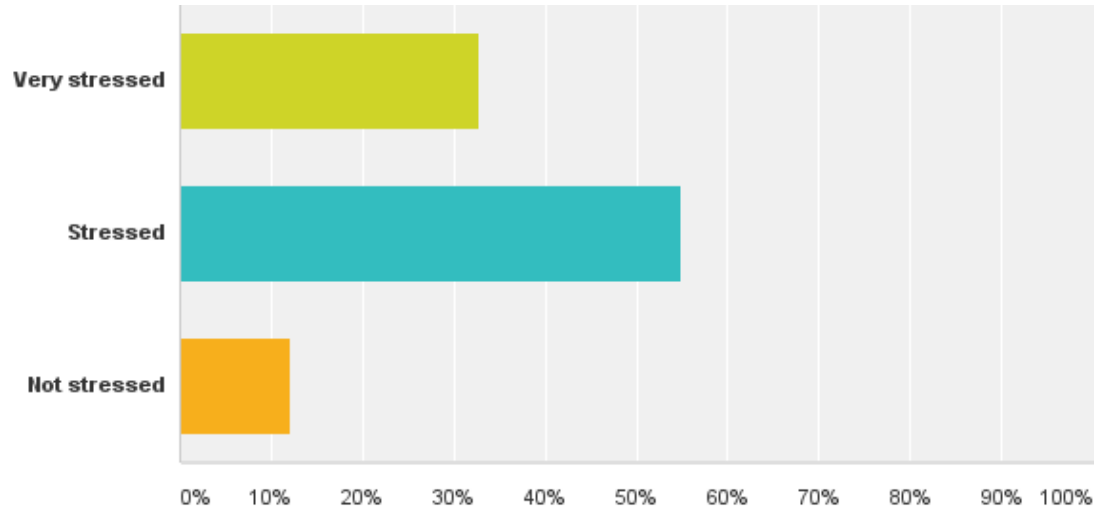
Q2: How long have you worked in the ambulance service for?

Answered: 140 Skipped: 0

Answer Choices	Responses
0 - 5	13.57% 19
6 - 10	17.14% 24
10 - 15	22.14% 31
15 - 20	11.43% 16
20+	35.71% 50
Total	140

Q3: How stressed are you at work?

Answered: 140 Skipped: 0



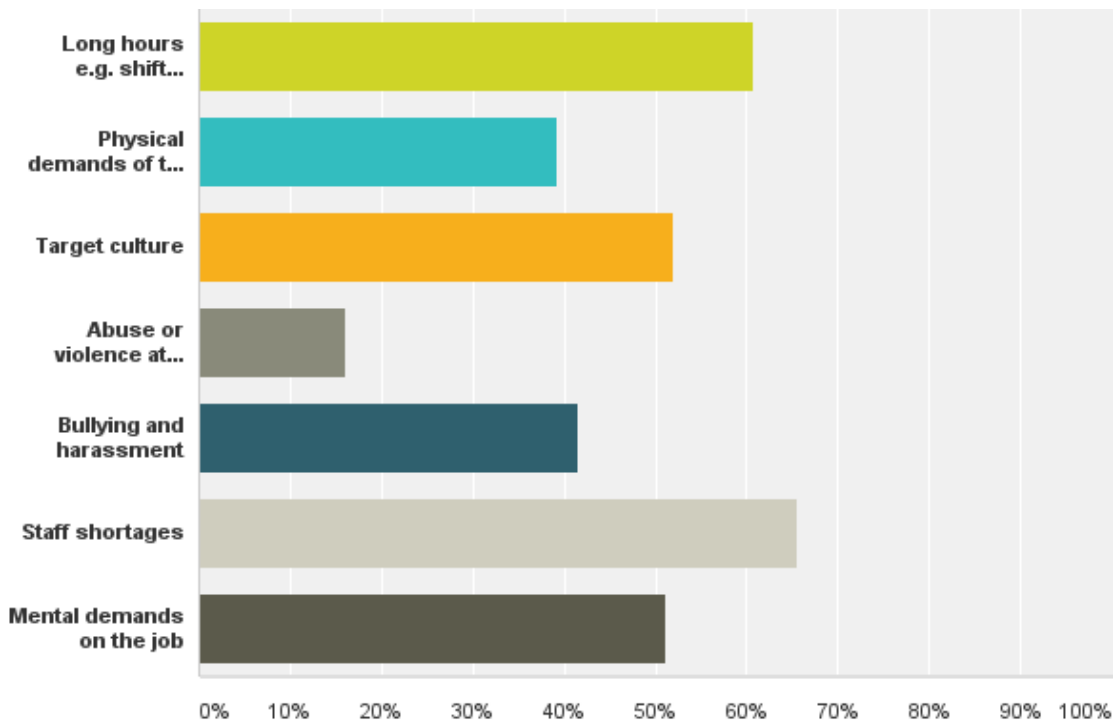
Q3: How stressed are you at work?

