

Stress, Burnout and Emotional Disorders in a work context
- Creation of a portuguese instrument -

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Comprised in a 4-phase project (Construction; Validation; Verification; and Assessment), and previewed for final presentation next December 2008, the authors present the first two phases of a work to create an assessment test of “Stress, Burnout and Emotional Disorders at work”, specific for the Portuguese reality. With this, we also aim to contribute for the development of an intervention model on the present constructs, in more than one labour environments (global perception of activities within work, health, business, public administration, prisons and education).

In this approach a first version of the proposed instrument is presented, outlining the results coming from bibliographic researches about constructs, of the setting up of related describers marked by the specialists as nuclear for the indicated measures, as well as of those of which the pre-existing instruments, although created for other cultural realities, are preponderant to carry out the measures identified as nuclear in this project.

Also revealed here are the preliminary results coming from the first calculations of the metric qualities (validity and fidelity), resultant from “phase 2”, bearing in mind the results obtained upon application of the tests identified as concurrent to the one being created, as well as the first results of the application of the test under development now.