

### Work-related Quality of Life Scale (WRQoL)

This questionnaire is designed to assess your quality of working life. Please do not take too long over each question as we want your first reaction; simply put a tick in the box which corresponds to the answer best suited to your feelings. This isn't a test; it is a measure of your attitudes to the factors that influence your experience at work.

Statements:	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
I have a clear set of goals and aims to enable me to do my job.					
I feel able to voice opinions and influence changes in my area of work.					
I have the opportunity to use my abilities at work.					
I feel well at the moment.					
My employer provides adequate facilities and flexibility for me to fit work in around my family life.					
My current working hours/patterns suit my personal circumstance.					
I often feel under pressure at work.					
When I have done a good job, it is acknowledged by my line manager.					
Recently, I have been feeling unhappy and depressed.					
I am satisfied with my life.					
I am encouraged to develop new skills.					
I am involved in discussions that affect me in my own area of work.					
My employer provides me with what I need to do my job effectively.					
My line manager actively promotes flexible working hours/patterns					
In most ways, my life is close to ideal.					

Name - \_\_\_\_\_

Class - \_\_\_\_\_

Year - \_\_\_\_\_

Statements:	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
I work in a safe environment.					
Generally, things work out well for me.					
I am satisfied with the career opportunities available for me here.					
I often feel excessive levels of stress at work.					
I am satisfied with the training I receive in order to perform my present job.					
Recently, I have been feeling reasonably happy all things considered.					
The working conditions are satisfactory.					
I am involved in decisions that affect members of the public in my own areas of work.					
I have unachievable deadlines.					
I am able to achieve a healthy balance between my work and home.					
The organisation communicates well with its employees.					
I am proud to tell others that I am part of this organisation.					
I would recommend this organisation as a good one to work for.					
I am pressured to work long hours.					
I have sufficient opportunities to question managers about change.					
I am happy with the physical environment where I usually work.					
I am satisfied with the overall quality of my working life.					

Thank you for completing this survey and for your honesty!