ATTACHMENT G5: Work Organization and Non-Occupational Physical Activity

 Form Approved

OMB Np. 0920-0964

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Part I: Your Supervisor

Indicate how often the following statements describe your supervisor's behavior.

1 Lets group members know what is expected of them.

 Never

 Often

 Sometimes

 Often

 Always

2 Is friendly and approachable.

 Never

 Rarely

 Sometimes

 Often

 Always

3 Encourages the use of uniform procedures.

 Never

 Rarely

 Sometimes

 Often

 Always

4 Does little things to make it pleasant to be a member of the group.

 Never

 Rarely

 Sometimes

 Often

 Always

5 Tries out his or her ideas in the group.

 Never

 Rarely

 Sometimes

 Often

 Always

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6 Puts suggestions made by the group into operation.

 Never

 Rarely

 Sometimes

 Often

 Always

7 Makes his or her attitudes clear to the group.

 Never

 Rarely

 Sometimes

 Often

 Always

8 Treats all group members as his or her equals.

 Never

 Rarely

 Sometimes

 Often

 Always

9 Decides what shall be done and how it will be done.

 Never

 Rarely

 Sometimes

 Often

 Always

10 Gives advance notice of changes.

 Never

 Rarely

 Sometimes

 Often

 Always

11 Assigns group members to particular tasks.

 Never

 Rarely

 Sometimes

 Often

 Always

12 Keeps to himself or herself.

 Never

 Rarely

 Sometimes

 Often

 Always

13 Makes sure that his or her part in the group is understood by the group members.

 Never

 Rarely

 Sometimes

 Often

 Always

14 Looks out for personal welfare of group members.

 Never

 Rarely

 Sometimes

 Often

 Always

15 Schedules the work to be done.

 Never

 Rarely

 Sometimes

 Often

 Always

16 Is willing to make changes.

 Never

 Rarely

 Sometimes

 Often

 Always

17 Maintains definite standards of performance.

 Never

 Rarely

 Sometimes

 Often

 Always

18 Refuses to explain his or her actions.

 Never

 Rarely

 Sometimes

 Often

 Always

19 Asks that group members follow standard rules and regulations.

 Never

 Rarely

 Sometimes

 Often

 Always

20 Acts without consulting the group.

 Never

 Rarely

 Sometimes

 Often

 Always

21 Gives praise on your performance.

 Never

 Rarely

 Sometimes

 Often

 Always

22 Gives feedback on how you are doing your job.

 Never

 Rarely

 Sometimes

 Often

 Always

23 Tells you what is expected of you on the job.

 Never

 Rarely

 Sometimes

 Often

 Always

24 Helps you in planning your future in this organization.

 Never

 Rarely

 Sometimes

 Often

 Always

25 Coaches and develops you to improve work performance.

 Never

 Rarely

 Sometimes

 Often

 Always

26 Leads by example.

 Never

 Rarely

 Sometimes

 Often

 Always

27 Treats all employees fairly.

 Never

 Rarely

 Sometimes

 Often

 Always

28 How often does your supervisor give praise on your performance?

 Never

 Rarely

 Sometimes

 Often

 Always

29 How often does your supervisor complain about your performance?

 Never

 Rarely

 Sometimes

 Often

 Always

30 How often does your supervisor make any comment on the QUANTITY of your work?

 Never

 Rarely

 Sometimes

 Often

 Always

31 How often does your supervisor make any comment on the QUALITY of your work?

 Never

 Rarely

 Sometimes

 Often

 Always

32 How often do you worry about being reprimanded by your supervisor?

 Never

 Rarely

 Sometimes

 Often

 Always

How much do each of following people go out of their way to do things to make your work life easier for you?

33 Your immediate supervisor.

 Don't have any such person

 Not at all

 A little

 Somewhat

 Very much

34 Other people at work.

 Don't have any such person

 Not at all

 A little

 Somewhat

 Very much

35 Your spouse^ friends^ and relatives.

 Don't have any such person

 Not at all

 A little

 Somewhat

 Very much

How easy is it to talk with each of the following people?

36 Your immediate supervisor.

 Don't have any such person

 Not at all

 A little

 Somewhat

 Very much

37 Other people at work.

 Don't have any such person

 Not at all

 A little

 Somewhat

 Very much

38 Your spouse^ friends^ and relatives.

 Don't have any such person

 Not at all

 A little

 Somewhat

 Very much

How much can each of the following people be relied on when things get tough at work?

