# 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

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 $\bigstar$ 

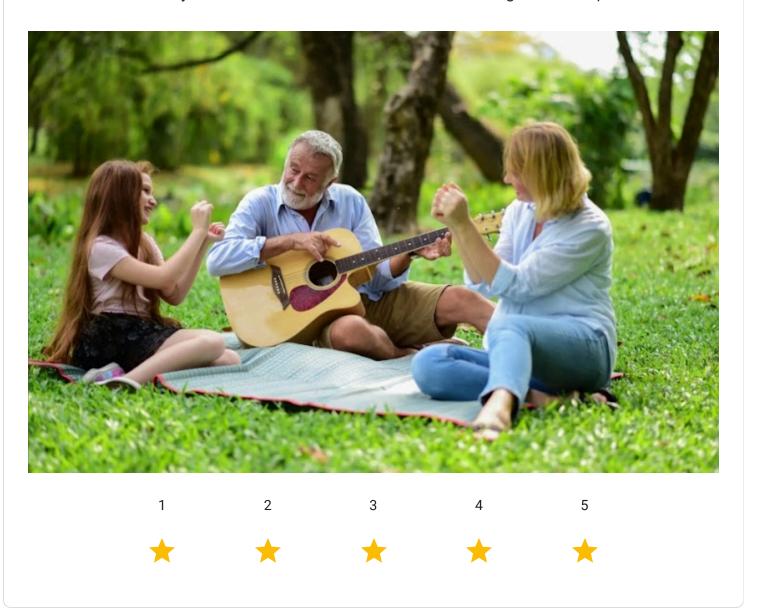


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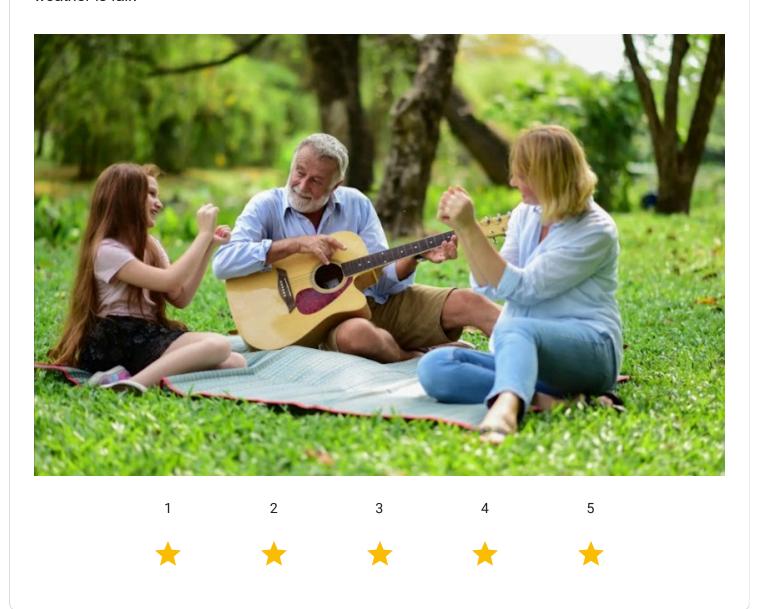
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I feel more emotionally stable and less irritable at home after working in mild temperatures.

