**Cyberbullying and Self-Compassion Measures**

**Demographic Questions:**

What is your gender?

Male

Female

What is your race/ethnicity?

What is your age? \_\_\_\_\_

What is your current faculty rank?

Part-Time Instructor/Adjunct Faculty

Full-Time Instructor

Visiting Professor

Assistant Professor

Associate Professor

Full Professor

Professor Emeritus

Other

What is your current tenure status?

Tenured

Tenure-Track

Non-Tenure Track

How many years have you taught online (virtual) classes?

0-5

6-10

11-15

16-20

21+

Have you gotten one of the COVID-19 vaccines in 2021?

Yes

No

Do you intend to get one of the COVID-19 vaccines in the future?

Yes

No

Do you have any medical condition that would increase your risk of severe illness from the COVID-19 virus?

Yes

No

If you answered yes, please select the medical condition(s) that you have (Select all that apply):

Cancer

Chronic kidney disease

COPD (chronic obstructive pulmonary disease)

Down Syndrome

Heart conditions (e.g., heart failure, coronary artery disease)

Immunocompromised state (weakened immune system from organ or blood marrow transplant)

Obesity or severe obesity

Pregnancy

Sickle cell disease

Smoking

Type I diabetes mellitus

Type 2 diabetes mellitus

Asthma

Cerebrovascular disease

Cystic fibrosis

Hypertension or high blood pressure

Neurologic conditions, such as dementia

Liver disease

Pulmonary fibrosis (damaged or scarred lung tissues)

Thalassemia (a type of blood disorder)

Other (please describe): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Has your university implemented COVID-19 policies (i.e., mask covering)?

Yes

No

Did you following the mask policy?

Yes

No

What were your office hour policies during the Covid-19 pandemic?

Videoconferencing/virtual office hours (i.e., Zoom, Webex, Microsoft Teams, etc.)

Face-to-face with face coverings

A mixture of videoconferencing/virtual office hours and face-to-face with face coverings

Did your institution implement the CDC guidelines to protect faculty, staff, and students’ during the Covid-19 pandemic?

**Work-related cyberbullying Measure**

**Source:**

Farley, S., Coyne, I., Axtell, C., & Sprigg, C. (2016). Design, development and validation of a workplace cyberbullying measure, the WCM. *Work & Stress, 30*(4), 293-317. <https://dx.doi.org/10.1080/02678373.2016.1255998>

How often in the last six months have you experienced the following work-related acts through technology?

For each response, indicate the frequency as follows:

Never (1), Now and then (2), At least Monthly (3), At least Weekly (4), Daily (5)

Received messages that have a disrespectful tone.

Been unfairly blamed for work problems.

Received aggressively worded messages (e.g., using all capital letters, bold font or multiple exclamation marks)

Had another organizational member copy people into messages that reflect negatively on you.

Had your work unfairly criticized.

Received rude demands from a colleague.

Been sent conflicting information.

Been bypassed in group communications that are relevant to your work role.

Been the subject of communications that undermine you.

Received unreasonable work demands.

**Self-Compassion Scale Short Form (SCS-SF)**

**Source:**

Raes, F., Pommier, E., Neff, K.D., & Van Gucht, D. (2011). Construction and factorial validation of a short form of the self-compassion scale. *Clinical Psychology & Psychotherapy, 18,* 250-255.

Instructions: Please read each statement carefully before answering. Indicate how often you behave in the stated manner, using the following scale:

Almost never 1 2 3 4 5 Almost Always

1. When I fail at something important to me I become consumed by feelings of inadequacy.
2. I try to be understanding and patient towards those aspects of my personality I don’t like.
3. When something painful happens I try to take a balanced view of the situation.
4. When I’m feeling down, I tend to feel like most other people are probably happier than I am.
5. I try to see my failings as part of the human condition.
6. When I’m going through a very hard time, I give myself the caring and tenderness I need.
7. When something upsets me, I try to keep my emotions in balance.
8. When I fail at something that’s important to me, I tend to feel alone in my failure.
9. When I’m feeling down I tend to obsess and fixate on everything that’s wrong.
10. When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.
11. I’m disapproving and judgmental about my own flaws and inadequacies.
12. I’m intolerant and impatient towards those aspects of my personality I don’t like.

**Job Satisfaction Scale**

**Source:**

Agho, A. O., Price, J. L., & Mueller, C. W. (1992). Discriminant validity of measures of job satisfaction, positivity affectivity, and negative affectivity. *Journal of Occupational and Organizational Psychology, 65*(3), 185-196. [https://doi.org/10.1111/j.2044-8325.1992.tb00496.x](about:blank)

Instructions: Please respond to the following items regarding your current satisfaction with your academic job. Please use the scale below to respond to the following 5-point scale from 1 (*Strongly Disagree*) to 5 (*Strongly Agree*):

1. I am often bored with my job.
2. I feel fairly well satisfied with my present job.
3. I am satisfied with my job for the time being.
4. Most days I am enthusiastic about my work.
5. I like my job better than the average worker does.
6. I find real enjoyment in my work.