

HERTFORDSHIRE 31-39 SOCIAL HEALTH

QUESTIONNAIRE

Name: _____

Address: _____

Telephone: _____

GP _____

SERIAL NUMBER

| | | | | | | | |
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Date questionnaire received:

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SECTION 1 SOCIAL LIFE

Activities and Hobbies

Researchers working with us on the effect stress has on health would be most grateful if you would take a few minutes to complete this questionnaire. All answers will be treated confidentially.

If there is a number by the side of the reply which best reflects your answer, please enter it in the box to the right of each question. If not, please tick the box next to your reply.

Q1 Please tell us how often you have taken part in the following activities in the last 12 months. If an activity does not apply to you please enter 0 in the box.

| | | | |
|----------|---------------------------------|-------|--------|
| a | Religious activities/observance | 0. No | 1. Yes |
|----------|---------------------------------|-------|--------|

If yes,

3. Weekly

4. Monthly

5. Less often

| | | | |
|----------|---|-------|--------|
| b | Positions of office, school governor, councillor etc. | 0. No | 1. Yes |
|----------|---|-------|--------|

If yes,

3. Weekly

4. Monthly

5. Less often

c Involvement in clubs and organisations, voluntary or official 0. No 1. Yes ☐

If yes,

3. Weekly

4. Monthly

5. Less often

| | | | |
|----------|---------------------------------------|-------|--------|
| d | Courses and education/evening classes | 0. No | 1. Yes |
|----------|---------------------------------------|-------|--------|

If yes,

3. Weekly

4. Monthly

5. Less often

| | | | | |
|----------|---|------------|---------------|--------------------------|
| e | Cultural visits to stately homes, galleries, theatres, cinema or live music events | 0. No | 1. Yes | <input type="checkbox"/> |
| | If yes, | | | |
| | 3. Weekly | 4. Monthly | 5. Less often | <input type="checkbox"/> |
| | | | | |
| f | Social indoor games, cards, bingo, chess etc. | 0. No | 1. Yes | <input type="checkbox"/> |
| | If yes, | | | |
| | 3. Weekly | 4. Monthly | 5. Less often | <input type="checkbox"/> |
| | | | | |
| g | Visiting friends and relatives | 0. No | 1. Yes | <input type="checkbox"/> |
| | If yes, | | | |
| | 3. Weekly | 4. Monthly | 5. Less often | <input type="checkbox"/> |
| | | | | |
| h | Going to pubs and social clubs | 0. No | 1. Yes | <input type="checkbox"/> |
| | If yes, | | | |
| | 3. Weekly | 4. Monthly | 5. Less often | <input type="checkbox"/> |
| | | | | |
| i | Individual occupations, eg reading, listening to music | 0. No | 1. Yes | <input type="checkbox"/> |
| | If yes, | | | |
| | 3. Weekly | 4. Monthly | 5. Less often | <input type="checkbox"/> |
| | | | | |
| j | Household tasks e.g. DIY, maintenance, decorating | 0. No | 1. Yes | <input type="checkbox"/> |
| | If yes, | | | |
| | 3. Weekly | 4. Monthly | 5. Less often | <input type="checkbox"/> |

k Practical activities, making things with your hands eg pottery, drawing etc. 0. No 1. Yes ☐

If yes,

3. Weekly

4. Monthly

5. Less often

☐

l Gardening 0. No 1. Yes ☐

If yes,

3. Weekly

4. Monthly

5. Less often

☐

m Using a home computer for leisure 0. No 1. Yes ☐

If yes,

hours per week

This section concerns people in your life who you feel close to and from whom you can obtain support (either emotional or practical) including close relatives and good friends

Q2 How many people do you feel very close to? (It does not matter where they live or whether you have seen them recently).

Q3 Who have you felt closest to in the last 12 months? Please describe in terms of their relationship to you: (e.g. WIFE, SON, AUNT, BOYFRIEND, MALE FRIEND, FEMALE FRIEND). Remember these are just examples and we would like you to write in whoever you feel closest to.

