Abstract
One of the most traditional approaches to the positive study of personality has been the research on Hardiness or Hardy Personality. However, studies about this construct have systematically suffered from a lack of sufficient psychometric guarantees of the measures. Method: This paper presents the Occupational Hardiness Questionnaire (OHQ), the result of a research line on the subject and its measurement with a total sample of 1,647 participants. Results: Four studies show the results of exploratory factor analysis (EFA), confirmatory factor analysis (CFA), consistency, temporal reliability and construct validity. Conclusions: Results indicate that the OHQ has satisfactory psychometric characteristics and can be used in the study of Occupational Health and in the area of Positive Personality.

Keywords
Personality, hardiness, occupational health psychology, assessment, questionnaire.