39 Your immediate supervisor.

 Don't have any such person

 Not at all

 A little

 Somewhat

 Very much

40 Other people at work.

 Don't have any such person

 Not at all

 A little

 Somewhat

 Very much

41 Your spouse^ friends^ and relatives.

 Don't have any such person

 Not at all

 A little

 Somewhat

 Very much

Part II: Your Co-Workers

Please indicate how much you agree or disagree with the following statements.

42 There is harmony within my work group.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

43 In our group^ we have lots of bickering over who should do what job.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

44 There is a difference of opinion among the members of my group.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

45 There is dissension in my group.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

46 The members of my group are supportive of each other's ideas.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

47 There are clashes between subgroups within my group.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

48 There is friendliness among the members of my group.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

49 There is a 'we' feeling among the members of my group.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

50 There are disputes between my group and other groups.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

51 There is agreement between my group and other groups.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

52 Other groups withhold information necessary for the attainment of our group's tasks.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

53 The relationship between my group and other groups is harmonious in attaining the overall organizational goals.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

54 There is lack of mutual assistance between my group and other groups.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

55 There is cooperation between my group and other groups.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

56 There are personality clashes between my group and other groups.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

57 Other groups create problems for my group.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

How often do you find that the following statements describe your work unit?

58 In my unit new ideas on how work should be done are encouraged.

 Never

 Rarely

 Sometimes

 Often

 Always

59 In my unit expressing my opinion is encouraged.

 Never

 Rarely

 Sometimes

 Often

 Always

60 My unit tries its best to carry out new ideas.

 Never

 Rarely

 Sometimes

 Often

 Always

61 When I need to communicate with people IN my unit^ it is difficult to get in touch with them.

 Never

 Rarely

 Sometimes

 Often

 Always

62 When I need to communicate with people OUTSIDE OF my unit^ it is difficult to get in touch with them.

 Never

 Rarely

 Sometimes

 Often

 Always

63 The goals and strategies in my department are consistent with the goals and strategies in my unit.

 Never

 Rarely

 Sometimes

 Often

 Always

64 In my unit^ employees are encouraged to take reasonable risks to improve things at work.

 Never

 Rarely

 Sometimes

 Often

 Always

Part III: Your Organization

Please indicate the extent to which you agree or disagree with the following statements about TEMA.

65 I am quite proud to be able to tell people who I work for.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

66 I sometimes feel like leaving TEMA.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

67 I am not willing to put myself out just to help TEMA.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

68 I feel myself to be part of TEMA.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

69 In my work^ I like to think that I am making some effort^ not just for myself but for TEMA as well.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

70 I would not recommend to a close friend to join our staff.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

71 It would please me to know that my own work has made a contribution to the good of TEMA.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

72 I am appreciated around here.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

73 There is honest communication at TEMA.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

74 There is trust between TEMA and me.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

75 There is an honest commitment to quality at TEMA.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

76 The work I do at TEMA has meaning to me.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

77 TEMA is family-friendly.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

78 TEMA is interested in the welfare of its employees.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

79 TEMA treats its employees fairly.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

80 TEMA clearly communicates its goals and business strategy to the workers.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

81 TEMA lives up to its empowerment philosophy.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

82 TEMA actively encourages and supports diversity in the workplace.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

Part IV: Your Job

This series of questions asks about how much influence you now have in each of several areas. By influence we mean the degree to which you control what is done by others at work and have freedom to determine what you do yourself at work.

