

Follow-Up Survey: Your Mental Well-Being During Fair Weather Conditions

Purpose:

Thank you again for participating in the original Heat Stress and Mental Well-Being survey. This follow-up survey is designed to compare your responses under **fair weather conditions** to better understand whether **extreme heat** influenced your original answers.

Your responses remain anonymous, and this short survey will help us determine if **weather conditions play a role in construction workers' energy, mood, and recovery at home.**

Cognitive and Emotional Well-Being

Please rate the following statements based on how you typically feel after working in **mild or fair weather** conditions. Use the same 1 to 5 scale:

1 = Strongly Disagree | 5 = Strongly Agree

Compared to when it's extremely hot, I feel less mentally drained after a day of work in ideal weather conditions.

*



1



2



3



4



5



I feel more emotionally stable and less irritable at home after working in mild temperatures.



1



2



3



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5



Social and Family Life

I'm more likely to engage in conversation, help out, or be present with my family when the weather is fair.



1



2



3



4



5



My patience with others at home improves when I haven't been working in extreme heat.



1



2



3



4



5



Recovery and Motivation

I recover faster and feel more motivated to complete daily tasks (e.g., cooking, chores, errands) in mild weather.



1



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3



4



5



I don't feel the need to isolate or rest excessively when I get home after a fair-weather day.



1



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Optional Reflection

Looking back at your original answers, do you believe extreme heat played a major role in your stress, fatigue, or behavior at home? Why or why not?



Yes because it drains my energy.

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Looking back at your original answers, do you believe extreme heat played a major role in your stress, fatigue, or behavior at home? Why or why not?



Yes I do

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I definitely feel more exhausted after work and sometimes a little sick.

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It does but I try to not let it affect me.

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