Personal ar	nd Organizaitonal
Quality	Assessment

ID#

Baseline

Following is a list of words that describe feelings people sometimes have. Please CHECK THE BOX which reflects how frequently you have felt the following during the <u>LAST MONTH</u>.

		<u>Not</u> At All	<u>Once In</u> <u>A While</u>	<u>Some</u> <u>Times</u>	<u>Fairly</u> Often	<u>Often</u>	<u>Very</u> <u>Often</u>	<u>Always</u>
1.	Resentful							
2.	Fatiqued							
3.	Annoyed							
4.	Sad							
5.	Body aches (joint pain, backaches, etc.)							
6.	Headaches							
7.	Rapid heartbeats							
8.	Depressed							
9.	Exhausted							
10.	Blue							
11.	Appreciative							
12.	Relaxed							
13.	Anxious							
14.	Tired							
15.	My sleep is inadequat							
16.	Thankful							
17.	Indigestion, heartburn or stomach upset							
18.	Calm							
19.	Cynical							
20.	Muscle Tension							
21.	Grateful							
22.	Worried							
23.	Unhappy							
24.	Uneasy							
25.	Angry							
26.	Peaceful							

27. Over the last month my health has been:

POQA BSL

August 2012

□ Excellent □ Good □ Average □ Fair □ Poor

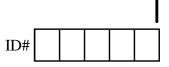
28. Check the box on the line below that indicates how stressed you have been in the past month:

Most calm I've	 Most stressed
ever been	l've ever been

Personal and Organizaitonal

POQA BSL August 2012

Quality Assessment



Baseline

Following is a list of statements that describe the way people sometimes feel or think about themselves. Please CHECK THE BOX which reflects how frequently you have felt or thought the following during the LAST MONTH.

	<u>Not</u> <u>At All</u>	<u>Once In</u> <u>A While</u>	<u>Some</u> <u>Times</u>	<u>Fairly</u> Often	<u>Often</u>	<u>Very</u> Often	<u>Always</u>
29. My life is deeply fulfilling							
30. Dynamic							
31. I get upset easily							
32. I find it difficult to calm down after I've been upset							
33. I feel loved by my spouse/partner							
34. I feel optimistic about the future							
35. I wake up and look forward to each day							
36. Motivated							
37. I am pleased with my life							
38. I sometimes have urges to break, throw or smash things							
39. I sometimes have a short fuse							
40. Enthusiastic							

We are asking about your feelings and experiences over the LAST MONTH. Please CHECK THE BOX which reflects how much you AGREE or DISAGREE with the following statements as they apply to you, your job and place of employment during the LAST MONTH.

	<u>Strongly</u> Disagree	<u>Disagree</u>	<u>Slightly</u> Disagree	<u>Neutral</u>	<u>Slightly</u> <u>Agree</u>	<u>Agree</u>	Strongly Agree
41. I am satisfied with my life							
42. I am satisfied with my job							
43. There is tension between management and staff							
44. I feel there is never enough time							
45. I feel pressed for time							
46. The pace of life is too fast and I can't keep up							
47. I feel like leaving this organization							
48. I feel conflict between work and personal priorities							
49. It takes a lot of effort to sustain my performance level							
50. I feel like quitting my job							
51. I work with people who don't get along with each other							
52. I'm aware of power struggles between co-workers that damage morale							