HERTFORDSHIRE 31-39 SOCIAL HEALTH QUESTIONNAIRE

Name:								
Address:								
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Telephone:								
GP								
SERIAL NUMBER			\					
Date questionnaire	received:							
			d	d	m	m	У	у

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.

ŲΊ	12 months. If an activity does not apply to you please enter 0 in the box.				iasi
а	Religious activities/observa	nce	0. No	1. Yes	
	If yes,				
	3. Weekly	4. Monthly	5. Less ofter	ı	
b	Positions of office, school g	overnor, councillor etc.	0. No	1. Yes	
	If yes,				
	3. Weekly	4. Monthly	5. Less ofter	ı	
С	Involvement in clubs and or	rganisations, voluntary	0. No	1. Yes	
	or official If yes,				
	y 55,				
	3. Weekly	4. Monthly	5. Less ofte	n	
d	Courses and education/eve	ening classes	0. No	1. Yes	
	If yes,				
	3. Weekly	4. Monthly	5. Less ofte	n	

е	Cultural visits to stately hor theatres, cinema or live multiple.	_	0. No	1. Yes	
	3. Weekly	4. Monthly	5. Less ofte	en	
f	Social indoor games, cards	s, bingo, chess etc.	0. No	1. Yes	
	3. Weekly	4. Monthly	5. Less ofte	en	
g	Visiting friends and relative	S	0. No	1. Yes	
	3. Weekly	4. Monthly	5. Less ofte	en	
h	Going to pubs and social c	lubs	0. No	1. Yes	
	3. Weekly	4. Monthly	5. Less ofte	en	
i	Individual occupations, eg	reading, listening to mus	sic 0. No	1. Yes	
	3. Weekly	4. Monthly	5. Less ofte	en	
j	Household tasks e.g. DIY, If yes,	maintenance, decorating	g 0. No	1. Yes	
	3. Weekly	4. Monthly	5. Less ofte	en	

k	Practical activities, making things with your hands eg 0. No 1. Yes					
	pottery, drawing etc.					
	If yes,					
	3. Weekly	4. Mo	onthly	5. Less ofte	en	
I	Gardening			0. No	1. Yes	
	If yes,					
	3. Weekly	4. Mo	onthly	5. Less ofte	en	
-	Haina a hama comp	utor for loique		O No	1 Voo	
m	Using a home composite of the second of the	uter for leisur		0. No	1. Yes	
	ii yes,		h	ours per week		
you d	section concerns pe can obtain support (good friends		•			
Q2	How many people do or whether you have	•	•	does not matte	er where they	/ live
Q3	Who have you felt cl their relationship to FRIEND, FEMALE would like you to write	you: (e.g. FRIEND).	WIFE, SON, Remember the	AUNT, BOY se are just ex	FRIEND, M	1ALE
	Write in the person	you are clo	sest to below:-			
	Clos	sest				
	Thinking about the p would rate the praction you IN THE LAST 12	cal and emot	· •		•	
а	How much in the las suggestions and guid			•	ation,	
	1. Not at all	2. A little	•			