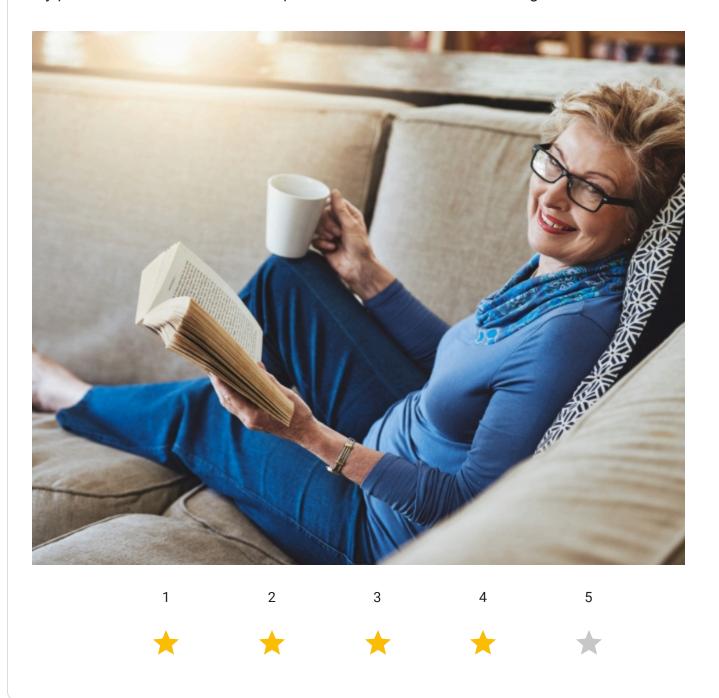


Social and Family Life

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



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



Recovery and Motivation

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



1 2 3 4 5

 $\star$   $\star$   $\star$   $\star$   $\star$ 

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



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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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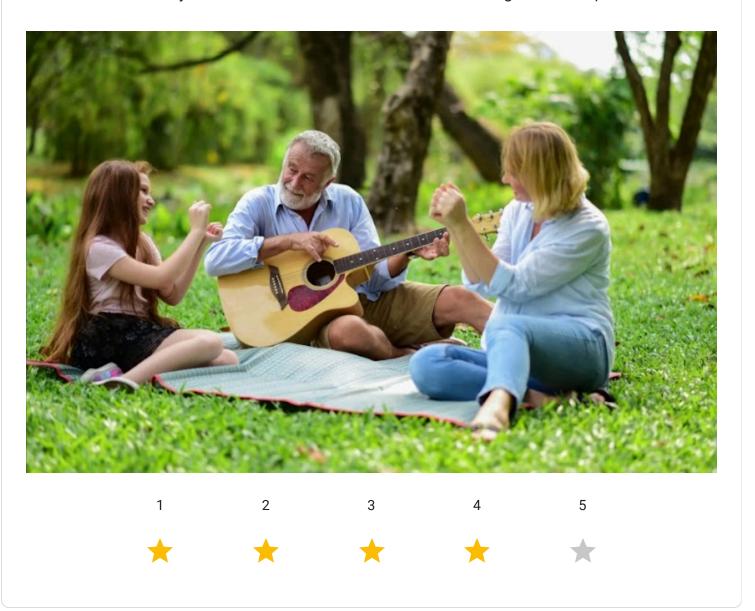


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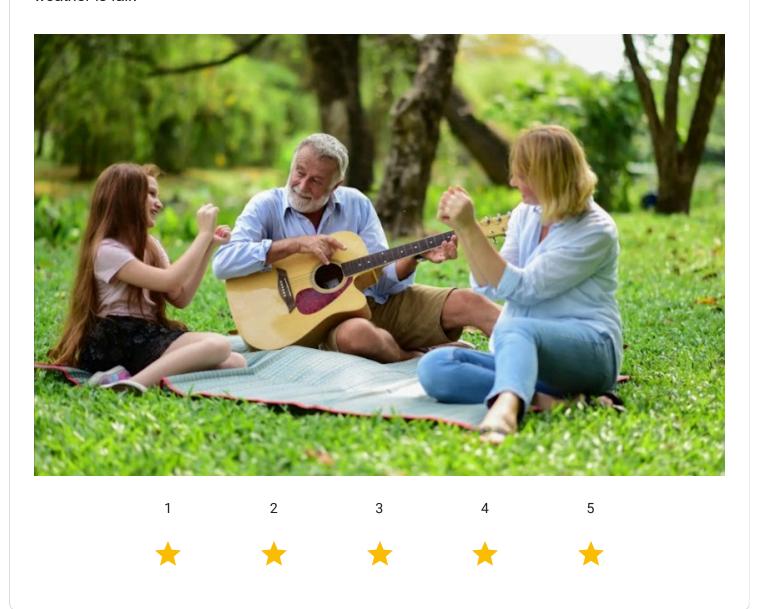
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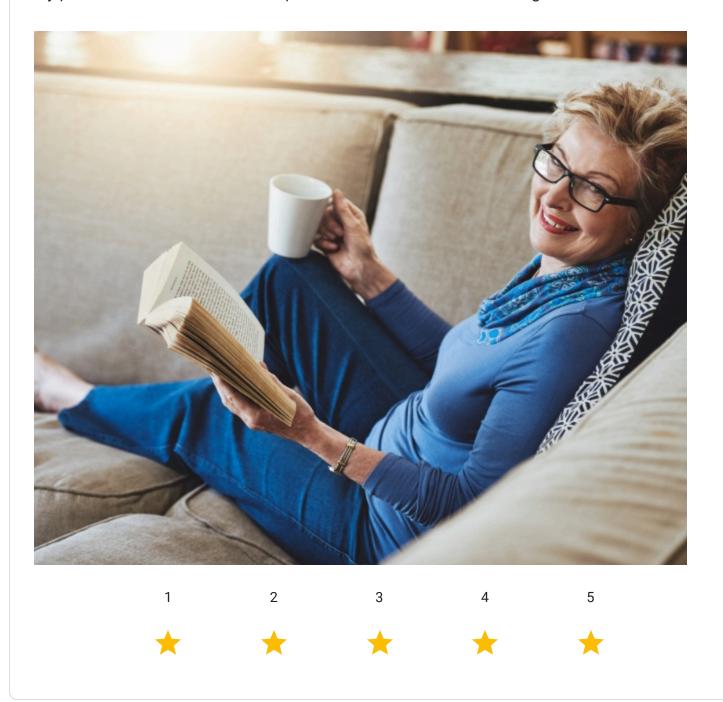


