

QUESTIONNAIRE

Welcome to our research project focused on understanding the emotional intelligence and behavioural profiles of remote workers. Your input is invaluable in helping us gain insights into the skills and qualities that contribute to successful remote work. Please fill up the form and share it with your friends and family.

** Indicates required question*

1. 1. Full Name: *

2. 2. Age: *

3. 3. Gender *

Mark only one oval.

☐ Male

☐ Female

4. 4. Email Address: *

5. 5. Current Working Company: *

6. 6. Position at Current Company: *

7. 7. Remote Work Experience: *

Mark only one oval.

- ☐ Less than 1 year
- ☐ 1-2 years
- ☐ 3-5 years
- ☐ More than 5 years

8. 8.Consent for Sharing Information *

Mark only one oval.

- ☐ Yes
- ☐ No

SECTION 1

9. 1. How well do you manage your energy levels throughout the day to maintain consistent productivity while working remotely? (Well Being, 0 = Not Managing Well, 1 = Poorly, 2 = Fairly, 3 = Well, 4 = Very Well, 5 = Excellently) *

Mark only one oval.

- ☐ 0
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- ☐ 5

10. 2. How effectively do you balance your communication frequency with colleagues *
to ensure collaboration while also maintaining your individual productivity? (Sociality, 0 = Not Balancing Well, 1 = Poorly, 2 = Fairly, 3 = Well, 4 = Very Well, 5 = Excellently)

Mark only one oval.

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11. 3. How effectively do you manage your emotional reactions when encountering *
unexpected work challenges while working remotely? (Emotionality, 0 = Not Managing Well, 1 = Poorly, 2 = Fairly, 3 = Well, 4 = Very Well, 5 = Excellently)

Mark only one oval.

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12. 4. How effectively do you manage your daily work tasks to ensure you're meeting ^{*} your productivity goals while maintaining a healthy work-life balance? (Self-control, 0 = Not Managing Well, 1 = Poorly, 2 = Fairly, 3 = Well, 4 = Very Well, 5 = Excellently)

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13. 5.what extent do you feel that your mental and emotional health is taken care of ^{*} in your remote work environment? (well-being , 0 = Not Managing Well, 1 = Poorly, 2 = Fairly, 3 = Well, 4 = Very Well, 5 = Excellently)

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14. 6. How well do you adapt your virtual communication style to reflect your commitment to work-life balance and personal well-being? (Sociality, 0 = Not Adapting Well, 1 = Poorly, 2 = Fairly, 3 = Well, 4 = Very Well, 5 = Excellently) *

Mark only one oval.

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15. 7. How skilled are you at recognizing signs of burnout or emotional fatigue in yourself and taking proactive measures to address them? (Emotionality, 0 = Not Skilled, 1 = Very Little Skill, 2 = Little Skill, 3 = Moderate Skill, 4 = Skilled, 5 = Very Skilled) *

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16. 8.How often do you assess your work priorities and make adjustments to your schedule to ensure you're focusing on tasks that align with your goals? (Self-control,0 = Rarely or Never, 1 = Very Rarely, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Very Often) *

Mark only one oval.

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17. 9.How consistently do you engage in self-care activities like exercise, taking breaks, or pursuing hobbies to support your well-being while working remotely? (Well-Being,0 = Rarely or Never, 1 = Very Rarely, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Very Often) *

Mark only one oval.

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18. 10. How confident are you in your ability to foster a sense of camaraderie and connection with your remote colleagues through virtual communication? (0 = Not Confident, 1 = Very Little Confidence, 2 = Little Confidence, 3 = Moderate Confidence, 4 = Confident, 5 = Very Confident) *

Mark only one oval.

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SECTION 2

19. 1. How consistently do you adhere to your work schedule and commitments as a remote worker? (0 = Rarely or Never, 1 = Very Rarely, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Very Often)

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20. 2. How well do you manage to disconnect from work and relax during your non-working hours? (0 = Not Managing Well, 1 = Poorly, 2 = Fairly, 3 = Well, 4 = Very Well, 5 = Excellently)

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21. 3. How well do you manage your virtual interactions with colleagues to maintain productive conversations and avoid overextending your work hours? (0 = Not Managing Well, 1 = Poorly, 2 = Fairly, 3 = Well, 4 = Very Well, 5 = Excellently)

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22. 4. Scenario: A colleague expresses dissatisfaction with your work through a virtual message. How well do you manage your emotional reaction and engage in a constructive dialogue? (0 = Not Managing Well, 1 = Poorly, 2 = Fairly, 3 = Well, 4 = Very Well, 5 = Excellently)

Mark only one oval.

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23. 5. How often do you make an effort to engage in non-work related conversations with your remote colleagues? (0 = Rarely or Never, 1 = Very Rarely, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Very Often)

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24. 6. How much does your emotional state influence your overall productivity while working from home? (0 = Not Influential, 1 = Very Little Influence, 2 = Little Influence, 3 = Moderate Influence, 4 = Influential, 5 = Very Influential)

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25. 7. How frequently do you experience feelings of loneliness or isolation due to remote work? (0 = Very Frequently, 1 = Frequently, 2 = Occasionally, 3 = Rarely, 4 = Very Rarely, 5 = Almost Never)

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26. 8. Scenario: You're given a last-minute change in a project's scope. How well do you manage your initial emotional response and adapt to the change? (0 = Not Managing Well, 1 = Poorly, 2 = Fairly, 3 = Well, 4 = Very Well, 5 = Excellently)

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27. 9. How well do you adapt your emotional responses to different virtual communication scenarios, such as receiving positive feedback or managing misunderstandings? (0 = Not Adapting Well, 1 = Poorly, 2 = Fairly, 3 = Well, 4 = Very Well, 5 = Excellently)

Mark only one oval.

