

- 1) How many paid hours do you work in one week? [1-5, 6-8, 9-11, 12+]
- 2) On average, how many hours a day do you dedicate to your studies? [1-2, 3-4, 5-6, 7+]
- 3) To what extent do you agree with the following statement?: I wish I had more hours in the day to dedicate to my studies. [Strongly agree, agree, neither agree nor disagree, disagree, strongly disagree]
- 4) How many hours a week do you dedicate to doing something you find pleasurable? (e.g. watching a movie, going out with friends, drawing) [0-1, 2-3, 4-5, 6+]