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1 2 3 4 5

 $\star$   $\star$   $\star$   $\star$   $\star$ 

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



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 I do

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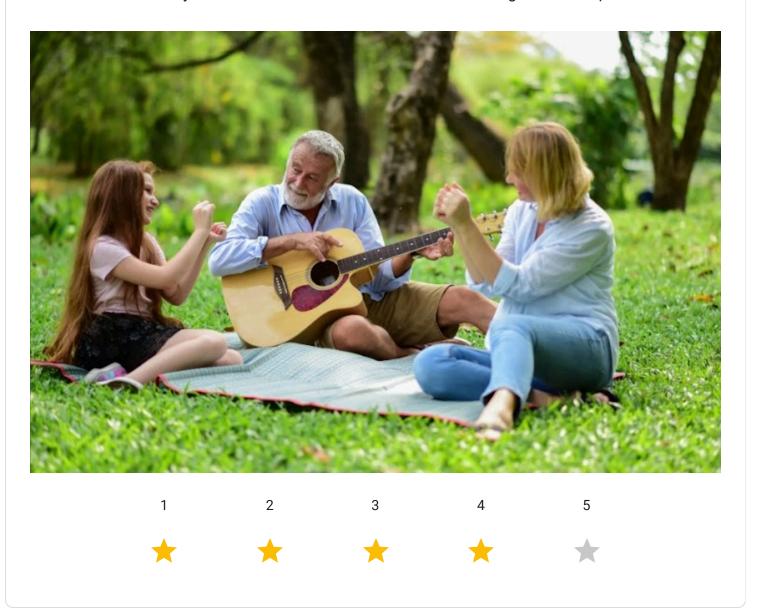