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				
С	How much in the feel good about ye		did this person mak	e you				
	1. Not at all	2. A little	3. Quite a lot	4. A great deal				
d	How much in the hobbies and fun v		did you share intere	ests,				
	1. Not at all	2. A little	3. Quite a lot	4. A great deal				
е	How much in the worries, problems		did this person give	you				
	1. Not at all	2. A little	3. Quite a lot	4. A great deal				
f	How much in the (talk frankly, share		did you want to conthis person?	fide in				
	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?				
Ū	1. Not at all	2. A little	3. Quite a lot	4. A great deal				
h	How much in the most personal wo		did you trust this pe ms?	rson with your				
	1. Not at all	2. A little	3. Quite a lot	4. A great deal				
i	How much in the confided more in		would you have like	ed to have				
	1. Not at all	2. A little	3. Quite a lot	4. A great deal				
j	How much in the make things wors		did talking to this pe	erson				
	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					
I	How much in the las person with major th children)?		•	ctical help from this ill, help with finances,					
	1. Not at all	2. A little	3. Quite a lot	4. A great deal					
m	How much in the las		did this person gi	ve you					
	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 help with small thing shopping, watering p	gs when you							
	1. Not at all	2. A little	3. Quite a lot	4. A great deal					
Q4a	Are there any relative regular contact (either same person each times	er by visit, tel		h whom you have s)? (Not necessarily the					
	If you have no rela	tives outside	e vour househol	d please go to Q5					
	1. Almost dail		t once a week	3. About once a month					
				6. No relatives					
4. O	nce every few month	s 5. Neve	r/almost never	Outside household					
b	How often do you re	gularly visit d	or are visited by	these relatives?					
	1. Almost dail	y 2. Abou	t once a week	3. About once a month					
4. O	nce every few months	s 5. Neve	r/almost never	6. No relatives outside household					

C.	How many relatives of	ao you se	ee once a n		more?				
	None 1-2		3-5		6-10	More than	10		
Q5a	Are there any friends contact (either by visi same time)	•			•	•			
	1. Almost daily	2. A	bout once a	a week	3. Abou	t once a mo	onth		
4.	Once every few months	5. N	ever/almos	t never					
b	How often do you regacquaintances?	gularly vis	sit or are vi	sited by t	these friend	s or			
	1. Almost daily	2. A	bout once a	a week	3. Abou	t once a mo	onth		
4.	Once every few months								
С	How many friends an	d acquai	intances do	you see	e once a mo	nth or more	?		
	None 1-2		3-5		6-10	More than	10		
Q6 How much do you agree or disagree with the following statements? <i>Please indicate one for each of the following questions</i>									
Q6	, ,		following		_	ments? <i>Ple</i>	ease		
Q6	, ,		following DISAGREE	questio	_	AGREE	ease Strongly		
a . At	, ,	h of the	following DISAGREE	questio	ns	AGREE			
a. At WI b At	indicate one for each	h of the	following DISAGREE	questio	ns	AGREE			
a. At WI b At wh c I fe	indicate one for each thome, I feel I have control over hat happens in most situations work, I feel I have control over	h of the	following DISAGREE	questio	ns	AGREE			
a. At Will b At wh c I fe Is Be d Ov	indicate one for each thome, I feel I have control over hat happens in most situations work, I feel I have control over hat happens in most situations eel that what happens in my life often determined by factors	h of the	following DISAGREE	questio	ns	AGREE			
a. At WI b At wh c I fe Is Be d Ov to Ne e Ke	indicate one for each thome, I feel I have control over hat happens in most situations work, I feel I have control over hat happens in most situations eel that what happens in my life often determined by factors eyond my control wer the next 5-10 years I expect have many more positive than	h of the	following DISAGREE	questio	ns	AGREE			
a. At WI b At wh c I fe Is Be d Ov to Ne thirt for	indicate one for each thome, I feel I have control over that happens in most situations work, I feel I have control over that happens in most situations eel that what happens in my life often determined by factors eyond my control wer the next 5-10 years I expect have many more positive than egative experiences eeping healthy depends on the	h of the	following DISAGREE	questio	ns	AGREE			

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						
а		Currently wo <i>Please go to</i>	•				
b		l used to wor <i>Please go to</i>	k but I have now stopp • Q18	oed working			
С		I have never worked Thank vou for filling in this guestionnaire					
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 y	our particular work:				
а		Do you have	to work very fast?				
	1.	Often	2. Sometimes	3.Seldom	4. Never/Almost never		
b		Do you have	to work very intensive	ly?			
	1.	Often	2. Sometimes	3. Seldom	4. Never/Almost never		
С		Do you have	enough time to do eve	erything?			
	1.	Often	2. Sometimes	3. Seldom	4. Never/Almost never		
d		Do you have	the possibility of learn	ing new things th	rough your work?		
	1.	Often	2. Sometimes	3. Seldom	4. Never/Almost never		
е		Does your w	ork demand a high lev	el of skill or exper	tise?		
	1.	Often	2. Sometimes	3. Seldom	4. Never/Almost never		
f		Does your jo	b require you to take tl	ne initiative?			
	1.	Often	2 Sometimes	3. Seldom	4. Never/Almost never		

