## Work-Related Quality of Life Scale

## STRICTLY CONFIDENTIAL

Your response is very important to us! Please note that no one from your organisation will see your questionnaire. A summary may be provided to your employer but no information will be released that might identify any individual. Please do not take too long over each question; we want your first reaction not a long drawn out thought process. Please do not omit any questions. This isn't a test, simply a measure of your attitudes to the factors that influence your experience at work.

Please indicate your answers by filling in the circles like this: 🔍, if you make a mistake do this: 🔎

	To what extent do you agree with the following? Please fill in the appropriate circle.	Strongly Disagree	Disagre	Neutra		Strongly Agree
1.	I have a clear set of goals and aims to enable me to do my job	0	0	0	0	0
2.	I feel able to voice opinions and influence changes in my area of work	0	0	0	0	0
3.	I have the opportunity to use my abilities at work	0	0	0	0	0
4.	I feel well at the moment	0	0	0	0	0
5.	My employer provides adequate facilities and flexibility for me to fit work in around my family life	0	0	0	0	0
6.	My current working hours / patterns suit my personal circumstances	0	0	0	0	0
7.	I often feel under pressure at work	0	0	0	0	0
8.	When I have done a good job it is acknowledged by my line manager	0	0	0	0	0
9.	Recently, I have been feeling unhappy and depressed	0	0	0	0	0
10.	I am satisfied with my life	0	0	0	0	0
11.	I am encouraged to develop new skills	0	0	0	0	0
12.	I am involved in decisions that affect me in my own area of work	0	0	0	0	0
13.	My employer provides me with what I need to do my job effectively	0	0	0	0	0
14.	My line manager actively promotes flexible working hours / patterns	0	0	0	0	0
15.	In most ways my life is close to ideal	0	0	0	0	0
16.	I work in a safe environment	0	0	0	0	0
17.	Generally things work out well for me	0	0	0	0	0
18.	I am satisfied with the career opportunities available for me here	0	0	0	0	0
19.	I often feel excessive levels of stress at work	0	0	0	0	0
20.	I am satisfied with the training I receive in order to perform my present job	0	0	0	0	0
21.	Recently, I have been feeling reasonably happy all things considered	0	0	0	0	0
22.	The working conditions are satisfactory	0	0	0	0	0
23.	I am involved in decisions that affect members of the public in my own area of work	0	0	0	0	0
24.	I am satisfied with the overall quality of my working life	0	0	0	0	0



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