83 How much influence do you have over the variety of tasks you perform?

 Very little

 Little

 A moderate amount

 Much

 Very much

84 How much influence do you have over the availability of supplies and equipment you need to do your work?

 Very little

 Little

 A moderate amount

 Much

 Very much

85 How much influence do you have over the order in which you perform tasks at work?

 Very little

 Little

 A moderate amount

 Much

 Very much

86 How much influence do you have over the amount of work you do?

 Very little

 Little

 A moderate amount

 Much

 Very much

87 How much influence do you have over the pace of your work/task^ that is how fast or slow you work?

 Very little

 Little

 A moderate amount

 Much

 Very much

88 How much influence do you have over the quality of work that you do?

 Very little

 Little

 A moderate amount

 Much

 Very much

89 How much influence do you have over the arrangement and decoration of your work area?

 Very little

 Little

 A moderate amount

 Much

 Very much

90 How much influence do you have over the decisions concerning which individuals in your work unit do which task?

 Very little

 Little

 A moderate amount

 Much

 Very much

91 How much influence do you have over the hours or schedule that you work?

 Very little

 Little

 A moderate amount

 Much

 Very much

92 How much influence do you have over the decisions as to when things will be done in your work unit?

 Very little

 Little

 A moderate amount

 Much

 Very much

93 How much influence do you have over the policies^ procedures^ and performance in your work unit?

 Very little

 Little

 A moderate amount

 Much

 Very much

94 How much influence do you have over the availability of materials that you need to do your work?

 Very little

 Little

 A moderate amount

 Much

 Very much

95 How much influence do you have over the training of other workers in your unit?

 Very little

 Little

 A moderate amount

 Much

 Very much

96 How much influence do you have over the arrangement of furniture and other work equipment in your unit?

 Very little

 Little

 A moderate amount

 Much

 Very much

97 To what extent can you do your work ahead and take a short rest break during work hours?

 Very little

 Little

 A moderate amount

 Much

 Very much

98 In general^ how much influence do you have over work and work-related factors?

 Very little

 Little

 A moderate amount

 Much

 Very much

How often do you face problems in your work like the following?

99 How often does your job require you to work very fast?

 Rarely

 Occasionally

 Sometimes

 Fairly often

 Very often

100 How often does your job require you to work very hard?

 Rarely

 Occasionally

 Sometimes

 Fairly often

 Very often

101 How often does your job leave you with little time to get things done?

 Rarely

 Occasionally

 Sometimes

 Fairly often

 Very often

102 How often is there a great deal to be done?

 Rarely

 Occasionally

 Sometimes

 Fairly often

 Very often

103 How often is there a marked increase in the amount of concentration required on your job?

 Rarely

 Occasionally

 Sometimes

 Fairly often

 Very often

104 How often is there a marked increase in how fast you have to think?

 Rarely

 Occasionally

 Sometimes

 Fairly often

 Very often

105 How often is there a marked increase in your workload?

 Rarely

 Occasionally

 Sometimes

 Fairly often

 Very often

Please indicate how much you agree or disagree with the following statements:

106 It takes a long time to learn the skills required to do my job.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

107 I do not have enough training to do my job well.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

108 I have more than enough training and skills to do my job well.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

109 My job is so simple that almost anybody could handle it with little or no initial training.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

110 To be successful on my job requires all my skills and abilities.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

111 I have all the skills I need in order to do my job.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

112 On my job^ I seldom get a chance to use my special skills and abilities.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

113 My job is very challenging.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

114 I feel a sense of personal satisfaction when I do my job well.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

115 My opinion of myself goes down when I do my job badly.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

116 I take pride in doing my job as well as I can.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

117 I feel unhappy when my work is not up to my usual standard.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

118 I like to look back on the day's work with a sense of a job well done.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

119 I try to think of ways of doing my job effectively.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

120 I am willing to put out extra effort to make sure that the customer gets the information he or she needs.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

121 I am effectively dealing with the stress in this organization.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

122 I am able to maintain a healthy balance between my work life and my home life.

 Strongly disagree

 Disagree

 Neither agree nor disagree

 Agree

 Strongly agree

To what extent do you face the following conditions in doing your work?

123 Backlog of work.

 None

 A little

 Some

 A lot

124 Work deadlines.

 None

 A little

 Some

 A lot

125 Understaffing.

 None

 A little

 Some

 A lot

126 Lack of notification about new policies or procedures.

 None

 A little

 Some

 A lot

127 Telephone contact with people who are upset or emotional.

 None

 A little

 Some

 A lot

128 Expected work quality requirements.

 None

 A little

 Some

 A lot

How accurate are each of the following statements in describing your job?

