

Health and wellbeing at work questionnaire

We want to find out if you are feeling good about your work, and about your working situation. To help us find out we would like you to complete this questionnaire. It focuses on how you feel now and over the recent past (say a couple of weeks). Please try and complete all the questions.

Thank you very much for your co-operation.

Have you recently:

Been unclear about what you are supposed to do at work?	Not at all	No more than usual	Rather more than usual	Much more than usual
Found that others have been taking decisions that prevent you from performing at your peak?	Not at all	No more than usual	Rather more than usual	Much more than usual
Become irritated by the behaviour of your manager?	Not at all	No more than usual	Rather more than usual	Much more than usual
Found yourself idling the time away?	Not at all	No more than usual	Rather more than usual	Much more than usual
Been spoken to by someone you thought was being rude, unhelpful and thoughtless?	Not at all	No more than usual	Rather more than usual	Much more than usual
Found it difficult to get involved in your work?	Not at all	No more than usual	Rather more than usual	Much more than usual
Felt under pressure at work?	Not at all	No more than usual	Rather more than usual	Much more than usual
Spent longer than your normal time at work?	Not at all	No more than usual	Rather more than usual	Much more than usual
Experienced sexual innuendo or verbal abuse at work?	Not at all	No more than usual	Rather more than usual	Much more than usual
Felt you have been unfairly treated?	Not at all	No more than usual	Rather more than usual	Much more than usual
Been feeling energized at work?	Not at all	No more than usual	Rather more than usual	Much more than usual
Taken a decision that has been acknowledged as a major step forward at work?	Not at all	No more than usual	Rather more than usual	Much more than usual