Write in the person you are closest to below:-

Closest _____

Thinking about the person you are closest to, please tell us how you would rate the practical and emotional support they have provided for you **IN THE LAST 12 MONTHS**

a How much in the last 12 months did this person give you information, suggestions and guidance that you found helpful?

1. Not at all

2. A little

3. Quite a lot

4. A great deal

☐

- b** How much in the last 12 months could you rely on this person (was this person there when you needed him/her)?
1. Not at all 2. A little 3. Quite a lot 4. A great deal ☐
- c** How much in the last 12 months did this person make you feel good about yourself?
1. Not at all 2. A little 3. Quite a lot 4. A great deal ☐
- d** How much in the last 12 months did you share interests, hobbies and fun with this person?
1. Not at all 2. A little 3. Quite a lot 4. A great deal ☐
- e** How much in the last 12 months did this person give you worries, problems and stress?
1. Not at all 2. A little 3. Quite a lot 4. A great deal ☐
- f** How much in the last 12 months did you want to confide in (talk frankly, share feelings with) this person?
1. Not at all 2. A little 3. Quite a lot 4. A great deal ☐
- g** How much in the last 12 months **did you confide** in this person?
1. Not at all 2. A little 3. Quite a lot 4. A great deal ☐
- h** How much in the last 12 months did you trust this person with your most personal worries and problems?
1. Not at all 2. A little 3. Quite a lot 4. A great deal ☐
- i** How much in the last 12 months would you have **liked to have confided more in this person?**
1. Not at all 2. A little 3. Quite a lot 4. A great deal ☐
- j** How much in the last 12 months did talking to this person make things worse?
1. Not at all 2. A little 3. Quite a lot 4. A great deal ☐

k How much in the last 12 months did he/she talk about , his/her personal worries with you?

1. Not at all 2. A little 3. Quite a lot 4. A great deal

l How much in the last 12 months did you need practical help from this person with major things (e.g. look after you when ill, help with finances, children)?

1. Not at all 2. A little 3. Quite a lot 4. A great deal

m How much in the last 12 months did this person give you practical help with major things?

1. Not at all 2. A little 3. Quite a lot 4. A great deal

n How much in the last 12 months would you have liked more practical help with major things from this person?

1. Not at all 2. A little 3. Quite a lot 4. A great deal

o How much in the last 12 months did this person give you practical help with **small** things when you needed it? (e.g. chores, shopping, watering plants etc.)

1. Not at all 2. A little 3. Quite a lot 4. A great deal

Q4a Are there any relatives outside your household with whom you have regular contact (either by visit, telephone or letters)? (Not necessarily the same person each time)

If you have no relatives outside your household please go to Q5

1. Almost daily 2. About once a week 3. About once a month

6. No relatives

4. Once every few months 5. Never/almost never Outside household

b How often do you regularly **visit** or are **visited** by these relatives?

1. Almost daily 2. About once a week 3. About once a month

6. No relatives

4. Once every few months 5. Never/almost never outside household

c. How many relatives do you see once a month or more?

None ☐ 1-2 ☐ 3-5 ☐ 6-10 ☐ More than 10 ☐

Q5a Are there any friends or acquaintances with whom you have regular contact (either by visit, telephone or letters)? (Not necessarily the same time)

1. Almost daily 2. About once a week 3. About once a month ☐

4. Once every few months 5. Never/almost never

b How often do you regularly visit or are visited by these friends or acquaintances?

1. Almost daily 2. About once a week 3. About once a month ☐

4. Once every few months 5. Never/almost never

c How many friends and acquaintances do you see once a month or more?