g	Do you ha	ave to do the same thi	ing over and over a	again?	
	1. Often	2. Sometimes	3. Seldom	4. Never/Almost never	
h	Do you ha	ave a choice in decidir	ng HOW you do yo	our work?	
	1. Often	2. Sometimes	3. Seldom	4. Never/Almost never	
i	Do you ha	ave a choice in decidir	ng WHAT you do a	at work?	
	1. Often	2. Sometimes	3. Seldom	4. Never/Almost never	
Q9	About you	ur position at work - h	ow often do the fo	llowing statements apply?	
	Please ar	nswer all questions			
а	Others tal	ke the decisions conc	erning my work		
	1. Often	2. Sometimes	3. Seldom	4. Never/Almost never	
b	I have a g	good deal to say in de	cisions about work		
	1. Often	2. Sometimes	3. Seldom	4. Never/Almost never	
С	I have a s	ay in my own work sp	eed		
	1. Often	2. Sometimes	3. Seldom	4. Never/Almost never	
d	Mv workin	ng time can be flexible	.		
	1. Often	2. Sometimes	3. Seldom	4. Never/Almost never	
e	I can deci	de when to take a bre	aak		
			3. Seldom	4. Nover/Almost nover	7
	1. Often	2. Sometimes	3. Seldom	4. Never/Almost never	
f	I have a s	ay in choosing with w	hom I work		
	1. Often	2. Sometimes	3. Seldom	4. Never/Almost never	
g	I have a g	reat deal of say in pla	nning my working	environment	
_	1. Often	2. Sometimes	3. Seldom	4. Never/Almost never	
		2. 000	0. 00.00	11 11010177 11111001 110101	

 About consistency and clarity regarding your job. Please answer all questions Do different groups at work demand things from you that you think a to combine? 					
1. Often	2. Sometimes	3. Seldom	4. Never		
Do you ge	et sufficient informatio	n from line management	(your superiors)?		
1. Often	2. Sometimes	3. Seldom	4. Never		
Do you ge	et consistent informati	on from line managemen	t (your superiors)?		
1. Often	2. Sometimes	3. Seldom	4. Never		
Please ar	nswer all questions		in ma 2		
•		,			
1. Often	2. Sometimes	3. Seldom	4. Never		
ls vour ioh	horing?				
io your jok	bornig:				
1. Often	2. Sometimes	3. Seldom	4. Never		
1. Often When you Please ar How often	2. Sometimes are having difficulties swer all questions do you get help and	s at work:	gues?		
1. Often When you Please ar	2. Sometimes are having difficulties aswer all questions	s at work:			
1. Often When you Please ar How often 1. Often	2. Sometimes are having difficulties aswer all questions ado you get help and 2. Sometimes are your colleagues	s at work:	gues? 4. Never		
1. Often When you Please ar How often 1. Often How often	2. Sometimes are having difficulties aswer all questions ado you get help and 2. Sometimes are your colleagues	s at work: support from your colleac 3. Seldom	gues? 4. Never		
1. Often When you Please ar How often 1. Often How often problems:	2. Sometimes are having difficulties aswer all questions ado you get help and 2. Sometimes are your colleagues 2. Sometimes	s at work: support from your collead 3. Seldom willing to listen to your wo	gues? 4. Never ork related 4. Never		
1. Often When you Please ar How often 1. Often How often problems:	2. Sometimes are having difficulties aswer all questions ado you get help and 2. Sometimes are your colleagues 2. Sometimes	s at work: support from your collead 3. Seldom willing to listen to your wo 3. Seldom	gues? 4. Never ork related 4. Never		
1. Often When you Please ar How often 1. Often How often problems? 1. Often How often 1. Often 1. Often	2. Sometimes are having difficulties aswer all questions ado you get help and 2. Sometimes 2. Sometimes 2. Sometimes 3. do you get help and 2. Sometimes 4. do you get help and 2. Sometimes	s at work: support from your collead 3. Seldom willing to listen to your wo 3. Seldom support from your immed	gues? 4. Never ork related 4. Never liate superior? 4. Never		
	Please ar Do differe to combin 1. Often Do you ge 1. Often Do you ge 1. Often Regarding Please ar Does your 1. Often	Please answer all questions Do different groups at work den to combine? 1. Often 2. Sometimes Do you get sufficient informatio 1. Often 2. Sometimes Do you get consistent informati 1. Often 2. Sometimes Regarding your job involvemen Please answer all questions Does your job provide you with 1. Often 2. Sometimes	Please answer all questions Do different groups at work demand things from you that to combine? 1. Often 2. Sometimes 3. Seldom Do you get sufficient information from line management 1. Often 2. Sometimes 3. Seldom Do you get consistent information from line managemen 1. Often 2. Sometimes 3. Seldom Regarding your job involvement. Please answer all questions Does your job provide you with a variety of interesting the		