129 I feel certain about how much authority I have.

 Very inaccurate

 Mostly inaccurate

 Somewhat inaccurate

 Neither accurate nor inaccurate

 Somewhat accurate

 Mostly accurate

 Very accurate

130 There are clear^ planned goals and objectives for my job.

 Very inaccurate

 Mostly inaccurate

 Somewhat inaccurate

 Neither accurate nor inaccurate

 Somewhat accurate

 Mostly accurate

 Very accurate

131 I have to do things that should be done differently.

 Very inaccurate

 Mostly inaccurate

 Somewhat inaccurate

 Neither accurate nor inaccurate

 Somewhat accurate

 Mostly accurate

 Very accurate

132 I know that I have divided my time properly.

 Very inaccurate

 Mostly inaccurate

 Somewhat inaccurate

 Neither accurate nor inaccurate

 Somewhat accurate

 Mostly accurate

 Very accurate

133 I receive an assignment without the help I need to complete it.

 Very inaccurate

 Mostly inaccurate

 Somewhat inaccurate

 Neither accurate nor inaccurate

 Somewhat accurate

 Mostly accurate

 Very accurate

134 I know what my responsibilities are.

 Very inaccurate

 Mostly inaccurate

 Somewhat inaccurate

 Neither accurate nor inaccurate

 Somewhat accurate

 Mostly accurate

 Very accurate

135 I have to bend or break a rule or policy in order to carry out an assignment.

 Very inaccurate

 Mostly inaccurate

 Somewhat inaccurate

 Neither accurate nor inaccurate

 Somewhat accurate

 Mostly accurate

 Very accurate

136 I work with two or more groups who operate quite differently.

 Very inaccurate

 Mostly inaccurate

 Somewhat inaccurate

 Neither accurate nor inaccurate

 Somewhat accurate

 Mostly accurate

 Very accurate

137 I know exactly what is expected of me.

 Very inaccurate

 Mostly inaccurate

 Somewhat inaccurate

 Neither accurate nor inaccurate

 Somewhat accurate

 Mostly accurate

 Very accurate

138 I receive incompatible requests from two or more people.

 Very inaccurate

 Mostly inaccurate

 Somewhat inaccurate

 Neither accurate nor inaccurate

 Somewhat accurate

 Mostly accurate

 Very accurate

139 I do things that are likely to be accepted by one person and not accepted by others.

 Very inaccurate

 Mostly inaccurate

 Somewhat inaccurate

 Neither accurate nor inaccurate

 Somewhat accurate

 Mostly accurate

 Very accurate

140 I receive an assignment without adequate resources and materials to execute it.

 Very inaccurate

 Mostly inaccurate

 Somewhat inaccurate

 Neither accurate nor inaccurate

 Somewhat accurate

 Mostly accurate

 Very accurate

141 Explanation is clear about what has to be done on my job.

 Very inaccurate

 Mostly inaccurate

 Somewhat inaccurate

 Neither accurate nor inaccurate

 Somewhat accurate

 Mostly accurate

 Very accurate

142 I work on unnecessary things.

 Very inaccurate

 Mostly inaccurate

 Somewhat inaccurate

 Neither accurate nor inaccurate

 Somewhat accurate

 Mostly accurate

 Very accurate

143 Do you have work tasks to take care of which keep you wondering if they have to be done at all?

 Never

 Rarely

 Once in a while

 Rather often

 Frequently

144 Do you have work tasks to take care of which keep you wondering if they make sense at all?

 Never

 Rarely

 Once in a while

 Rather often

 Frequently

145 Do you have work tasks to take care of which keep you wondering if they would not exist (or could be done with less effort) if they were organized differently?

 Never

 Rarely

 Once in a while

 Rather often

 Frequently

146 Do you have work tasks to take care of which keep you wondering if they would not exist (or could be done with less effort) if some other people made fewer mistakes?

 Never

 Rarely

 Once in a while

 Rather often

 Frequently

147 Do you have work tasks to take care of which keep you wondering if they just exist because some people simply demand it this way?

 Never

 Rarely

 Once in a while

 Rather often

 Frequently

148 Do you have work tasks to take care of which you believe should be done by someone else?

 Never

 Rarely

 Once in a while

 Rather often

 Frequently

149 Do you have work tasks to take care of which you believe are going too far and should not be expected from you?

 Never

 Rarely

 Once in a while

 Rather often

 Frequently

150 Do you have work tasks to take care of which you believe put you into an awkward position?

 Never

 Rarely

 Once in a while

 Rather often

 Frequently

151 Do you have work tasks to take care of which you believe are unfair for you to have to deal with?

 Never

 Rarely

 Once in a while

 Rather often

 Frequently

Please answer the following questions:

152 During the day how often are you able to take brief unscheduled rest breaks from your work when you feel you need them?

