WORK PRESSURES SURVEY

Section 1. Bac	kground details				
1. How many years/months have you been in your prese	nt job? y	ears / months			
2. Do you consider that you work:		full-time 🛛 1	part-time 2		
3. How many hours per week: <i>are you contracted to</i>	o work?	do you actually work?	<u></u>		
4. Gender: <i>male</i> 1	female 🛛 <mark>2</mark>				
5. Date of Birth (MM/YY):	/				
6. Living status:	living alone 🛛 1	living wi	th a partner □ <mark>2</mark>		
7. Do you have responsibility for young dependents?		<i>no</i> 🗆 1	yes □ <mark>2</mark>		
8. Do you have responsibility for elderly dependents?		<i>no</i> 🗆 1	yes □ <mark>2</mark>		
9. Please tick your highest qualification or its equivalent:					
NVQ's Level 1-3 1 GCSE 2 'A' levels 3	degree post □4	tgrad. 🛛 5 no formal qu	ualifications 🗆 <mark>6</mark>		
10. Do you take any planned exercise?					
always 1 usually 2 when possible 3	occasionally []4	not usually [] <mark>5</mark>	never 🛛 <mark>6</mark>		
11. Do you smoke more than 5 cigarettes in a normal worl	king day?	yes □1	no [] <mark>2</mark>		
 How many units of alcohol do drink on average per we (1 unit = ½ pint of beer or lager / 1 glass wine / 1 meas If you do not drink alcohol at all, please enter 0) 					
13. Do you find time to "relax and wind down"?					
always 1 usually 2 when possible 3	occasionally []4	not usually 🗆 <mark>5</mark>	never 🛛 <mark>6</mark>		
14. Where do you take time to "relax and wind down"?					
at home <u>and</u> work □1	at home only 2	at work only 🛛 3	neither 4		

Section 1: Background details

Section 2: You and your job

The following questions require you to record the extent to which you agree or disagree with statements about your job and the organisation you work for. **Please give your honest opinion, by circling the number that applies to you, where:**

1 = totally disagree through to 7 = totally agree

If you change your mind about an answer, please put a cross over your original answer and circle a new number.

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