None ☐ 1-2 ☐ 3-5 ☐ 6-10 ☐ More than 10 ☐

Q6 How much do you agree or disagree with the following statements? **Please indicate one for each of the following questions**

| | DISAGREE | | | AGREE | | |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| | Strongly | Moderately | Slightly | Slightly | Moderately | Strongly |
| a. <i>At home</i> , I feel I have control over What happens in most situations | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b. <i>At work</i> , I feel I have control over what happens in most situations | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c. I feel that what happens in my life Is often determined by factors Beyond my control | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Over the next 5-10 years I expect to have many more positive than Negative experiences | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| e. Keeping healthy depends on the things that I do. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| f. There are certain things I can do for myself to reduce the risk of heart attack. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| g. There are certain things I can do for myself to reduce the risk of getting cancer. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

SECTION 2 WORK

The following section concerns aspects of your current or previous employment.

Q7. What statement best describes your employment status?

please tick one

a Currently working

☐

Please go to Q8

b I used to work but I have now stopped working

☐

Please go to Q18

c I have never worked

☐

Thank you for fillina in this questionnaire

The following questions are about your work. For each please indicate the one answer that best describes your job or the way you deal with problems occurring at work.

Please answer all questions

Q8. Concerning your particular work:

a Do you have to work very fast?

1. Often 2. Sometimes 3. Seldom 4. Never/Almost never

☐

b Do you have to work very intensively?

1. Often 2. Sometimes 3. Seldom 4. Never/Almost never

☐

c Do you have enough time to do everything?

1. Often 2. Sometimes 3. Seldom 4. Never/Almost never

☐

d Do you have the possibility of learning new things through your work?

1. Often 2. Sometimes 3. Seldom 4. Never/Almost never

☐

e Does your work demand a high level of skill or expertise?

1. Often 2. Sometimes 3. Seldom 4. Never/Almost never

☐

f Does your job require you to take the initiative?

1. Often 2. Sometimes 3. Seldom 4. Never/Almost never

☐

g Do you have to do the same thing over and over again?
1. Often 2. Sometimes 3. Seldom 4. Never/Almost never ☐

h Do you have a choice in deciding HOW you do your work?
1. Often 2. Sometimes 3. Seldom 4. Never/Almost never ☐

i Do you have a choice in deciding WHAT you do at work?
1. Often 2. Sometimes 3. Seldom 4. Never/Almost never ☐

Q9 About your position at work - how often do the following statements apply?

Please answer all questions

a Others take the decisions concerning my work
1. Often 2. Sometimes 3. Seldom 4. Never/Almost never ☐

b I have a good deal to say in decisions about work
1. Often 2. Sometimes 3. Seldom 4. Never/Almost never ☐

c I have a say in my own work speed
1. Often 2. Sometimes 3. Seldom 4. Never/Almost never ☐

d My working time can be flexible
1. Often 2. Sometimes 3. Seldom 4. Never/Almost never ☐

e I can decide when to take a break
1. Often 2. Sometimes 3. Seldom 4. Never/Almost never ☐

f I have a say in choosing with whom I work
1. Often 2. Sometimes 3. Seldom 4. Never/Almost never ☐

g I have a great deal of say in planning my working environment
1. Often 2. Sometimes 3. Seldom 4. Never/Almost never ☐

Q10 About consistency and clarity regarding your job.

Please answer all questions

a Do different groups at work demand things from you that you think are hard to combine?

1. Often 2. Sometimes 3. Seldom 4. Never ☐

b Do you get sufficient information from line management (your superiors)?

1. Often 2. Sometimes 3. Seldom 4. Never ☐

c Do you get consistent information from line management (your superiors)?

1. Often 2. Sometimes 3. Seldom 4. Never ☐

Q11 Regarding your job involvement.

Please answer all questions

a Does your job provide you with a variety of interesting things?

1. Often 2. Sometimes 3. Seldom 4. Never ☐

b Is your job boring?

1. Often 2. Sometimes 3. Seldom 4. Never ☐

Q12 When you are having difficulties at work:

Please answer all questions

a How often do you get help and support from your colleagues?

1. Often ☐ 2. Sometimes ☐ 3. Seldom ☐ 4. Never ☐

b How often are your colleagues willing to listen to your work related problems?

1. Often 2. Sometimes 3. Seldom 4. Never ☐

c How often do you get help and support from your immediate superior?

