

Work Harassment Scale

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How often have you been exposed to degrading or oppressing activities by your colleagues at work during the last six months? The activities clearly must have been experienced as a means of harassment, not as normal communication, or as exceptional occasions.

Your age: _____ years Your sex: female _____ male _____

Answer by marking the alternative that comes closest to your own experience.
0 = never, 1 = seldom, 2 = occasionally, 3 = often, 4 = very often

Have you been exposed to

1. Unduly reduced opportunities to express yourself? 0 1 2 3 4
2. Lies about you told to others? 0 1 2 3 4
3. Being unduly disrupted? 0 1 2 3 4
4. Being shouted at loudly? 0 1 2 3 4
5. Being unduly criticized? 0 1 2 3 4
6. Insulting comments about your private life? 0 1 2 3 4
7. Being isolated? 0 1 2 3 4
8. Having sensitive details about your private life revealed? 0 1 2 3 4
9. Direct threats? 0 1 2 3 4
10. Insinuating glances and/or negative gestures? 0 1 2 3 4
11. Accusations? 0 1 2 3 4
12. Being sneered at? 0 1 2 3 4
13. Refusal to speak with you? 0 1 2 3 4
14. Belittling of your opinions? 0 1 2 3 4
15. Refusal to hear you? 0 1 2 3 4
16. Being treated as non-existent? 0 1 2 3 4
17. Words aimed at hurting you? 0 1 2 3 4
18. Being given meaningless tasks? 0 1 2 3 4
19. Being given insulting tasks? 0 1 2 3 4
20. Having malicious rumors spread behind your back? 0 1 2 3 4
21. Being ridiculed in front of others? 0 1 2 3 4
22. Having your work judged in an incorrect and insulting manner? 0 1 2 3 4
23. Having your sense of judgement questioned? 0 1 2 3 4
24. Accusations of being mentally disturbed? 0 1 2 3 4