 Never

 One time

 Two times

 Three times

 Four times

 More than four times

153 On average how frequently do you get up and leave your workstation during the day (to get work, take a break, talk to you supervisor, etc.)?

 Never

 One time

 Two times

 Three times

 Four times

 More than four times

Part V: Individual Reactions

Indicate how often IN THE LAST MONTH you have felt this way at work.

154 Have been upset because of something that happened unexpectedly?

 Never

 Rarely

 Sometimes

 Often

 Always

155 Felt you were unable to control the important things in your life?

 Never

 Rarely

 Sometimes

 Often

 Always

156 Felt nervous and stressed?

 Never

 Rarely

 Sometimes

 Often

 Always

157 Dealt successfully with irritating life hassles?

 Never

 Rarely

 Sometimes

 Often

 Always

158 Felt that you were effectively coping with important changes that were occurring in your life?

 Never

 Rarely

 Sometimes

 Often

 Always

159 Felt confident about your ability to handle your personal problems?

 Never

 Rarely

 Sometimes

 Often

 Always

160 Felt that things were going your way?

 Never

 Rarely

 Sometimes

 Often

 Always

161 Found that you could not cope with all the things that you had to do?

 Never

 Rarely

 Sometimes

 Often

 Always

162 Have been able to control irritations in your life?

 Never

 Rarely

 Sometimes

 Often

 Always

163 Felt that you were on top of things?

 Never

 Rarely

 Sometimes

 Often

 Always

164 Have been angered because of things that happened that were outside of your control?

 Never

 Rarely

 Sometimes

 Often

 Always

165 Found yourself thinking about things that you have to accomplish?

 Never

 Rarely

 Sometimes

 Often

 Always

166 Have been able to control the way you spend your time?

 Never

 Rarely

 Sometimes

 Often

 Always

167 Felt difficulties were piling up so high that you could not overcome them?

 Never

 Rarely

 Sometimes

 Often

 Always

168 Worked more slowly or took longer to complete tasks than expected?

 Never

 Rarely

 Sometimes

 Often

 Always

169 Noticed that your productivity was lower than expected?

 Never

 Rarely

 Sometimes

 Often

 Always

Answer these statements according to how you have been feeling during the past month including today:

170 I feel tense.

 Not at all

 A little

 Moderately

 Quite a bit

 Extremely

171 I feel on edge.

 Not at all

 A little

 Moderately

 Quite a bit

 Extremely

172 I feel worn out.

 Not at all

 A little

 Moderately

 Quite a bit

 Extremely

173 I feel relaxed.

 Not at all

 A little

 Moderately

 Quite a bit

 Extremely

174 I feel fatigued.

 Not at all

 A little

 Moderately

 Quite a bit

 Extremely

175 I feel shaky.

 Not at all

 A little

 Moderately

 Quite a bit

 Extremely

176 I feel uneasy.

 Not at all

 A little

 Moderately

 Quite a bit

 Extremely

177 I feel bushed.

 Not at all

 A little

 Moderately

 Quite a bit

 Extremely

178 I feel nervous.

 Not at all

 A little

 Moderately

 Quite a bit

 Extremely

179 I feel listless.

 Not at all

 A little

 Moderately

 Quite a bit

 Extremely

180 I feel panicky.

 Not at all

 A little

 Moderately

 Quite a bit

 Extremely

181 I feel exhausted.

 Not at all

 A little

 Moderately

 Quite a bit

 Extremely

182 I feel anxious.

 Not at all

 A little

 Moderately

 Quite a bit

 Extremely

183 I feel weary.

 Not at all

 A little

 Moderately

 Quite a bit

 Extremely

184 I feel sluggish.

 Not at all

 A little

 Moderately

 Quite a bit

 Extremely

185 At your job during the last month would you say that you experienced:

 A lot of stress

 A moderate amount of stress

 Relatively little stress

 Almost no stress at all

186 All in all how satisfied would you say you are with your job?

 Very satisfied

 Somewhat satisfied

 Not too satisfied

 Not at all satisfied

187 In general how would you rate your health?

 Excellent

 Very good

 Good

 Fair

 Poor

188 During the last three months how many days were you absent when you had been scheduled to work? (DO NOT count vacations holidays or any other time that you were scheduled off in advance).