Answered: 140 Skipped: 0

Answer Choices	Responses
Very stressed	32.86% 46
Stressed	55.00% 77
Not stressed	12.14% 17
Total	140

Q4: If so, what are the reasons why you are stressed?

Answered: 125 Skipped: 15



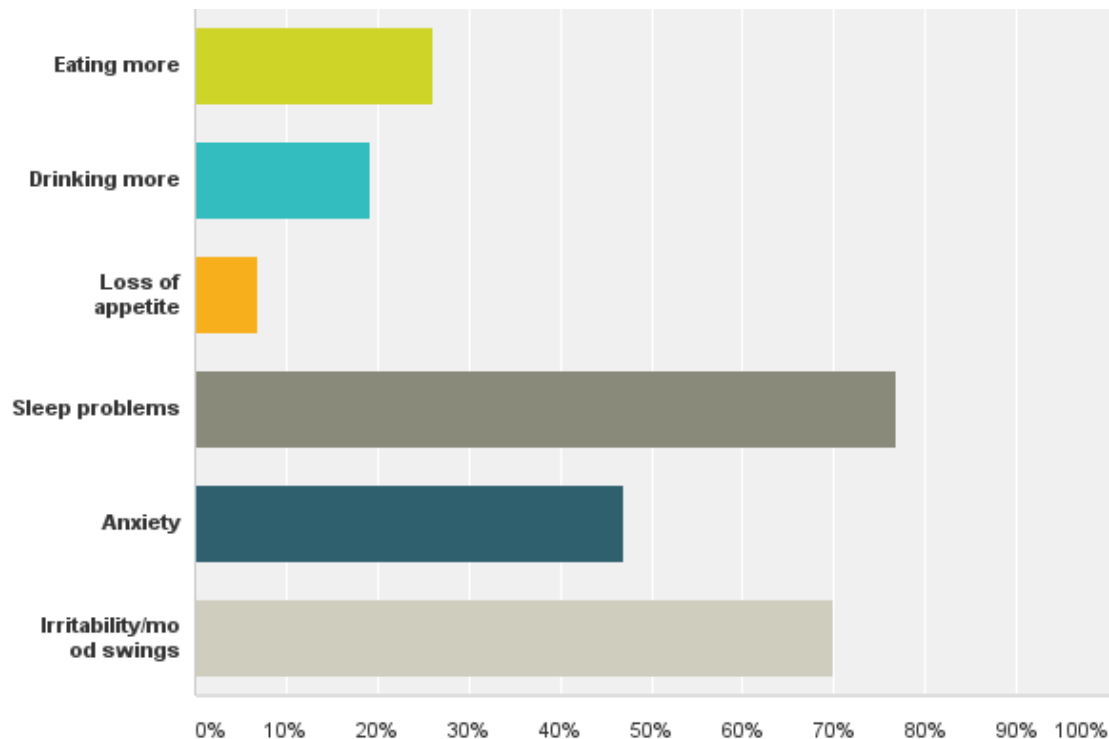
Q4: If so, what are the reasons why you are stressed?