Q13	About your job in general. How satisfied have you been with the following? Please answer all questions							
а	Your job as a w	hole, taking every	thing into consideratio	n?				
1	. Very satisfied	2. Satisfied	3.Dissatisfied	4. Very diss	atisfied			
Q14	Do vou agree w	ith the following st	tatement?					
a	, ,	J	e to a heavy workload					
-		anno processio dia	, , , , , , , , , , , , , , , , , , , ,	0. No	1. Yes			
If yo	ou agree, to wha	t extent are you	distressed by it?					
	3. Not at all	4. Somewha	at 5. Rather	6. Very dis	tressed			
b	I have many into	erruptions and dis	turbances in my job					
If vc	ou agree to wha	t extent are vou	distressed by it?	0. No	1. Yes			
n ye		•	•					
	3. Not at all	4, Somewha	at 5. Rather	6. Very dis	tressed			
С	I have a lot of re	esponsibility in my	job					
If vo	ou agree. to wha	t extent are vou (distressed by it?	0. No	1. Yes			
, .		•	•	0.14				
	3. Not at all	4. Somewha	at 5. Kather	6. Very dis	tressea			
d	I am often press	sured to work over	time					
If vo	ou agree, to wha	t extent are you o	distressed by it?	0. No	1. Yes			
, .		•	•					
	3. Not at all	4. Somewha	at 5. Rather	6. Very dis	tressed			
е	I have experiend work situation	ced or expect to e	xperience an undesira	ble change i	n my			
I£ v.a		4 outont ove ver	diatropped by it?	0. No	1. Yes			
пус	ou agree, to wha	t extent are you	aistressea by it?					
	3. Not at all	4. Somewha	at 5. Rather	6. Very dis	tressed			
f	My job promotic	on prospects are p	oor					
If vo	ou agree. to wha	t extent are you	distressed bv it?	0. No	1. Yes			
, .		•	•	0.1/ "				
	Not at all	4. Somewha	at 5. Rather	Very dis	tressed			

