**Family life status .....**

1: Q2. Do you have more than one occupation?

1 Yes 2 No

Do you spend lot of money without any serious reason ?

Yes

No

Sometime

Never

What you think about your family life status ..?

Good

Bad

Normal

Can you alwys manage the life status of your family ?

Yes No

Are you satisfied in your family life status?

Yes

No

**Inter personal relation ship**

If I were sick, I could easily find someone to help me with my daily chores.

1. definitely false 2. probably false 3. probably true 4. definitely true

There is someone I can turn to for advice about handling problems with my family.

1. definitely false 2. probably false 3. probably true 4. definitely true

If I decide one afternoon that I would like to go to a movie that evening, I could easily find someone to go with me.

1. definitely false 2. probably false 3. probably true 4. definitely true

Your communication to family member

1 high 2 less 3 normal

There are several people that I trust to help solve my problems.

\_definitely true (3) \_\_\_definitely false (0)

\_probably true (2) \_\_\_probably false (1)

Do you try to make high bond in your relationships?

Some time

Never

Alwys

**Economic Burden**

Do you feel any economic problems?

Yes

No

Sometime

Never

Do you feel economic problems as a burden ?

Yes

No

Economic burden stress ever lead you in to dippression?

Yes

No

Sometimes

Occasionally

Economic burden ever effect your communication and interpersonal relationships?

Do you have confidence to to over come your economic burdens ?

Yes

No

**Work pressure**

Do you ever feel work pressure

?

Now

At the past

Alwys

Never

What is the common reason behind your work pressure?

Overtime duty

Less income

Negative attitude of management

Hard works

Work pressure ever affect your daily life

Yes

No

Alwys

Never

Do you change your jobs when it give you stress

?

Yes

No

Work pressure ever effect your communication with

coworkers ?

Increase

Decrease

No change

**Personality**

You find it difficult to introduce yourself to other people.

Yes

No

You find it easy to stay relaxed even when there is some pressure.

Being organized is more important to you than being adaptable.

You are usually highly motivated and energetic.

Yes

No

Do you consider other's emotions

alwys

Sometime

Never

**External comp.**

12. If I needed some help in moving to a new house or apartment, I would have a hard time finding someone to help me.

1. definitely false 2. probably false 3. probably true 4. definitely true Scoring:

1. There are several people that I trust to help solve my problems.

\_definitely true (3) \_\_\_definitely false (0)

\_probably true (2) \_\_\_probably false (1)

2. If I needed help fixing an appliance or repairing my car, there is someone who would help me.

\_definitely true (3) \_\_definitely false (0) \_\_probably true (2) \_\_\_probably false (1)

3. Most of my friends are more interesting than I am.

\_definitely true (3) \_\_definitely false (0) \_\_probably true (2) \_\_\_probably false (1)

4. There is someone who takes pride in my accomplishments.

\_definitely true (3) \_\_definitely false (0) \_\_probably true (2) \_\_\_probably false (1)

5. When I feel lonely, there are several people I can talk to.

\_definitely true (3) \_\_definitely false (0) \_\_probably true (2) \_\_\_probably false (1)

6. There is no one that I feel comfortable to talking about intimate personal problems.

\_definitely true (3) \_\_definitely false (0) \_\_probably true (2) \_\_\_probably false (1)

7. I often meet or talk with family or friends.

\_definitely true (3) \_\_definitely false (0) \_\_probably true (2) \_\_\_probably false (1)

8. Most people I know think highly of me.

\_definitely true (3) \_\_\_definitely false (0)

\_probably true (2) \_\_\_probably false (1)

**Personal coping style**

What is your perception about the problems in life

Positive

Negative

How can you solve your life problems

Alone

With the help of friends

With the help of relatives

Do you have confidence to face life problems?

Yes

No

Some time

Alwys

Do you ever compared the problems with fate ?

Yes

No

DO YOU FED-UP WITH YOUR PROBLEMS

**(8) self promotion burden(**10 questions)

Q1 Did you feel the work-related psychological burden that you have done over the past 1 week?

Q2 Did you have a lot of work to do over the past 1 week?

Q3 Are there times when the colleagues at your workplace work too hard?