Answered: 125 Skipped: 15

Answer Choices	Responses
Long hours e.g. shift over-runs	60.80% 76
Physical demands of the job	39.20% 49
Target culture	52.00% 65
Abuse or violence at work	16.00% 20
Bullying and harassment	41.60% 52
Staff shortages	65.60% 82
Mental demands on the job	51.20% 64
Total Respondents: 125	

Q5: How does your stress manifest itself?

Answered: 130 Skipped: 10



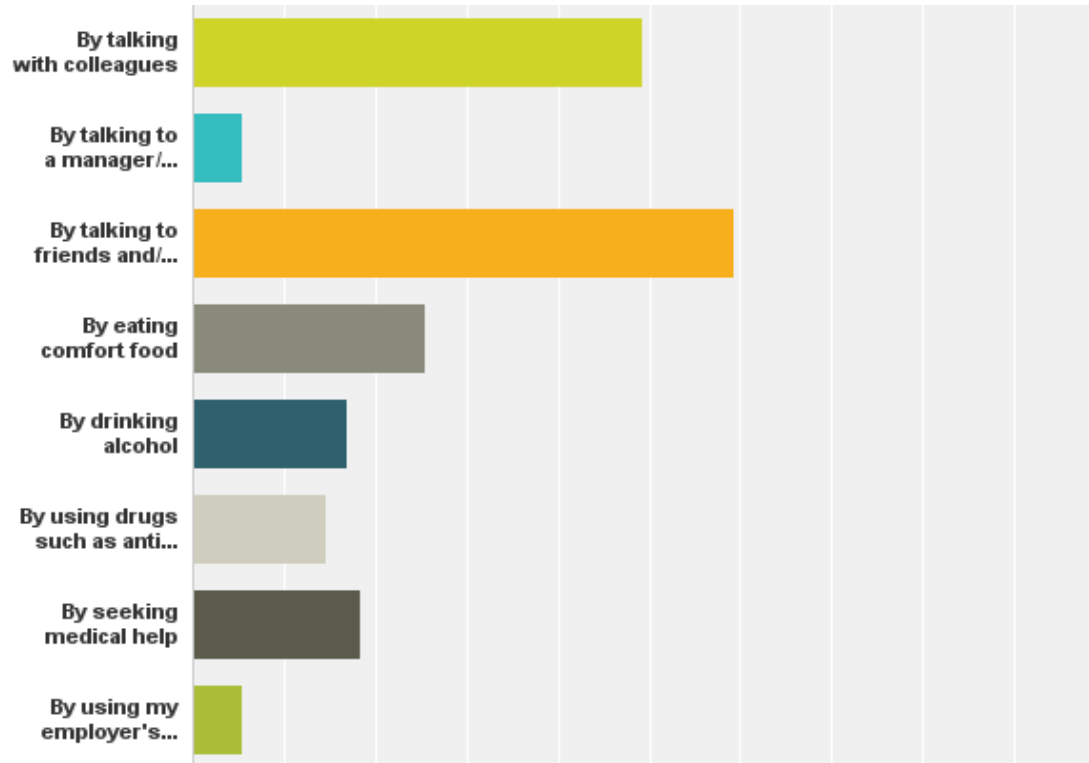
Q5: How does your stress manifest itself?

Answered: 130 Skipped: 10

Answer Choices	Responses	
Eating more	26.15%	34
Drinking more	19.23%	25
Loss of appetite	6.92%	9
Sleep problems	76.92%	100
Anxiety	46.92%	61
Irritability/mood swings	70.00%	91
Total Respondents: 130		

Q6: How do you cope with the stress?

