**General questions:**

How long are you an employe for this company?

//

I am working for this company for three years now.

//

What education level do you have?

//

I did a study on the HBO level in Amsterdam. Since my parents come from Groningen I moved back.

//

Do you play video games on computer or console?

//

No I never played any video games.

//

Do you play any games on your mobile phone?

//

Yes, I love to play candycrush in my breaks.

//

**Relationships:**

How would you describe your relationship with your manager?

//

Good, I can ask my manager anything. When I do I get a lot of help. When I started here I got a lot of support from my manager.

//

Do you have a personal office? Or sharing?

//

I am not sharing my office, my office is very small so I do a lot of work in the meeting room with my coworkers.

//

How would you describe your relationship with your (other) coworkers?

//

Good, I often have a good work experience with my coworkers. But sometimes strong disagreements.

//

What are those disagreements about?

//

Mostly not about work but personal views. Subjects like beliefs or political views are often discussed.

//

Do you have anyone on the work floor whom you could talk about personal issues?

//

Yes, we have a company doctor which is justified to help with mental health issues.

//

Is there any form of bullying on the work floor?

//

Not that much, It is in my perspective more joking than bullying

//

**Stress:**

Do you feel a lot of stress during the work?

//

I don't feel a lot of stress during my work. The workload is not that much and when I need help I can easaly reach to my coworkers.

//

**Exhaustion:**

How many hours do you work each week?

//

Most of the weeks I work around 30 hours. Sometimes I have to work more because one of my co workers want a day off. I don't mind to fill in for then since I don't work the whole week.

//

How much energy do you have left after a workday?

//

I am getting more tired to take care of my kids. Work is way more relaxing than my home situation.

//

Could better communication improve your energy level after a day of work?

//

It might be, but I can't see what could improve.

//

**Reflection:**

How does your work influence your mental health?

//

Yes for the better, I need something to do. And it keeps my mind of personal issues.

//

Do you think changes in the relationship with your coworkers could improve your mental health?

//

I have a really good relationship with my coworkers. When I wouldn't have a job I think it would decrease my health.

//

Do you think exercises could improve the relationship with your coworkers?

//

Having some fun with my coworkers could only improve the relationship right? So yes.

//

Would you like to use a game which is created to improve the relationships between coworkers in a company in your company?

//

Yes, I would like to do something like that.

//