MSC. PRIMARY_RESEARCH: WFH OR ON-SITE SURVEY

Robert Solomon

1. Demographic Information (For Analysis by Groups)

- **Q1:** What is your age group?

    o 18–24, 25–34, 35–44, 45–54, 55+

- **Q2:** What is your gender?

    o Male, Female, Non-binary, Prefer not to say

- **Q3:** What is your current work arrangement?

    o Fully remote, Hybrid (some remote, some on-site), Fully on-site

- **Q4:** What is your job role/industry?

    o Open-ended or provide categories (e.g., IT, Education, Healthcare, etc.)

2. Work-Life Balance

- **Q5:** On a scale of 1 (very poor) to 5 (excellent), how would you rate your work-life balance as a remote worker? *(Likert scale for correlation analysis)*

- **Q6:** How many hours per week do you typically work? *(Numeric input)*

3. Stress Levels

- **Q7:** On a scale of 1 (no stress) to 5 (extremely stressed), how would you rate your stress levels since starting remote work? *(Likert scale)*

- **Q8:** What factors contribute most to your stress levels? *(Select all that apply)*

    o Increased workload

    o Isolation from colleagues

    o Lack of proper resources

    o Difficulty managing time

    o Other (please specify)

4. Social Isolation

- **Q9:** How often do you feel socially isolated while working remotely?

    o Never, Rarely, Sometimes, Often, Always

- **Q10:** Do you feel a lack of connection with your team while working remotely?

    o Yes, No, Unsure

5. Access to Mental Health Resources

- **Q11:** Does your employer provide resources to support mental health (e.g., counseling, wellness programs)?

  - Yes, No, Unsure

- **Q12:** On a scale of 1 (not helpful) to 5 (very helpful), how effective are these resources in managing your mental health?

6. Open-Ended Feedback (Optional)

- **Q13:** What changes would you recommend to improve mental health support for remote workers? *(Open-ended)*

Correlating the Data

The collected data can be correlated with variables in your secondary dataset (e.g., work location, stress levels, work-life balance ratings) using statistical techniques:

1. **Stress vs. Work-Life Balance:**

   - Use correlation coefficients (e.g., Pearson or Spearman) to determine the relationship between perceived stress levels (Q7) and work-life balance (Q5).

2. **Social Isolation vs. Work Arrangement:**

   - Analyze whether feelings of isolation (Q9) are more prevalent in fully remote workers compared to hybrid workers.

3. **Mental Health Resources vs. Job Satisfaction:**

   - Examine the correlation between access to mental health resources (Q11) and perceived work-life balance (Q5).

4. **Demographics vs. Responses:**

   - Identify trends across age groups, job roles, or industries to uncover demographic-specific insights.

LinkedIn Post:

Post Title:
📢 Calling All Remote Workers! Your Input Matters 📊

Body:
Hi everyone,
I'm currently conducting research as part of my MSc dissertation to **understanding Mental Health in a Remote Work Setting** and I need your help! This study explores how work-life balance, stress levels, and social connection are influenced by remote work arrangements.

If you're a **remote worker (fully or partially)** and have a few minutes to spare, I'd greatly appreciate your insights through a short survey. Your responses are **completely anonymous** and will help contribute to a better understanding of how remote work impacts employees' well-being.

📋 **Survey Details:**

- **Time to complete:** ~5-10 minutes

- **Anonymity:** 100% confidential

- **Link:** https://docs.google.com/forms/d/e/1FAIpQLSdmWJINdNzH6jwDDlHrI-cPNQqeUhB6CtpV99QDsZK5imGKWQ/viewform?usp=header

Thank you in advance for your participation and for supporting my research. If you know others who work remotely, please feel free to share this post with them—it would mean a lot! 🙌

#RemoteWork #MentalHealth #Research #DataScience #WorkLifeBalance #Survey