Answered: 130 Skipped: 10



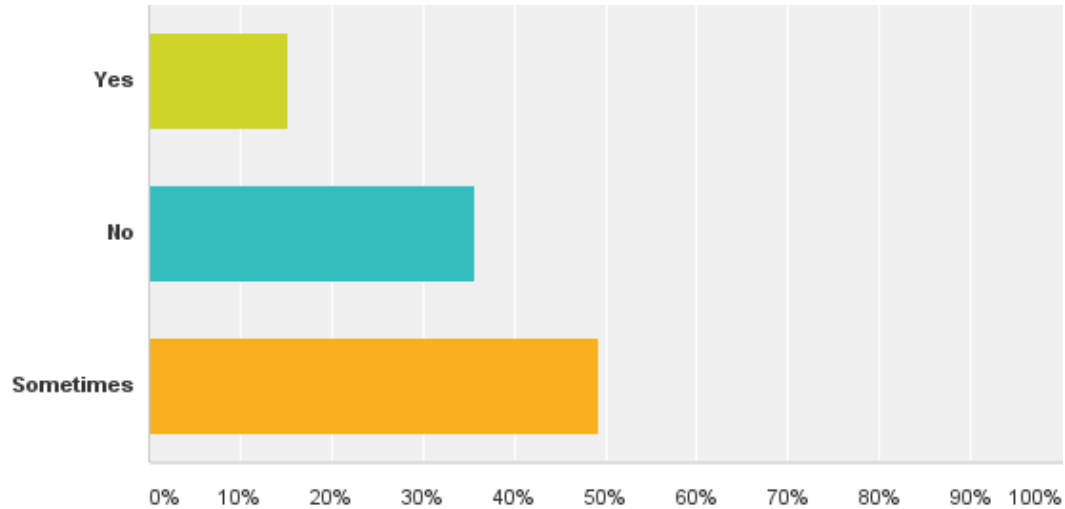
Q6: How do you cope with the stress?

Answered: 130 Skipped: 10

Answer Choices	Responses	
By talking with colleagues	49.23%	64
By talking to a manager/ supervisor	5.38%	7
By talking to friends and/or family	59.23%	77
By eating comfort food	25.38%	33
By drinking alcohol	16.92%	22
By using drugs such as anti depressants	14.62%	19
By seeking medical help	18.46%	24
By using my employer's occupational counselling service	5.38%	7
Total Respondents: 130		

Q7: Is your stress affecting your ability to do the job?

Answered: 132 Skipped: 8



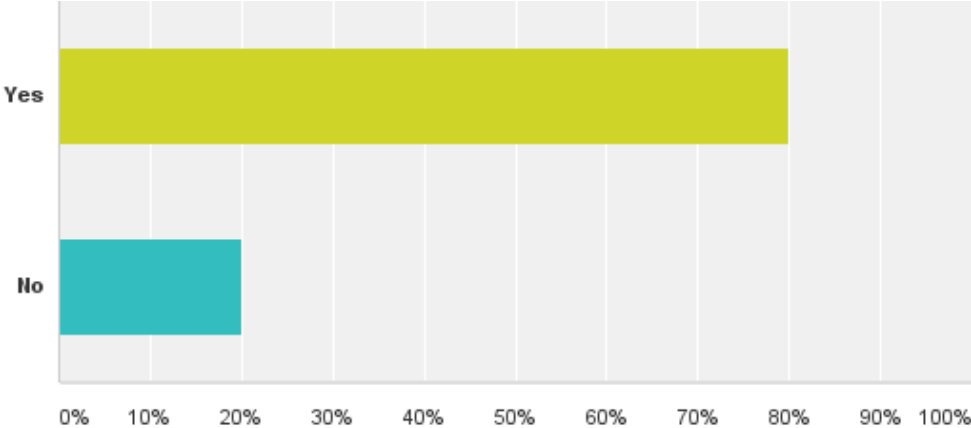
Q7: Is your stress affecting your ability to do the job?