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28. 10. How well are you able to collaborate seamlessly with your team despite not being physically present? (0 = Not Well, 1 = Poorly, 2 = Fairly, 3 = Well, 4 = Very Well, 5 = Excellently)

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SECTION 3

29. 1. How skilled are you at recognizing signs of burnout or emotional fatigue in yourself and taking proactive measures to address them? (0 = Not Skilled, 1 = Very Little Skill, 2 = Little Skill, 3 = Moderate Skill, 4 = Skilled, 5 = Very Skilled)

Mark only one oval.

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30. 2. Scenario: You're assigned a complex project that requires focused effort. How well do you manage your work hours to ensure optimal productivity and work-life balance? (0 = Not Managing Well, 1 = Poorly, 2 = Fairly, 3 = Well, 4 = Very Well, 5 = Excellently)

Mark only one oval.

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31. 3. How effectively do you balance your communication frequency with colleagues to ensure collaboration while also maintaining your individual productivity? (0 = Not Balancing Well, 1 = Poorly, 2 = Fairly, 3 = Well, 4 = Very Well, 5 = Excellently)

Mark only one oval.

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32. 4. How confident are you in your ability to foster a sense of camaraderie and connection with your remote colleagues through virtual communication? (0 = Not Confident, 1 = Very Little Confidence, 2 = Little Confidence, 3 = Moderate Confidence, 4 = Confident, 5 = Very Confident)

Mark only one oval.

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33. 5. How effectively do you handle feelings of frustration or impatience when facing unexpected work disruptions or technical issues? (0 = Not Handling Well, 1 = Poorly, 2 = Fairly, 3 = Well, 4 = Very Well, 5 = Excellently)

Mark only one oval.

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34. 6. How much does your emotional state influence your overall productivity while working from home? (0 = Not Influential, 1 = Very Little Influence, 2 = Little Influence, 3 = Moderate Influence, 4 = Influential, 5 = Very Influential)

Mark only one oval.

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35. 7. How consistently do you engage in self-care activities like exercise, taking breaks, or pursuing hobbies to support your well-being while working remotely? (0 = Rarely or Never, 1 = Very Rarely, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Very Often)

Mark only one oval.

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36. 8. How effectively do you manage your daily work tasks to ensure you're meeting your productivity goals while maintaining a healthy work-life balance? (0 = Not Managing Well, 1 = Poorly, 2 = Fairly, 3 = Well, 4 = Very Well, 5 = Excellently)

Mark only one oval.

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37. 9. Scenario: You're collaborating with colleagues from different time zones, making it challenging to find suitable meeting times. How well can you negotiate and find compromises that accommodate everyone? (0 = Not Managing Well, 1 = Poorly, 2 = Fairly, 3 = Well, 4 = Very Well, 5 = Excellently)

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38. 10.Scenario: You notice that a team member seems emotionally distressed during a video conference. How likely are you to express concern and offer support? (0 = Very Unlikely, 1 = Unlikely, 2 = Neutral, 3 = Likely, 4 = Very Likely, 5 = Extremely Likely)

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Untitled Section

39. 1. Scenario: You receive constructive feedback on your work. How well can you manage your emotional response, remain open to feedback, and look for opportunities to improve? (0 = Not Managing Well, 1 = Poorly, 2 = Fairly, 3 = Well, 4 = Very Well, 5 = Excellently) *

Mark only one oval.

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40. 2. How well do you manage to disconnect from work and relax during your non-working hours? (0 = Not Managing Well, 1 = Poorly, 2 = Fairly, 3 = Well, 4 = Very Well, 5 = Excellently) *

Mark only one oval.

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41. 3. How often do you find yourself succumbing to procrastination when it comes to remote work-related activities? (0 = Rarely or Never, 1 = Very Rarely, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Very Often) *

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42. 4. Scenario: You're assigned a complex project that requires focused effort. How well do you manage your work hours to ensure optimal productivity and work-life balance? (0 = Not Managing Well, 1 = Poorly, 2 = Fairly, 3 = Well, 4 = Very Well, 5 = Excellently) *

Mark only one oval.

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43. 5. How frequently do you experience feelings of loneliness or isolation due to remote work? (0 = Very Frequently, 1 = Frequently, 2 = Occasionally, 3 = Rarely, 4 = Very Rarely, 5 = Almost Never) *

Mark only one oval.

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44. 6. How well do you resist the urge to let non-essential tasks interfere with your work responsibilities? (0 = Not Resisting Well, 1 = Poorly, 2 = Fairly, 3 = Well, 4 = Very Well, 5 = Excellently) *

Mark only one oval.

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45. 7. How effectively do you balance your communication frequency with colleagues to ensure collaboration while also maintaining your individual productivity? (0 = Not Balancing Well, 1 = Poorly, 2 = Fairly, 3 = Well, 4 = Very Well, 5 = Excellently) *

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46. 8. How consistently do you adhere to your work schedule and commitments as a remote worker? (0 = Rarely or Never, 1 = Very Rarely, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Very Often) *

Mark only one oval.

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47. 9. scenario: Your team celebrates a project milestone. How well can you express genuine excitement and congratulate team members, even in a virtual setting? (0 = Not Managing Well, 1 = Poorly, 2 = Fairly, 3 = Well, 4 = Very Well, 5 = Excellently) *

Mark only one oval.

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48. 10.scenario: You encounter a work task that you find tedious and uninteresting. *
- How well can you maintain focus and complete the task efficiently? (0 = Not Managing Well, 1 = Poorly, 2 = Fairly, 3 = Well, 4 = Very Well, 5 = Excellently)

Mark only one oval.

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