Q4 Did you have to deal with your task quickly over the past 1 week?

Q5 The work I do is very important.

Q6 Did you do your work what is familiar to you over the past 1 week?

Q7 Did you do a work which has a lot of physical burden over the past 1 week?

Q8 Did you do a work which has a lot of psychological burden over the past 1 week?

Q9 Is the physical environment at your workplace bad (noise, lighting, heat, dust, etc.)?

Q10 Can accidents occur in the work you have been doing over the past 1 week?

Q11 Are the safety features on the machinery, etc., you have been operating over the past 1 week inadequate?

Q12 Did you receive adequate safety training in relation to the work you have been doing over the past 1 week?

Q13 In some cases, you may not be able to follow the standard procedure.

Q14 Are you worrying about the job security?

Q15 Is your job motivated enough?

Q16 Are you receiving fair treatment from your organization?

Q17 Do you maintain good relationships with your superiors?

Q18 Are you satisfied with your current job?

Q19 Have you experienced conflicts like bullying or quarrels at your workplace over the past 1 week?

Q20 Do you lack free time in your personal life due to work?

Q21 Does it work well with colleagues who work with you or other company's employees who need to cooperate with you?

Q22 Does your company share key information with employees?

Q23 Are you well informed about the precautions you have to take during the work process?

Q24 Do you tell your opinions to your superiors when there is a problem?

Q25 Did you take enough sleep over the past 1 week?

Q26 Did you feel physical fatigue over the past 1 week?

Q27 Are you financially compensated enough for your work?

Q28 Did you think you lack confidence over the past 1 week?

Q29 Did you experience any bodily pain or discomfort over the past 1 week?

Q30 Have you ever felt that your memory has worsened over the past 1 week?

Q31 Have you ever been threatened by violence at work for a year?

Q32 I am usually good at managing my self-esteem.

Q33 There was a time to make mistakes because I did not pay attention.

Q34 When interacting with others, I tend to put myself in their shoes.

Q35 It is easy for you to hide your intention or real mind.

Q36 I cannot concentrate on what I am doing, and I tend to work automatically sometimes.

Q37 I tend to do well or poorly at work depending on my mood on particular days.

Q38 Is your work something that anyone can do easily with a little training?

Q39 Do you often worry about the future?

Q40 Are you familiar with your current work?

Q41 Do you often take a break to recharge?

Q42 Are the facilities on the work site complicated?

Q43 Were there occasions at work when you almost made a mistake?

Q44 Have you ever felt that it would be nice to beef up the safety equipment in your everyday work?

Q45 Are the passageways and the workspace at your workplace cluttered?

Q46 I have colleagues who seem to be working hard and constantly.

Q47 Would your work be delayed if safety were emphasized?

Q48 I am not good at self-assertion, so I tend to drown my complaints in alcohol.

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

**(9)social support scale questionnaire(**10 questions**)**

1. There are several people that I trust to help solve my problems.

I wanted to go on a trip for a day (for example, to the country or mountains), I would have 1. If a hard time finding someone to go with me.

1. definitely false 2. probably false 3. probably true 4. definitely true

2. I feel that there is no one I can share my most private worries and fears with.

1. definitely false 2. probably false 3. probably true 4. definitely true

3. If I were sick, I could easily find someone to help me with my daily chores.

1. definitely false 2. probably false 3. probably true 4. definitely true

4. There is someone I can turn to for advice about handling problems with my family.

1. definitely false 2. probably false 3. probably true 4. definitely true

5. If I decide one afternoon that I would like to go to a movie that evening, I could easily find someone to go with me.

1. definitely false 2. probably false 3. probably true 4. definitely true

6. When I need suggestions on how to deal with a personal problem, I know someone I can turn to.

6. When I need suggestions on how to deal with a personal problem, I know someone I can turn to.

1. definitely false 2. probably false 3. probably true 7. I don't often get invited to do things with others. 4. definitely true

1. definitely false 2. probably false 3. probably true 4. definitely true

8. If I had to go out of town for a few weeks, it would be difficult to find someone who would look after my house or apartment (the plants, pets, garden, etc.).