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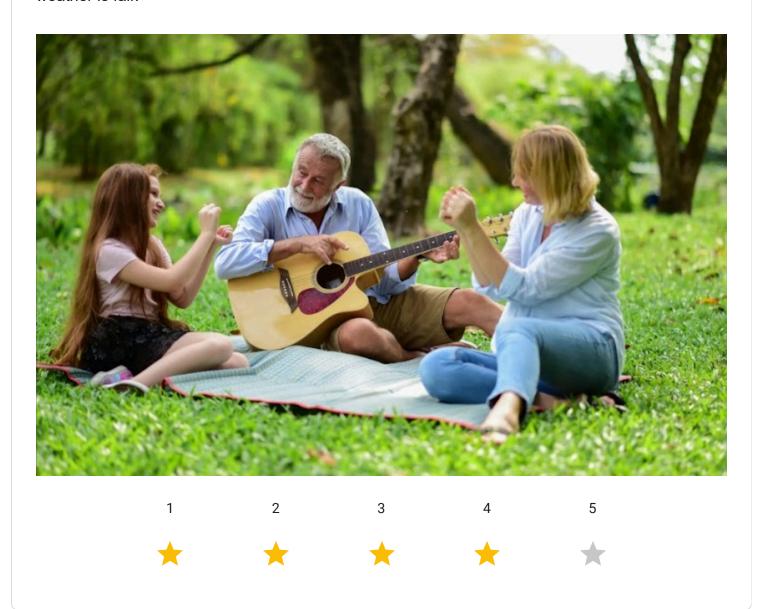
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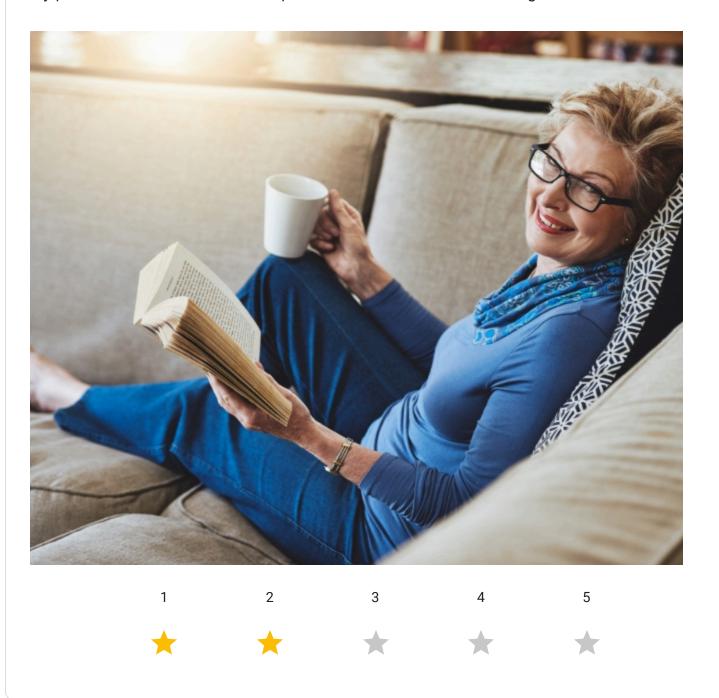


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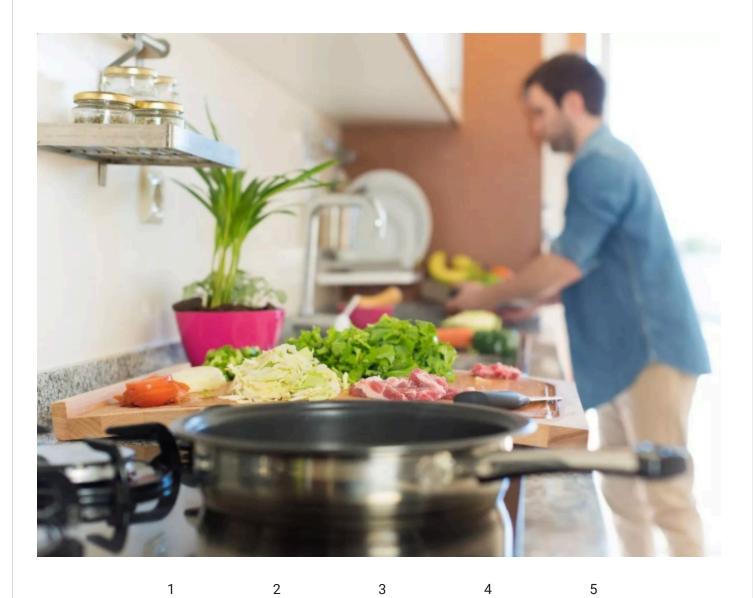


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Recovery and Motivation

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



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



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?