Answered: 132 Skipped: 8

Answer Choices	Responses	
Yes	15.15%	20
No	35.61%	47
Sometimes	49.24%	65
Total		132

Q8: Have you ever thought about leaving the job?

Answered: 140 Skipped: 0



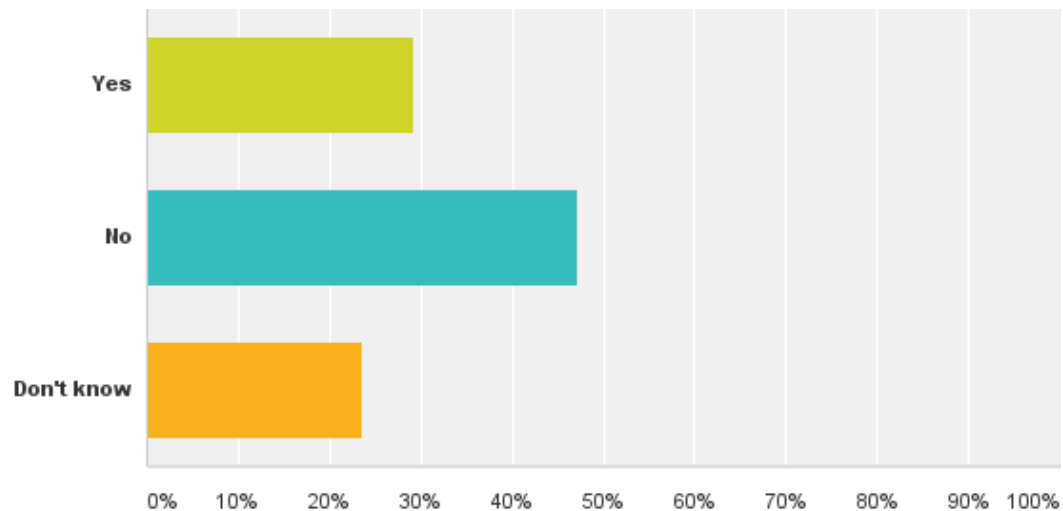
Q8: Have you ever thought about leaving the job?

Answered: 140 Skipped: 0

Answer Choices	Responses
Yes	80.00% 112
No	20.00% 28
Total	140

Q9: Are you aware of any tools/ protocols introduced by your employer to remove or reduce stress?

Answered: 140 Skipped: 0



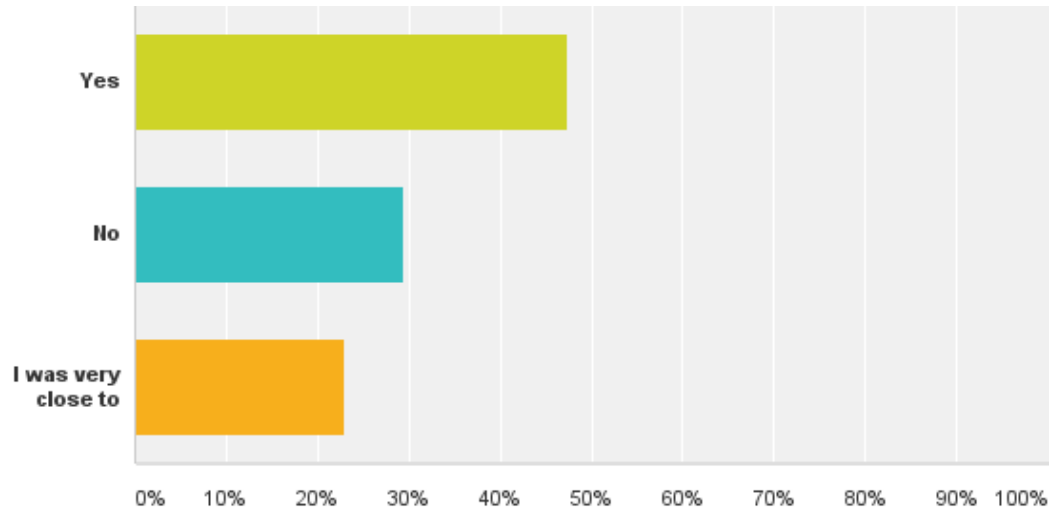
Q9: Are you aware of any tools/ protocols introduced by your employer to remove or reduce stress?