1. Often 2. Sometimes 3. Seldom 4. Never ☐

d How often is your immediate superior willing to listen to your problems?

1. Often 2. Sometimes 3. Seldom 4. Never ☐

Q13 About your job in general. How satisfied have you been with the following?
Please answer all questions

a Your job as a whole, taking everything into consideration?

1. Very satisfied 2. Satisfied 3. Dissatisfied 4. Very dissatisfied

☐

Q14 Do you agree with the following statement?

a I have constant time pressure due to a heavy workload

0. No 1. Yes

☐

If you agree, to what extent are you distressed by it?

3. Not at all 4. Somewhat 5. Rather 6. Very distressed

☐

b I have many interruptions and disturbances in my job

0. No 1. Yes

☐

If you agree, to what extent are you distressed by it?

3. Not at all 4. Somewhat 5. Rather 6. Very distressed

☐

c I have a lot of responsibility in my job

0. No 1. Yes

☐

If you agree, to what extent are you distressed by it?

3. Not at all 4. Somewhat 5. Rather 6. Very distressed

☐

d I am often pressured to work overtime

0. No 1. Yes

☐

If you agree, to what extent are you distressed by it?

3. Not at all 4. Somewhat 5. Rather 6. Very distressed

☐

e I have experienced or expect to experience an undesirable change in my work situation

0. No 1. Yes

☐

If you agree, to what extent are you distressed by it?

3. Not at all 4. Somewhat 5. Rather 6. Very distressed

☐

f My job promotion prospects are poor

0. No 1. Yes

☐

If you agree, to what extent are you distressed by it?

3. Not at all 4. Somewhat 5. Rather 6. Very distressed

☐

g My job security is poor

0. No 1. Yes

☐

If you agree, to what extent are you distressed by it?

3. Not at all

4. Somewhat

5. Rather

6. Very distressed

☐

h I am treated unfairly at work

0. No 1. Yes

☐

If you agree, to what extent are you distressed by it?

3. Not at all

4. Somewhat

5. Rather

6. Very distressed

☐

Q15 Do you agree or disagree with the following statements?

a If a task has to be done well I'd better take care of it myself

1. Agree

2. Somewhat
agree

3. Somewhat
disagree

4. Disagree

☐

b I can get very upset when someone hinders me in my duties

1. Agree

2. Somewhat
agree

3. Somewhat
disagree

4. Disagree

☐

c As soon as I get up in the morning, I start thinking about work problems

1. Agree

2. Somewhat
agree

3. Somewhat
disagree

4. Disagree

☐

d When I come home, I can easily relax and 'switch off' work

1. Agree

2. Somewhat
agree

3. Somewhat
disagree

4. Disagree

☐

e People close to me say I sacrifice myself too much for my job

1. Agree

2. Somewhat
agree

3. Somewhat
disagree

4. Disagree

☐

f For me, family or private life comes first, then work

1. Agree

2. Somewhat
agree

3. Somewhat
disagree

4. Disagree

☐

g Work rarely lets me go, it is still on my mind when I go to bed

1. Agree

2. Somewhat
agree

3. Somewhat
disagree

4. Disagree

☐

h Every once in a while I like it when others hold me back from working

| | | | | | |
|--|----------|-------------------|----------------------|-------------|--------------------------|
| | 1. Agree | 2. Somewhat agree | 3. Somewhat disagree | 4. Disagree | <input type="checkbox"/> |
|--|----------|-------------------|----------------------|-------------|--------------------------|

i If I postpone something that I was supposed to do today, I will have trouble sleeping at night

| | | | | | |
|--|----------|-------------------|----------------------|-------------|--------------------------|
| | 1. Agree | 2. Somewhat agree | 3. Somewhat disagree | 4. Disagree | <input type="checkbox"/> |
|--|----------|-------------------|----------------------|-------------|--------------------------|

Q16 Do you agree with the following statements?
(please note the order of 'Yes', 'No' has changed)

a Considering my efforts and achievements, my work prospects are adequate 1. Yes 0. No ☐