 No days missed

 One day missed

 Two days missed

 Three days missed

 Four or more days missed

189 On my last performance evaluation my supervisor rated my performance as:

 Needs Improvement

 Meets expectations

 Exceeds expectations

 Don't know/Unsure

 Prefer not to answer

Part VI: Background

190 How long have you worked with TEMA?

 6 months or less

 6 months to 1 year

 1 year to 5 years

 5 years to 10 years

 10 years to 20 years

 20 years or more

191 How long have you worked in your current job?

 6 months or less

 6 months to 1 year

 1 year to 5 years

 5 years to 10 years

 10 years to 20 years

 20 years or more

192 DELETED

193a Select the time that comes closest to your present work start time.

 6:00 am

 6:30 am

 7:00 am

 7:30 am

 8:00 am

 8:30 am

 9:00 am

 9:30 am

 Other (please specify)

193b Select the time that comes closest to your present work end time.

 3:00 pm

 3:30 pm

 4:00 pm

 4:30 pm

 5:00 pm

 5:30 pm

 6:00 pm

 6:30 pm

 Other (please specify)

193c Select the period of time that comes closest to your present lunch period length.

 30 minutes

 45 minutes

 60 minutes

 Other (please specify)

194 How many hours per week do you normally work (NOT INCLUDING overtime)?

 Less than 30 hours per week

 30 - 35 hours per week

 36 - 40 hours per week

 More than 40 hours per week

195 How many hours overtime do you work in an average week?

 No overtime

 4 hours or less

 4 to 8 hours

 8 to 12 hours

 More than 12 hours

196 How many hours per week do you work on any other job?

 No other job

 4 hours or less

 4 to 8 hours

 8 to 12 hours

 More than 12 hours

197 DELETED

198 DELETED

199 DELETED

200 DELETED

201 Do you use a computer keyboard during your non-working hours (e.g. at home, at another job, volunteer work etc.)?

 Yes

 No

202 If you use a keyboard outside of work how many hours a day do you spend at the keyboard on average?

 Less than 1 hour per day

 1 - 2 hours per day

 3 - 4 hours per day

 More than 4 hours per day

203 What type of keyboard do you use when not at work? (You may choose more than one option)

 Conventional

 Alternative/Ergonomic

 Laptop

204 Do you use a computer mouse during your non-working hours (e.g. at home, at another job, volunteer work, etc.)?

 Yes

 No

205 If you use a computer mouse outside of the workplace how many hours per day do you use the mouse on average?

 Less than 1 hour per day

 1 - 2 hours per day

 3 - 4 hours per day

 More than 4 hours per day

206 What type of mouse do you use when not at work? (You may choose more than one option)

 Conventional

 Alternative/Ergonomic

 Laptop – touchpad button or rollerball

207 What is your gender?

 Female

 Male

208 How old are you?

 Under 25 years

 Between 25 - 34 years

 Between 35 - 44 years

 Between 45 - 54 years

 Between 55 - 64 years

 Over 64 years

209 What is your marital status?

 Married

 Single, never married

 Single, widowed

 Single, divorced

210 Do you have children living at home who are age six or younger?

 Yes

 No

211 Are you Hispanic or Latino?

 Yes

 No

212 Which one or more of the following would you say is your race? (Check all that apply)

 White

 Black or African American

 Asian

 Native Hawaiian or Other Pacific Islander

 American Indian or Alaskan Native

213 Do you currently smoke cigarettes?

 Every day

 Some days

 Not at all

214 How often do you have trouble getting to sleep, waking up in the middle of the night, or waking up early in the morning?