Answered: 140 Skipped: 0

Answer Choices	Responses	
Yes	29.29%	41
No	47.14%	66
Don't know	23.57%	33
Total		140

Q10: Have you ever had to take time off sick because of pressures/ stress?

Answered: 139 Skipped: 1



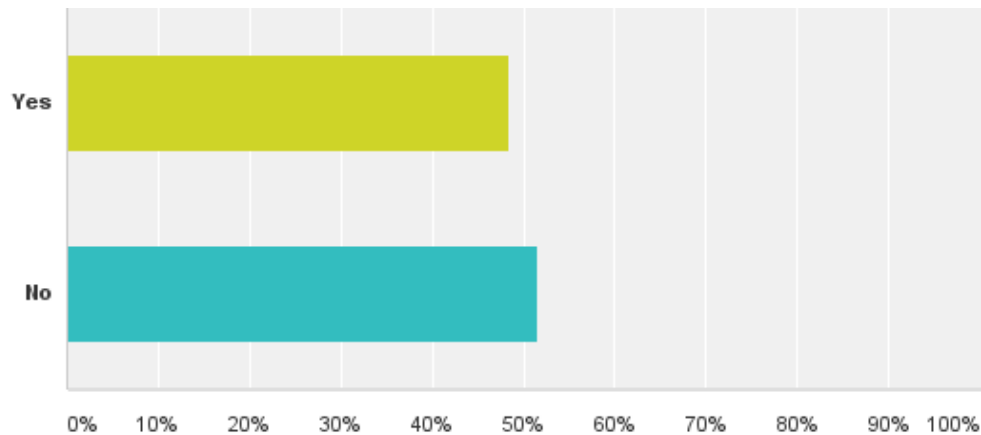
Q10: Have you ever had to take time off sick because of pressures/ stress?

Answered: 139 Skipped: 1

Answer Choices	Responses	
Yes	47.48%	66
No	29.50%	41
I was very close to	23.02%	32
Total		139

Q11: If you had to take time off; did you tell your employer it was due to stress?

Answered: 93 Skipped: 47



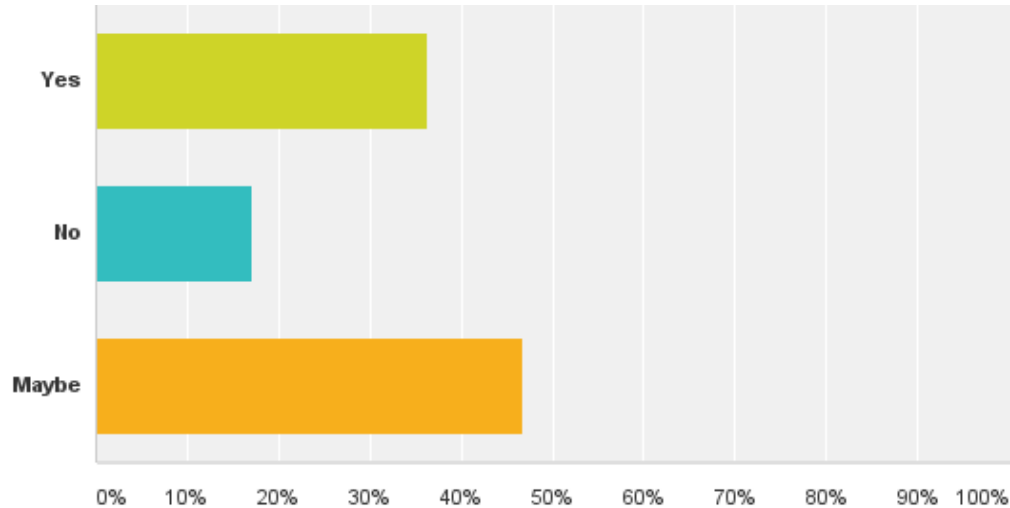
Q11: If you had to take time off; did you tell your employer it was due to stress?