g	My job security	is poor			
If vo	ou agree to wh	at extent are you dis	tressed by it?	0. No 1. Yes	
<i>"</i> y C	ou agree, to win	at extern are you are	acooca by it.	ı	1
	3. Not at all	4. Somewhat	5. Rather	6. Very distressed	
h	I am treated ur	nfairly at work			
If yo	ou agree, to wh	at extent are you dis	tressed by it?	0. No 1. Yes	
	3. Not at all	4. Somewhat	5. Rather	6. Very distressed	
Q15 a		or disagree with the fo	_		
	1. Agree	Somewhat agree	Somewhat disagree	4. Disagree	
b	I can get very u	upset when someone	hinders me in my du	uties	
	1. Agree	Somewhat agree	Somewhat disagree	4. Disagree	
С	As soon as I ge	et up in the morning, I	start thinking about	work problems	
	1. Agree	Somewhat agree	Somewhat disagree	4. Disagree	
d	When I come h	nome, I can easily rela	x and 'switch off' wo	ork	
	1. Agree	Somewhat agree	Somewhat disagree	4. Disagree	
е	People close to	o me say I sacrifice m	yself too much for m	ny job	
	1. Agree	Somewhat agree	Somewhat disagree	4. Disagree	
f	For me, family	or private life comes f	irst, then work	_	
	1. Agree	Somewhat agree	Somewhat disagree	4. Disagree	
g	Work rarely let	s me go, it is still on m	ny mind when I go to	bed	
	1. Agree	Somewhat agree	Somewhat disagree	4. Disagree	
h	Every once in	a while I like it when o	there hold me hack	from working	

	1. Agree	Somewhat agree	Somewhat disagree	4. Disagree	
i	If I postpone s sleeping at nig	•	supposed to do today,	I will have trouble	
	1. Agree	2. Somewhat agree	Somewhat disagree	4. Disagree	
Q1	(please note	with the following st	'No' has changed)	4 V 0 N-	
а		ny efforts and achieves s are adequate	rements, my	1. Yes 0. No	
	If you disagro	ee, to what extent a	are you distressed by	it?	
	3. Not at all	4. Somewhat	5. Rather	6. Very distressed	
b	I receive the re and colleague	espect I deserve from s	m my superiors	1. Yes 0. No	
	If you disagro	ee, to what extent a	are you distressed by	it?	
	3. Not at all	4. Somewhat	5. Rather	6. Very distressed	
С	I experience a	dequate support in	difficult situations	1. Yes 0. No	
	If you disagro	ee, to what extent a	are you distressed by	it?	
	3. Not at all	4. Somewhat	5. Rather	6. Very distressed	
d	•	ll my efforts and ach spect and prestige I	•	1. Yes 0. No	
	If you disagre	ee, to what extent a	are you distressed by	it?	
	3. Not at all	4. Somewhat	5. Rather	6. Very distressed	

Q17	217 Below are some of the statements, which describe people's beliefs and attituand the way they might react to some situations. If the statement applies to or describes you in general circle 1 for True. If the statement does not describe "2" for False						
	u circle 2 for raise		TRUE F		SE		
а	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	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	2		
С	I am not easily angered 1		2	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?						
а	Normal retirement						
b	Retirement on the grounds of ill health						
С	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.

 ${\bf Q20}~~{\bf About~your~position~at~work-how~often~did~the~following~statements~apply?}$

a	Did you have to work very fast?					
	1. Often	2. Sometimes	3. Seldom	4. Never		
b	Did you h	ave to work very inter	sively?			
	1. Often	2. Sometimes	3. Seldom	4. Never		
С	Did you h	ave time to do everyth	ning?			
	1. Often	2. Sometimes	3. Seldom	4. Never		
d	Did you h	ave the possibility of I	earning new things throu	gh your work?		
	1. Often	2. Sometimes	3. Seldom	4. Never		
e	Did vour v	work demand a high le	evel of skill or expertise?			
	1. Often	2. Sometimes	3. Seldom	4. Never		
f	Did vour i	ob require you to take	the initiative?			
	1. Often	2. Sometimes	3. Seldom	4. Never		
g	Did vou h	ave to do the same th	ing over and over again?			
9	1. Often	2. Sometimes	3. Seldom	4. Never		
h	Did you b	ave a choice in decidi	ng HOW you did your wo	urk?		
••	1. Often	Sometimes	3. Seldom	4. Never		
	Did vo. b		na WALAT van did et wed	L		
i	•		ng WHAT you did at worl			
	1. Often	Sometimes	3. Seldom	4. Never		