If you disagree, to what extent are you distressed by it?

| | | | | |
|---------------|-------------|-----------|--------------------|--------------------------|
| 3. Not at all | 4. Somewhat | 5. Rather | 6. Very distressed | <input type="checkbox"/> |
|---------------|-------------|-----------|--------------------|--------------------------|

b I receive the respect I deserve from my superiors and colleagues 1. Yes 0. No ☐

If you disagree, to what extent are you distressed by it?

| | | | | |
|---------------|-------------|-----------|--------------------|--------------------------|
| 3. Not at all | 4. Somewhat | 5. Rather | 6. Very distressed | <input type="checkbox"/> |
|---------------|-------------|-----------|--------------------|--------------------------|

c I experience adequate support in difficult situations 1. Yes 0. No ☐

If you disagree, to what extent are you distressed by it?

| | | | | |
|---------------|-------------|-----------|--------------------|--------------------------|
| 3. Not at all | 4. Somewhat | 5. Rather | 6. Very distressed | <input type="checkbox"/> |
|---------------|-------------|-----------|--------------------|--------------------------|

d Considering all my efforts and achievements, I receive the respect and prestige I deserve at work 1. Yes 0. No ☐

If you disagree, to what extent are you distressed by it?

| | | | | |
|---------------|-------------|-----------|--------------------|--------------------------|
| 3. Not at all | 4. Somewhat | 5. Rather | 6. Very distressed | <input type="checkbox"/> |
|---------------|-------------|-----------|--------------------|--------------------------|

Q17 Below are some of the statements, which describe people's beliefs and attitudes and the way they might react to some situations. If the statement applies to you or describes you in general circle 1 for True. If the statement does not describe you circle "2" for False

| | | TRUE | FALSE |
|----------|---|------|-------|
| a | When someone does me a wrong I feel I should pay him back if I can, just for the principle of the thing. | 1 | 2 |
| b | It makes me impatient to have people ask my advice or otherwise interrupt me when I am working on something important | 1 | 2 |
| c | I am not easily angered | 1 | 2 |

The following questions are for people who used to work but are no longer working now

Q18 What year did you stop working?

| | | | |
|---|---|--|--|
| 1 | 9 | | |
|---|---|--|--|

Q19 Why did you stop working?

- a** Normal retirement ☐
- b** Retirement on the grounds of ill health ☐
- c** Redundancy ☐
- d** Other ***please specify*** ☐

Thinking back to your last main occupation, the following are some questions about your work. For each question please indicate one answer that best describes your job or the way you deal with problems occurring at work.

Please answer all questions.

Q20 About your position at work – how often did the following statements apply?

a Did you have to work very fast?

1. Often 2. Sometimes 3. Seldom 4. Never ☐

b Did you have to work very intensively?

1. Often 2. Sometimes 3. Seldom 4. Never ☐

c Did you have time to do everything?

1. Often 2. Sometimes 3. Seldom 4. Never ☐

d Did you have the possibility of learning new things through your work?

1. Often 2. Sometimes 3. Seldom 4. Never ☐

e Did your work demand a high level of skill or expertise?

1. Often 2. Sometimes 3. Seldom 4. Never ☐

f Did your job require you to take the initiative?

1. Often 2. Sometimes 3. Seldom 4. Never ☐

g Did you have to do the same thing over and over again?

1. Often 2. Sometimes 3. Seldom 4. Never ☐

h Did you have a choice in deciding HOW you did your work?

1. Often 2. Sometimes 3. Seldom 4. Never ☐

i Did you have a choice in deciding WHAT you did at work?