Answered: 93 Skipped: 47

Answer Choices	Responses
Yes	48.39% 45
No	51.61% 48
Total	93

Q12: Do you think you might need to take time off if the situation doesn't improve?

Answered: 135 Skipped: 5



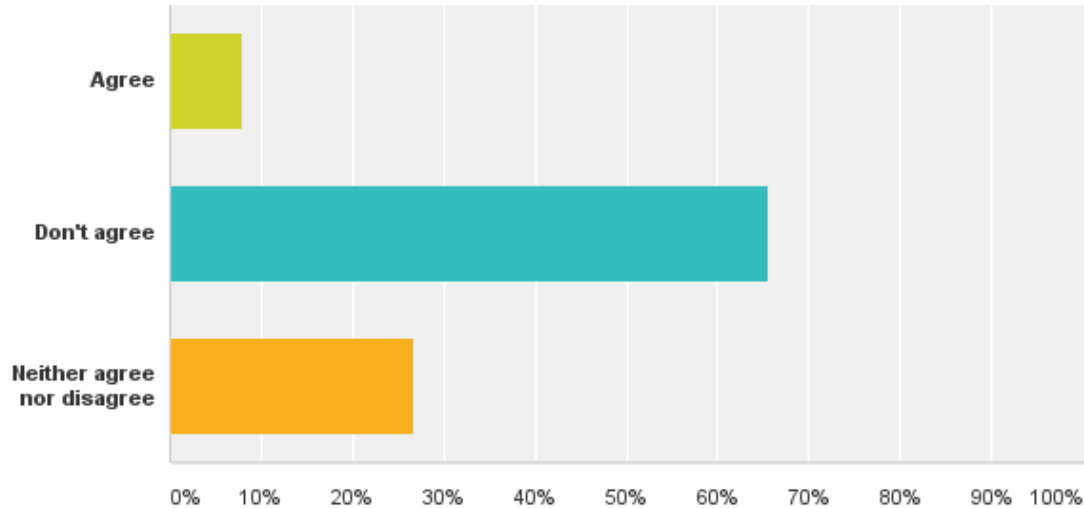
Q12: Do you think you might need to take time off if the situation doesn't improve?

Answered: 135 Skipped: 5

Answer Choices	Responses	
Yes	36.30%	49
No	17.04%	23
Maybe	46.67%	63
Total		135

Q13: Does your employer support a good work-life balance?

Answered: 139 Skipped: 1



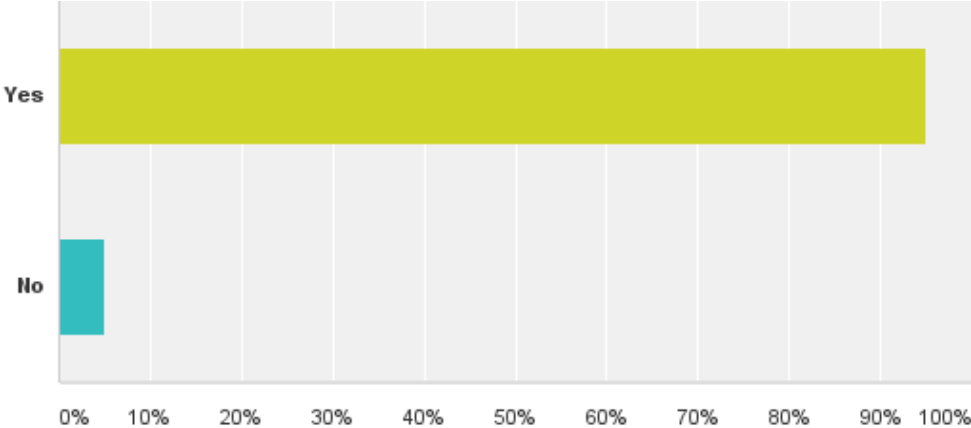
Q13: Does your employer support a good work-life balance?