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

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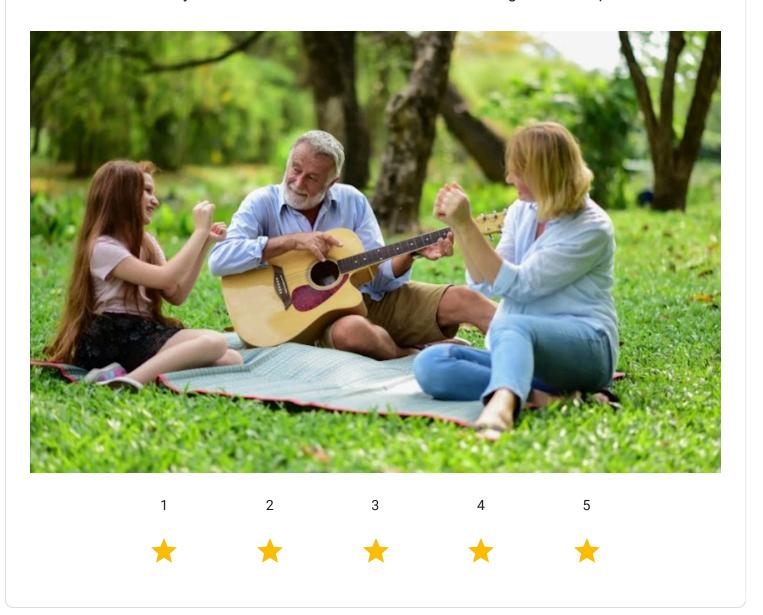
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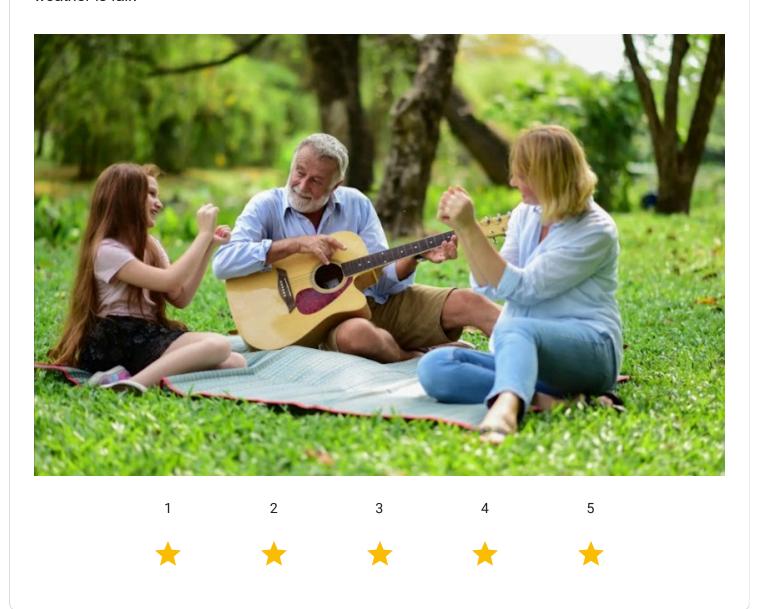


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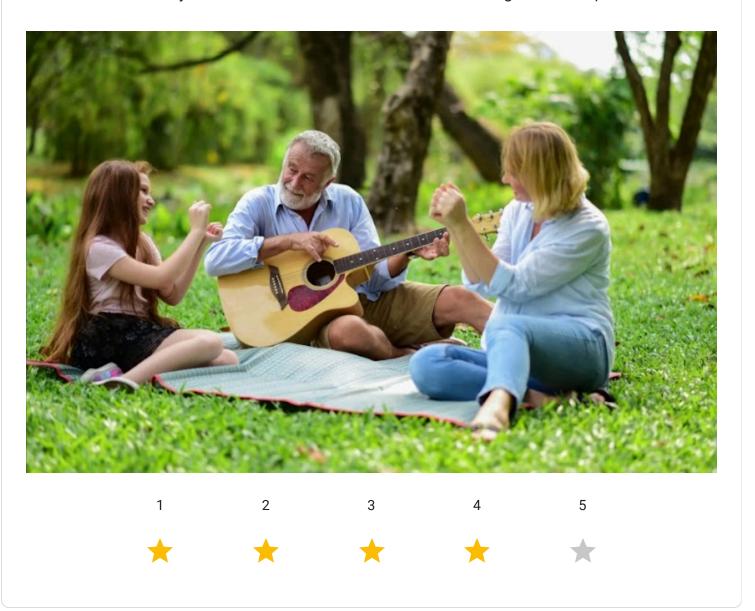