Q21		About your p	osition at work – how o	often do the following statemen	ts apply?
а		Others took	decisions concerning n	ny work	
	1.	Often	2. Sometimes	3. Seldom	4. Never
b		I had a good	deal of say in decision	ns about work	
	1.	Often	2. Sometimes	3. Seldom	4. Never
С		I had a say ii	n my own work speed		
	1.	Often	2. Sometimes	3. Seldom	4. Never
d		My working t	ime could have been f	lexible	
	1.	Often	2. Sometimes	3. Seldom	4. Never
е		I could decid	e when to take a break	ζ.	
	1.	Often	2. Sometimes	3. Seldom	4. Never
f		I had a say ii	n choosing with whom	l work	
	1.	Often	2. Sometimes	3. Seldom	4. Never
g		I had a great	deal of say in planning	g my work environment	
	1.	Often	2. Sometimes	3. Seldom	4. Never
Q22 a		Please answ	stency and clarity regar wer all questions groups at work deman	ding your job. d things from you that you thou	ght hard
	1.	Often	2. Sometimes	3. Seldom	4. Never
b		Did you get s	sufficient information fr	om line management (your sup	eriors)?
	1.	Often	2. Sometimes	3. Seldom	4. Never
С		Did you get o	consistent information f	from line management (your su	periors)?
	1.	Often	2. Sometimes	3. Seldom	4. Never

Q 23		Regarding your job involvement. Please answer all questions						
а		Did your job	provide you with a var	iety of interesting thir	ngs?			
	1.	Often	2. Sometimes	3. Seldom	4. Never			
b		Was your job	o boring?					
	1.	. Often	2. Sometimes	3. Seldom	4. Never			
Q24		•	ere having difficulties a wer all questions	at work.				
а		How often di	d you get help and sup	oport from your collea	agues?			
	1.	Often	2. Sometimes	3. Seldom	4. Never			
b		How often w problems?	ere your colleagues wi	illing to listen to your	work related			
	1.	Often	2. Sometimes	3. Seldom	4. Never			
С		How often di	d you get help and sup	oport from your imme	diate superior?			
	1.	Often	2. Sometimes	3. Seldom	4. Never			
d		How often w	as your immediate sup	perior willing to listen	to your problems?			
	1.	Often	2. Sometimes	3. Seldom	4. Never			
Q25			ob in general. How sa a whole taking everythi d 2. Satisfied	•				
Q26		Do you agre	e with the following sta	itements?				
а		I had consta	nt time pressure due to	a heavy work load	0. No 1. Yes			
If :	yo	ou agree, to v	what extent were you	distressed by it?				
3	3.	Not at all	4. Somewhat	5.Rather	6. Very			

b	I had many interruptions and disturbances in my job			0. No 1. Yes	
	If you agree, to wh	sed by it?			
	3. Not at all	4. Somewhat	5.Rather	6. Very distressed	
С	I had a lot of re	sponsibility in my job		0. No 1. Yes	
	If you agree, to wh	nat extent were you distres	sed by it?	·	
	3. Not at all	4. Somewhat	5. Rather	6. Very distressed	
d	·	ssured to work overtime		0. No 1. Yes	
	If you agree, to wh	nat extent were you distres	sed by it?		
	3. Not at all	4. Somewhat	5. Rather	6. Very distressed	
е	•	n undesirable change in my		0. No 1. Yes	
	It you agree, to wh	nat extent were you distres	sed by it?		
	3. Not at all	4. Somewhat	5. Rather	6. Very distressed	