Answered: 139 Skipped: 1

Answer Choices	Responses
Agree	7.91% 11
Don't agree	65.47% 91
Neither agree nor disagree	26.62% 37
Total	139

Q15: Are you a UNISON member?

Answered: 140 Skipped: 0



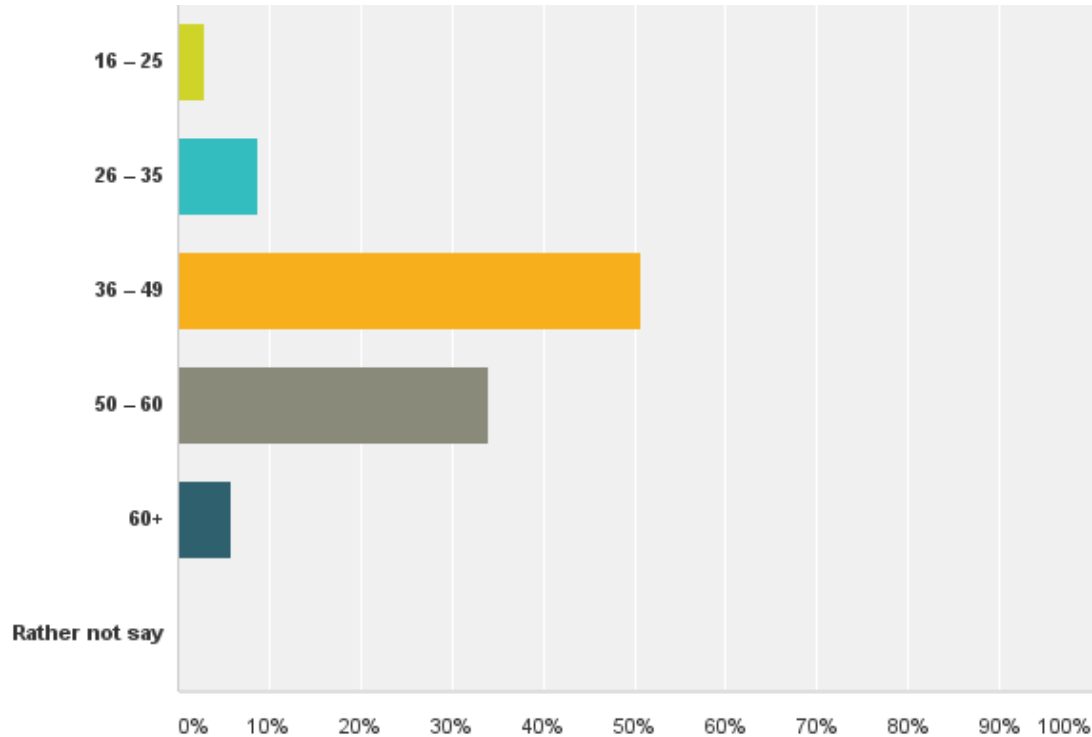
Q15: Are you a UNISON member?

Answered: 140 Skipped: 0

Answer Choices	Responses
Yes	95.00% 133
No	5.00% 7
Total	140

Q16: What is your age group?

Answered: 138 Skipped: 2



Q16: What is your age group?

Answered: 138 Skipped: 2

Answer Choices	Responses
16 – 25	2.90% 4
26 – 35	8.70% 12
36 – 49	50.72% 70
50 – 60	34.06% 47
60+	5.80% 8
Rather not say	0.00% 0
Total Respondents: 138	