

Pastor wellness 360 degree Questionnaire – modified version
(Source: Poon VHK: Pastor Wellness among Chinese Churches: A Canadian Study.
Journal of Pastoral Care & Counseling. 2019; 73(3):169-175)

Please rate the following questions according to the scale below:

1 = strongly disagree; 2 = disagree; 3 = neutral; 4 = agree; 5 = strongly agree

Over the last 6 months, there has been occasions where:

1. I worry about my personal physical health.
2. I am experiencing marital and/or family dissatisfaction.
3. I am not happy with my emotional health (e.g. feeling depressed, down, or hopeless; feeling angry, irritated, grouchy and easily annoyed; feeling anxious, fearful, worried, and tense; and has little interest or pleasure in doing things)
4. I have concerns about financial needs.
5. I have concern that I do not have any outside interests and social life.
6. I am not having job satisfaction, or I have experienced significant stress in my role as a pastor in the church.
7. I feel that I am not well prepared in carrying out my pastoral duties. I am thinking about quitting the pastorate.
8. I have problem dealing with some relationships in the church.
9. I have concern that I might be facing or already faced burning out.
10. I feel I am not living according to my personal values and beliefs and so have trouble in experiencing the presence of God.

Interpretation of total scores:

- > 30 serious concern of wellness
- 25-29 some concern of wellness
- <24 no concern of wellness

Also each individual score of “5” is significant

牧者 360 度安康調查問卷 -修改版本

(來源: 潘鴻鈞: 加拿大華人教會的牧者安康的研究結果.《教牧牧養與輔導雜誌》2019;
73 (3) :169-175)

請根據以下各問題，作一個評估：

[1 =非常不同意； 2 =不同意； 3 =中立； 4 =同意； 5 =非常同意]

在過去的 6 個月中，我曾經有過以下情況：

1. 我擔心自己的身體健康。
2. 我體驗到婚姻和/或家庭的不滿足感。
3. 我對自己的情緒健康感到不滿 (例如感到沮喪，沮喪或無望；感到憤怒，煩躁，不高興，容易生氣；感到焦慮，恐懼，擔心，並且緊張；並沒有興趣或樂趣做事情)。
4. 我擔心經濟的需要。
5. 我擔心自己沒有任何工作以外的興趣和社交生活。
6. 我對工作沒有滿意感，或者我在自己在教會作牧者的角色中遇到了很大的壓力。
7. 我覺得我沒有足夠的準備去做好履行牧養的職責。我在想可能要遲辭這職位。
8. 我在處理教會中的某些關係時遇到了困難。
9. 我擔心我可能面臨或已經面臨精力耗盡。
10. 我覺得我不能按照我的個人的價值觀和信仰生活，所以未能體驗到上帝的同在。

總體得分的解釋：

> 30 有嚴重安康的關注

25-29 有些安康的關注

<24 沒有安康的關注

每項得“ 5”分的也需要關注