

Understanding Mental Health in a Remote Work Setting - Survey

Thank you for participating in this survey, which is part of a research project for my MSc Dissertation to **understanding Mental Health in a Remote Work Setting**. The aim is to understand how factors like work-life balance, stress, and social connection are influenced by remote work arrangements. Your input will provide valuable insights that can inform workplace practices and policies.

Purpose:

This survey is designed to collect real-world experiences of remote workers, complementing secondary research and contributing to a deeper understanding of remote work's effects on mental health.

Instructions:

- The survey will take approximately **5-10 minutes** to complete.
- All responses are **anonymous** and will be used solely for academic research.
- Please answer all questions based on your personal experiences.

Confidentiality:

Participation is entirely voluntary, and no identifying information will be collected. Your responses will remain confidential.

Thank You:

Your input is highly valued and will play a critical role in advancing knowledge in this area.

* Indicates required question

1. Demographic Information (For Analysis by Groups)

1. **Q1:** What is your age group? *

Mark only one oval.

☐ 18–24

☐ 25–34

☐ 35–44

☐ 45–54

☐ 55+

2. **Q2:** What is your gender? *

Mark only one oval.

☐ Male

☐ Female

3. **Q3:** What is your current work arrangement? *

Mark only one oval.

☐ Fully remote

☐ Hybrid (some remote, some on-site)

☐ Fully on-site

4. **Q4:** What is your job role/industry? *

Mark only one oval.

- ☐ IT/Technology
- ☐ Education
- ☐ Healthcare/Pharmaceuticals
- ☐ Finance/Accounting
- ☐ Human Resources/Recruitment
- ☐ Operations/Logistics
- ☐ Legal
- ☐ Marketing/Advertising
- ☐ Engineering
- ☐ Nonprofit/NGO
- ☐ Aerospace/Defense
- ☐ Other: _____

2. Work-Life Balance

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

Mark only one oval.

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. **Q6:** How many hours per week do you typically work? (*Numeric and Decimal input accepted which will be rounded to the nearest whole number for e.g. 6.7hrs = 7hrs*) *

3. Stress Levels

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

Mark only one oval.

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

Check all that apply.

- ☐ Increased workload
- ☐ Isolation from colleagues
- ☐ Lack of proper resources
- ☐ Difficulty managing time
- ☐ Other (please specify)
- ☐ Other: _____

4. Social Isolation

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

Mark only one oval.

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

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

Mark only one oval.

- ☐ Yes
- ☐ No
- ☐ Unsure

5. Access to Mental Health Resources

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

Mark only one oval.

- ☐ Yes
- ☐ No
- ☐ Unsure

6. Open-Ended Feedback (Optional)

12. **Q12:** What changes would you recommend to improve mental health support for remote workers? (*Open-ended*)

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