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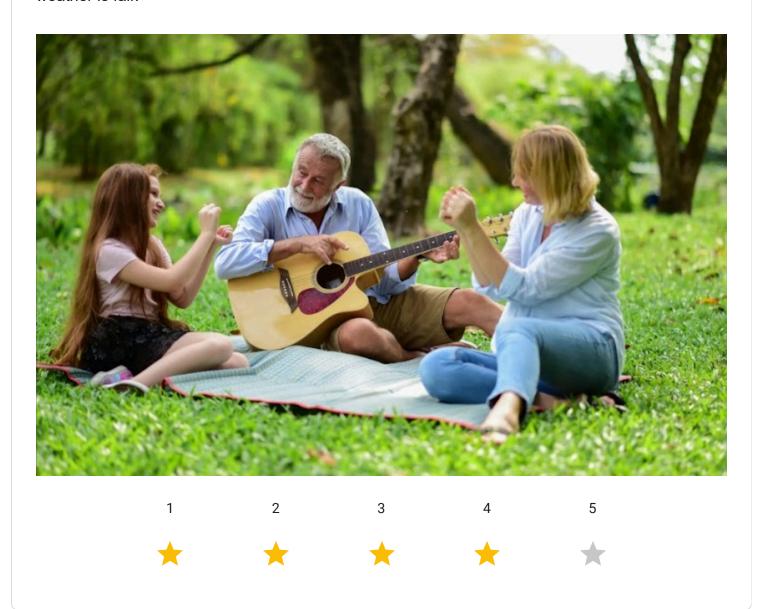
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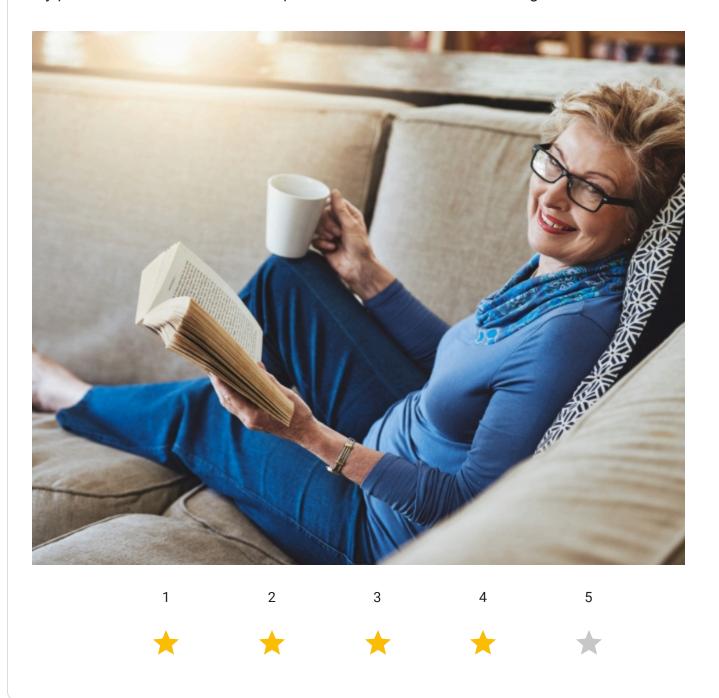


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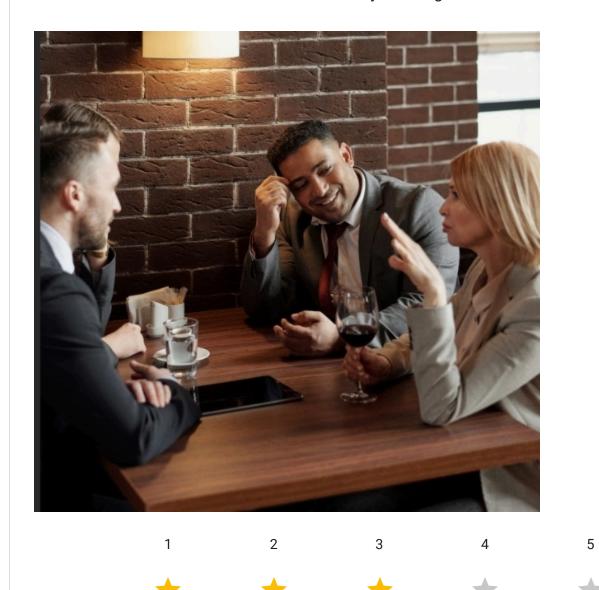
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1 2 3 4 5

 $\star$   $\star$   $\star$   $\star$   $\star$ 

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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?



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

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