

Job Related Affective Well-being Scale to measure the workplace well-being

 luminiwickramasinghe@gmail.com (not shared) [Switch account](#)



* Required

Your details

Tell us about yourself

What is your age? *

- ☐ Below 20
- ☒ 20 - 25 years
- ☐ 26 - 30 years
- ☐ 31 - 40 years
- ☐ Above 40

What is your gender? *

- ☐ Male
- ☒ Female



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What is your monthly salary? *

- ☐ < Rs.100,000
- ☐ Rs 100,000 - Rs 200,000
- ☒ Rs 200,001 - Rs 500,000
- ☐ Rs 500,001 - Rs 1,000,000
- ☐ Above Rs 1,000,000

Whit is your civil status? *

- ☒ Single
- ☐ Married
- ☐ Other

What is your working experience? *

- ☐ < 2 years
- ☒ 2- 5 years
- ☐ 5-10 years
- ☐ 10 years



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What is your company's working arrangement? *

- ☐ Physical
- ☒ Online
- ☐ Hybrid

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* Required

Your experience

Please check one response for each item that best indicates how often you've experienced each emotion at work over the past 30 days.



Choose one response *

	Never	Rarely	Sometimes	Quite often	Extremely often
My job made me feel angry.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My job made me feel anxious.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My job made me feel at ease.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My job made me feel bored.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My job made me feel calm.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My job made me feel content.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My job made me feel depressed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My job made me feel discouraged.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My job made me feel disgusted.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My job made me feel ecstatic.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My job made me feel energetic.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My job made	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



me feel
enthusiastic.

My job made
me feel
excited.

☐☐☐☐☐

My job made
me feel
fatigued.

☐☐☐☐☐

My job made
me feel
frightened.

☐☐☐☐☐

My job made
me feel
furious.

☐☐☐☐☐

My job made
me feel
gloomy.

☐☐☐☐☐

My job made
me feel
inspired.

☐☐☐☐☐

My job made
me feel
relaxed.

☐☐☐☐☐

My job made
me feel
satisfied.

☐☐☐☐☐[Back](#)[Submit](#)[Clear form](#)

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