1. definitely false 2. probably false 3. probably true 4. definitely true

9. If I wanted to have lunch with someone, I could easily find someone to join me.

1. definitely false 2. probably false 3. probably true 4. definitely true

10. If I was stranded 10 miles from home, there is someone I could call who could come and get me.

1. definitely false 2. probably false 3. probably true 4. definitely true

11. If a family crisis arose, it would be difficult to find someone who could give me good advice about how to handle it.

1. definitely false 2. probably false 3. probably true 4. definitely true

12. If I needed some help in moving to a new house or apartment, I would have a hard time finding someone to help me.

1. definitely false 2. probably false 3. probably true 4. definitely true Scoring:

1. There are several people that I trust to help solve my problems.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

2. If I needed help fixing an appliance or repairing my car, there is someone who would help me.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0) \_\_\_\_probably true (2) \_\_\_\_probably false (1)

3. Most of my friends are more interesting than I am.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0) \_\_\_\_probably true (2) \_\_\_\_probably false (1)

4. There is someone who takes pride in my accomplishments.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0) \_\_\_\_probably true (2) \_\_\_\_probably false (1)

5. When I feel lonely, there are several people I can talk to.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0) \_\_\_\_probably true (2) \_\_\_\_probably false (1)

6. There is no one that I feel comfortable to talking about intimate personal problems.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0) \_\_\_\_probably true (2) \_\_\_\_probably false (1)

7. I often meet or talk with family or friends.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0) \_\_\_\_probably true (2) \_\_\_\_probably false (1)

8. Most people I know think highly of me.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

9. If I needed a ride to the airport very early in the morning, I would have a hard time finding someone to take me.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0) \_\_\_\_probably true (2) \_\_\_\_probably false (1)

10. I feel like I’m not always included by my circle of friends.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

11. There really is no one who can give me an objective view of how I’m handling my problems.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0) \_\_\_\_probably true (2) \_\_\_\_probably false (1)

12. There are several different people I enjoy spending time with.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

13. I think that my friends feel that I’m not very good at helping them solve their problems.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0) \_\_\_\_probably true (2) \_\_\_\_probably false (1)

14. If I were sick and needed someone (friend, family member, or acquaintance) to take me to the doctor, I would have trouble finding someone.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

15. If I wanted to go on a trip for a day (e.g., to the mountains, beach, or country), I would have a hard time finding someone to go with me.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0) \_\_\_\_probably true (2) \_\_\_\_probably false (1)

16. If I needed a place to stay for a week because of an emergency (for example, water or electricity out in my apartment or house), I could easily find someone who would put me up.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0) \_\_\_\_probably true (2) \_\_\_\_probably false (1)

17. I feel that there is no one I can share my most private worries and fears with.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

18. If I were sick, I could easily find someone to help me with my daily chores.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0) \_\_\_\_probably true (2) \_\_\_\_probably false (1)

19. There is someone I can turn to for advice about handling problems with my family.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0) \_\_\_\_probably true (2) \_\_\_\_probably false (1)

20. I am as good at doing things as most other people are.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0) \_\_\_\_probably true (2) \_\_\_\_probably false (1)

21. If I decide one afternoon that I would like to go to a movie that evening, I could easily find someone to go with me.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

22. When I need suggestions on how to deal with a personal problem, I know someone I can turn to.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

23. If I needed an emergency loan of $100, there is someone (friend, relative, or acquaintance) I could get it from.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0) \_\_\_\_probably true (2) \_\_\_\_probably false (1)

24. In general, people do not have much confidence in me.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0) \_\_\_\_probably true (2) \_\_\_\_probably false (1)

25. Most people I know do not enjoy the same things that I do.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1)

26. There is someone I could turn to for advice about making career plans or changing my job.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0) \_\_\_\_probably true (2) \_\_\_\_probably false (1)

27. I don’t often get invited to do things with others.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0) \_\_\_\_probably true (2) \_\_\_\_probably false (1)

28. Most of my friends are more successful at making changes in their lives than I am.

\_\_\_\_definitely true (3) \_\_\_\_definitely false (0)

\_\_\_\_probably true (2) \_\_\_\_probably false (1