 Never

 A few times per year

 A few times per month

 A few times per week

 Daily

215 Which hand is your dominant hand?

 Right hand

 Left hand

 Neither hand – ambidextrous

216 DELETED

217 DELETED

218 DELETED

**Non-Occupational Physical Activity and Use of the Arms**

Think about an average week in the past months. Please indicate **how many days per week** you performed the following activities, how much time **on average** you were engaged in this, and (if applicable) how strenuous this activity was for you

|  |  |  |  |
| --- | --- | --- | --- |
| **COMMUTING ACTIVITIES**(round trip) | **days****per *week*** | **average****time per *day*** | **Effort** **(circle please)** |
| **Walking to/from work or school** | \_\_\_\_\_ days | \_\_\_\_\_ hour \_\_\_\_\_ minutes | slow/moderate/fast |
| **Bicycling to/from work or school** | \_\_\_\_\_ days | \_\_\_\_\_ hour \_\_\_\_\_ minutes | slow/moderate/fast |
| Not applicable |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **LEISURE TIME ACTIVITIES** | **days****per *week*** | **average time *per day*** | **Effort****(circle please)** |
| **Walking** | \_\_\_\_\_ days | \_\_\_\_\_ hour \_\_\_\_\_ minutes | slow/moderate/fast |
| **Bicycling** | \_\_\_\_\_ days | \_\_\_\_\_ hour \_\_\_\_\_ minutes | slow/moderate/fast |
| **Gardening** | \_\_\_\_\_ days | \_\_\_\_\_ hour \_\_\_\_\_ minutes | light/moderate/intense |
| **Odd Jobs** | \_\_\_\_\_ days | \_\_\_\_\_ hour \_\_\_\_\_ minutes | light/moderate/intense |
| **Sports** (please write down yourself)*e.g., tennis, fitness, skating, swimming, dancing* |  |  |  |
| 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_ days | \_\_\_\_\_ hour \_\_\_\_\_ minutes | light/moderate/intense |
| 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_ days | \_\_\_\_\_ hour \_\_\_\_\_ minutes | light/moderate/intense |
| 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_ days | \_\_\_\_\_ hour \_\_\_\_\_ minutes | light/moderate/intense |
| 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_ days | \_\_\_\_\_ hour \_\_\_\_\_ minutes | light/moderate/intense |

|  |  |  |
| --- | --- | --- |
| **HOUSEHOLD ACTIVITIES** | **days per *week*** | **average time *per* *day*** |
| **Light household work** (cooking, washing dishes, ironing, child care) | \_\_\_\_\_ days | \_\_\_\_\_ hour \_\_\_\_\_ minutes |
| **Intense household work** (scrubbing floor, walking with heavy shopping bags) | \_\_\_\_\_ days | \_\_\_\_\_ hour \_\_\_\_\_ minutes |

|  |  |
| --- | --- |
| **ACTIVITY AT WORK** **AND SCHOOL** | **average time*****per* *week*** |
| **Light work** (sitting/standing with some walking, e.g. a desk job) | \_\_\_\_\_ hour \_\_\_\_\_ minutes |
| **Intense work** (regularly lifting heavy objects at work) | \_\_\_\_\_ hour \_\_\_\_\_ minutes |
| Not applicable |  |

These three questions are about activities in which you use your arms and hands **when you are not at work.** These activities might include, but are not limited to: Housework, Dependent Care, Sports, Grocery Shopping, Hobbies, Auto and Home Repair. Although you may not do the same activities every week, tell us how much time you spend on average or in a typical week on physical activities outside of work.

1. *When you are not at work*, how many hours do you use your hands with moderate to heavy effort (such as scrubbing, using a hammer, gripping a bowling ball, weight lifting. etc.)?
* Less than 1 hour a week
* 1 to less than 5 hours a week
* 5 to less than 10 hours a week
* 10 to less than 20 hours a week
* 20 or more hours a week
1. *When you are not at work*, how many hours on average do you spend on activities in which you twist your back or bend forward at least as much as shown in this picture (such as raking, working under the hood of a car, bathing a child, etc.)?



* Less than 1 hour a week
* 1 to less than 5 hours a week
* 5 to less than 10 hours a week
* 10 to less than 20 hours a week
* 20 or more hours a week
1. *When you are not at work*, how many hours on average do you spend on activities in which you have your arm(s) raised as much as shown in this picture, where the elbow is as high as the shoulder (such as throwing a ball, or other overhead sports or hobbies)?



* Less than 1 hour a week
* 1 to less than 5 hours a week
* 5 to less than 10 hours a week
* 10 to less than 20 hours a week
* 20 or more hours a week