

Health and Work Questionnaire

Life and Work Satisfaction

This next group of questions asks about how satisfied you are with your life, relationships with friends and family, and your work.

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|--|----------------------|---|---|---|---|---|---|---|----------------|----|
| | Not stressed at all | | | | | | | | Very stressed | |
| 1. Overall, how stressed have you felt this week? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | Very dissatisfied | | | | | | | | Very satisfied | |
| 2. How satisfied were you this week with the physical environment in which you work (e.g., amount of noise, temperature where you work)? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | Not rewarding at all | | | | | | | | Very rewarding | |
| 3. How personally rewarding did you find your work this week? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | Not rewarding at all | | | | | | | | Very rewarding | |
| 4. How personally rewarding did you find your personal life outside of work this week? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

- | | | |
|---|----------------------|----------------|
| | Very dissatisfied | Very satisfied |
| 5. How satisfied were you this week with your relationships with friends and family ? | 1 2 3 4 5 6 7 8 9 10 | |
| | | |
| | Very dissatisfied | Very satisfied |
| 6. How satisfied were you overall with your job this week? | 1 2 3 4 5 6 7 8 9 10 | |
| | | |
| | Very dissatisfied | Very satisfied |
| 7. How satisfied were you this week with your relationships with your coworkers ? | 1 2 3 4 5 6 7 8 9 10 | |
| | | |
| | Very dissatisfied | Very satisfied |
| 8. How satisfied were you this week with your relationships with your supervisors ? | 1 2 3 4 5 6 7 8 9 10 | |
| | | |
| | No control at all | Total control |
| 9. How much control did you feel you had over how you did your job this week? | 1 2 3 4 5 6 7 8 9 10 | |
| | | |
| | Not easy at all | Very easy |
| 10. How easy was it to communicate with your supervisor this week? | 1 2 3 4 5 6 7 8 9 10 | |
| | | |
| | Not easy at all | Very easy |
| 11. How easy was it to communicate with your family and friends this week? | 1 2 3 4 5 6 7 8 9 10 | |

The next set of questions asks you about how you felt about your work this week. Rate each question on a scale from 1 to 10, where 10 reflects the highest level you think you could possibly achieve and 1 reflects the lowest level you have ever experienced at work.

12. How would you and the following people describe your EFFICIENCY this week?	My worst ever	My best possible
a. Self	1 2 3 4 5 6 7 8 9 10	
b. Supervisor	1 2 3 4 5 6 7 8 9 10	
c. Co-workers	1 2 3 4 5 6 7 8 9 10	
13. How would you and the following people describe the OVERALL QUALITY of your work this week?	My worst ever	My best possible
a. Self	1 2 3 4 5 6 7 8 9 10	
b. Supervisor	1 2 3 4 5 6 7 8 9 10	
c. Co-workers	1 2 3 4 5 6 7 8 9 10	
14. How would you and the following people describe the OVERALL AMOUNT of work you did this week?	My worst ever	My best possible
a. Self	1 2 3 4 5 6 7 8 9 10	
b. Supervisor	1 2 3 4 5 6 7 8 9 10	
c. Co-workers	1 2 3 4 5 6 7 8 9 10	

Think of your worst level of efficiency ever and your best possible efficiency, then rate how efficient you felt you were this week as compared to your worst ever and best possible.

Example: Let's say that you feel that you were so efficient this week that it is close to being your best possible performance. In this case your answer would fall somewhere between 8 and 9.

	My worst ever							My best possible		
	1	2	3	4	5	6	7	8	9	10
15. Rate your highest level of efficiency this week:										
16. Rate your lowest level of efficiency this week:										

THIS WEEK, How frequently did you:

	Never							Almost always		
	1	2	3	4	5	6	7	8	9	10
17. Become annoyed with or irritated by co-workers, boss/supervisor, clients/customers/vendors or others?										
18. Become impatient with others at work?										
19. How often did you get into conflicts with others at work?										
20. Become restless while at work?										
21. Lose interest or become bored with your work?										
22. Had difficulty concentrating at work?										
23. Fail to finish assigned tasks?										
24. Feel too exhausted to do your work?										

THANK YOU for your time.