1. Often 2. Sometimes 3. Seldom 4. Never ☐

Q21 About your position at work – how often do the following statements apply?

a Others took decisions concerning my work

1. Often 2. Sometimes 3. Seldom 4. Never ☐

b I had a good deal of say in decisions about work

1. Often 2. Sometimes 3. Seldom 4. Never ☐

c I had a say in my own work speed

1. Often 2. Sometimes 3. Seldom 4. Never ☐

d My working time could have been flexible

1. Often 2. Sometimes 3. Seldom 4. Never ☐

e I could decide when to take a break

1. Often 2. Sometimes 3. Seldom 4. Never ☐

f I had a say in choosing with whom I work

1. Often 2. Sometimes 3. Seldom 4. Never ☐

g I had a great deal of say in planning my work environment

1. Often 2. Sometimes 3. Seldom 4. Never ☐

Q22 About consistency and clarity regarding your job.

Please answer all questions

a Did different groups at work demand things from you that you thought hard to combine?

1. Often 2. Sometimes 3. Seldom 4. Never ☐

b Did you get sufficient information from line management (your superiors)?

1. Often 2. Sometimes 3. Seldom 4. Never ☐

c Did you get consistent information from line management (your superiors)?

1. Often 2. Sometimes 3. Seldom 4. Never ☐

Q23 Regarding your job involvement.

Please answer all questions

a Did your job provide you with a variety of interesting things?

1. Often 2. Sometimes 3. Seldom 4. Never

b Was your job boring?

1. Often 2. Sometimes 3. Seldom 4. Never

Q24 When you were having difficulties at work.

Please answer all questions

a How often did you get help and support from your colleagues?

1. Often 2. Sometimes 3. Seldom 4. Never

b How often were your colleagues willing to listen to your work related problems?

1. Often 2. Sometimes 3. Seldom 4. Never

c How often did you get help and support from your immediate superior?

1. Often 2. Sometimes 3. Seldom 4. Never

d How often was your immediate superior willing to listen to your problems?

1. Often 2. Sometimes 3. Seldom 4. Never

Q25 About your job in general. How satisfied have you been with:

your job as a whole taking everything into consideration?

1. Very satisfied 2. Satisfied 3. Dissatisfied 4. Very dissatisfied

Q26 Do you agree with the following statements?

a I had constant time pressure due to a heavy work load

0. No 1. Yes

If you agree, to what extent were you distressed by it?

3. Not at all

4. Somewhat

5. Rather

6. Very
distressed

b I had many interruptions and disturbances in my job
If you agree, to what extent were you distressed by it?

0. No 1. Yes ☐

3. Not at all 4. Somewhat 5. Rather

6. Very distressed ☐

c I had a lot of responsibility in my job
If you agree, to what extent were you distressed by it?

0. No 1. Yes ☐

3. Not at all 4. Somewhat 5. Rather

6. Very distressed ☐

d I was often pressured to work overtime
If you agree, to what extent were you distressed by it?

0. No 1. Yes ☐

3. Not at all 4. Somewhat 5. Rather

6. Very distressed ☐

e I experienced an undesirable change in my work situation
If you agree, to what extent were you distressed by it?

0. No 1. Yes ☐

3. Not at all 4. Somewhat 5. Rather

6. Very distressed ☐

f My job promotion prospects were poor 0. No 1. Yes ☐
If you agree, to what extent were you distressed by it?

3. Not at all 4. Somewhat 5. Rather 6. Very distressed ☐

g My job security was poor 0. No 1. Yes ☐
If you agree, to what extent were you distressed by it?

3. Not at all 4. Somewhat 5. Rather 6. Very distressed ☐

h I was treated unfairly at work 0. No 1. Yes ☐
If you agree, to what extent were you distressed by it?

3. Not at all 4. Somewhat 5. Rather 6. Very distressed ☐

Q27 Do you agree or disagree with the following statements?