f	My job promo	ob promotion prospects were poor		0. No	1. Yes	
	If you agree, to	ou agree, to what extent were you distressed by it?			_	
					0 M	
	3. Not at all	4. Somewhat	5. Rather	dis	6. Very stressed	
	NA. Jakanan			0. N-	4)/	
g	My job secur	ity was poor what extent were yo	ou distrossed by it?	0. No	1. Yes	
	n you agree, to	what extent were ye	u distressed by it:			
	3. Not at all	4. Somewhat	5. Rather	dis	6. Very stressed	
h	I was treated	unfairly at work		0. No	1. Yes	
		what extent were yo	ou distressed by it?	01110		
		•	•			
	3. Not at all	4. Somewhat	5. Rather	dia	6. Very	
				uis	stressed	
Q	27 Do you agree	e or disagree with the	following statements?			
а	If a task had	to be done well I'd be	etter take care of it mysel	f		
	1. Agree	2. Somewhat agree	Somewhat disagree	4. C	isagree	
b	I could get ve	ery upset when some	one hindered me in my d	luties		
	1. Agree	2. Somewhat agree	3. Somewhat disagree	4. C	oisagree	
С	As soon as I	got up in the morning	g, I started thinking about	work pro	blems	
	1. Agree	2. Somewhat	3. Somewhat	4 [isagree	
	i. Agiee	agree	disagree	4. L	isagiee _	
d	When I came	home, I could easily	relax and 'switch off' wo	rk		
	1. Agree	2. Somewhat	3. Somewhat	4. C	isagree	
	<u>-</u>	agree	disagree		- L	
е	People close	to me said I sacrifice	ed myself too much for m	y job		
	1. Agree	2. Somewhat agree	3. Somewhat disagree	4. C	isagree	

f	For me, family or private life came first, then work					
	1. Agree	2. Somewhat agree	Somewhat disagree	4. Disagree		
g	Work rarely I	et me go, it was still o	on my mind when I we	nt to bed		
	1. Agree	2. Somewhat agree	Somewhat disagree	4. Disagree		
h	Every once i	n a while I liked it whe	en others held me bac	k from working		
	1. Agree	2. Somewhat agree	Somewhat disagree	4. Disagree		
i	If I postpone trouble sleep	•	s supposed to do toda	ay, I would have		
	1. Agree	2. Somewhat agree	Somewhat disagree	4. Disagree		
Q28 a	(please note Considering	e with the following st e the order of 'Yes', my efforts and achiev	'No' has changed)	1. Yes 0. No		
		cts were adequate		L		
	ır you aisag			L !/O		
		ree, to wnat extent v	vere you distressed	_		
3	3. Not at all	4. Somewhat	vere you distressed	by it? 6. Very distressed		
b		4. Somewhat e respect I deserved f	5. Rather	6. Very		
	I received the superiors and	4. Somewhat e respect I deserved f d colleagues	5. Rather	6. Very distressed 1. Yes 0. No		
b	I received the superiors and	4. Somewhat e respect I deserved f d colleagues	5. Rather from my	6. Very distressed 1. Yes 0. No		
b	I received the superiors and If you disag 3. Not at all	4. Somewhat e respect I deserved f d colleagues ree, to what extent v	5. Rather from my were you distressed at 5. Rather	6. Very distressed 1. Yes 0. No by it? 6. Very		
b	I received the superiors and If you disagnown. 3. Not at all I experienced situations	4. Somewhat e respect I deserved f d colleagues ree, to what extent v 4. Somewhat d adequate support in	5. Rather from my were you distressed at 5. Rather	6. Very distressed 1. Yes 0. No by it? 6. Very distressed 1. Yes 0. No		

d	•	all my efforts and achie respect and prestige I o		1. Yes	0. No				
	If you disagree, to what extent were you distressed by it?								
3.	Not at all	4. Somewhat	5. Rather		S. Very ressed				
Q29	and the way t	they might react to som you in general circle 1	which describe people's ne situations. If the stat for True. If the stateme	ement ap	plies to you				
а		one does me a wrong just for the principle of	I feel I should pay him the thing.	1	2				
b		•	ople ask my advice or working on something		2				
С	I am not easi	y angered		1	2				

Thank you