a If a task had to be done well I'd better take care of it myself

1. Agree 2. Somewhat agree 3. Somewhat disagree 4. Disagree ☐

b I could get very upset when someone hindered me in my duties

1. Agree 2. Somewhat agree 3. Somewhat disagree 4. Disagree ☐

c As soon as I got up in the morning, I started thinking about work problems

1. Agree 2. Somewhat agree 3. Somewhat disagree 4. Disagree ☐

d When I came home, I could easily relax and 'switch off' work

1. Agree 2. Somewhat agree 3. Somewhat disagree 4. Disagree ☐

e People close to me said I sacrificed myself too much for my job

1. Agree 2. Somewhat agree 3. Somewhat disagree 4. Disagree ☐

f For me, family or private life came first, then work

| | | | | |
|----------|-------------------|----------------------|-------------|--------------------------|
| 1. Agree | 2. Somewhat agree | 3. Somewhat disagree | 4. Disagree | <input type="checkbox"/> |
|----------|-------------------|----------------------|-------------|--------------------------|

g Work rarely let me go, it was still on my mind when I went to bed

| | | | | |
|----------|-------------------|----------------------|-------------|--------------------------|
| 1. Agree | 2. Somewhat agree | 3. Somewhat disagree | 4. Disagree | <input type="checkbox"/> |
|----------|-------------------|----------------------|-------------|--------------------------|

h Every once in a while I liked it when others held me back from working

| | | | | |
|----------|-------------------|----------------------|-------------|--------------------------|
| 1. Agree | 2. Somewhat agree | 3. Somewhat disagree | 4. Disagree | <input type="checkbox"/> |
|----------|-------------------|----------------------|-------------|--------------------------|

i If I postponed something that I was supposed to do today, I would have trouble sleeping at night

| | | | | |
|----------|-------------------|----------------------|-------------|--------------------------|
| 1. Agree | 2. Somewhat agree | 3. Somewhat disagree | 4. Disagree | <input type="checkbox"/> |
|----------|-------------------|----------------------|-------------|--------------------------|

Q28 Do you agree with the following statements?
(please note the order of 'Yes', 'No' has changed)

a Considering my efforts and achievements, my work prospects were adequate

| | | |
|--------|-------|--------------------------|
| 1. Yes | 0. No | <input type="checkbox"/> |
|--------|-------|--------------------------|

If you disagree, to what extent were you distressed by it?

| | | | | |
|---------------|-------------|-----------|--------------------|--------------------------|
| 3. Not at all | 4. Somewhat | 5. Rather | 6. Very distressed | <input type="checkbox"/> |
|---------------|-------------|-----------|--------------------|--------------------------|

b I received the respect I deserved from my superiors and colleagues

| | | |
|--------|-------|--------------------------|
| 1. Yes | 0. No | <input type="checkbox"/> |
|--------|-------|--------------------------|

If you disagree, to what extent were you distressed by it?

| | | | | |
|---------------|-------------|-----------|--------------------|--------------------------|
| 3. Not at all | 4. Somewhat | 5. Rather | 6. Very distressed | <input type="checkbox"/> |
|---------------|-------------|-----------|--------------------|--------------------------|

c I experienced adequate support in difficult situations

| | | |
|--------|-------|--------------------------|
| 1. Yes | 0. No | <input type="checkbox"/> |
|--------|-------|--------------------------|

If you disagree, to what extent were you distressed by it?

| | | | | |
|---------------|-------------|-----------|--------------------|--------------------------|
| 3. Not at all | 4. Somewhat | 5. Rather | 6. Very distressed | <input type="checkbox"/> |
|---------------|-------------|-----------|--------------------|--------------------------|

- d** Considering all my efforts and achievements, I received the respect and prestige I deserved at work. 1. Yes 0. No ☐
- If you disagree, to what extent were you distressed by it?**
3. Not at all 4. Somewhat 5. Rather 6. Very distressed ☐

Q29 Below are some of the statements, which describe people's beliefs and attitudes and the way they might react to some situations. If the statement applies to you or describes you in general circle 1 for True. If the statement does not describe you circle "2" for False

| | | TRUE | FALSE |
|----------|---|------|-------|
| a | When someone does me a wrong I feel I should pay him back if I can, just for the principle of the thing. | 1 | 2 |
| b | It makes me impatient to have people ask my advice or otherwise interrupt me when I am working on something important | 1 | 2 |
| c | I am not easily angered | 1 | 2 |

Thank you