## Section B - Well-being

In the following section, we will ask you about your mental well-being, both in relation to your work or studies as well as in general. Assessing positive and negative mental health outcomes is the main aim of our survey and important to finding out how working conditions relate to mental well-being.

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	Never	Rarely	Someti mes	Often	Very often	Always	I pre- fer not to say
At my work, I feel bursting with energy						$\circ$	
I am enthusiastic about my job	$\bigcirc$	$\circ$	$\circ$	$\bigcirc$			0
I am immersed in my work	$\bigcirc$	0	0	$\bigcirc$	0	0	0

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	Never	Rarely	Someti mes	Often	Always	I prefer not to say
At work, I feel mentally exhausted	0	0	0	0	0	0
After a day at work, I find it hard to recover my energy	0	0	0	0	0	0
At work, I feel physically exhausted	0	0	0	0	0	0
I struggle to find any enthusi- asm for my work	$\circ$	0	0	0	0	0
I feel a strong aversion towards my job			0		0	

	Never	Rarely	Someti mes	Often	Always	I prefer not to say
I'm cynical about what my work means to others	0	0	0	0	0	0
At work, I have trouble staying focused	$\bigcirc$	0	0	0	0	
When I'm working, I have trouble concentrating	0	0	0	0	0	
I make mistakes in my work be- cause I have my mind on other things	0					
I do not recognize myself in the way I react emotionally at work	$\circ$	0	0	0	0	
At work I may overreact unintentionally		0	0	0	0	
At work, I feel unable to control my emotions	$\bigcirc$	0	0	0	0	0

\*

	Strongly disagree	Disagre e	Neutral	Agree	Strongly agree	I prefer not to say
I tend to bounce back quickly after hard times	0	0	0		0	0
I have a hard time making it through stressful events.	0	0	0	0	0	0
It does not take me long to re- cover from a stressful event.	0	0	0	0	0	0
It is hard for me to snap back when something bad happens.	0	0	0		0	0
I usually come through difficult times with little trouble	0	0	0		0	$\circ$
I tend to take a long time to get over set-backs in my life	0	0	0	$\circ$	0	0

Please read each statement and indicate how much the statement applied to you over the past week.
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	Did not apply to me at all	Applied to me to some degree	Applied to me to a consider- able de- gree, or a good part of the time	Applied to me very much or most of the time	I prefer not to say
I found it hard to wind down		0	0	$\circ$	0
I was aware of dryness of my mouth	0	0	0	0	0
I couldn't seem to experience any positive feeling at all					
I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion)					
I found it difficult to work up the initiative to do things	$\circ$	0	0	0	0
I tended to over-react to situations		0	0	0	0
I experienced trembling (e.g., in the hands)	$\circ$	0	0	0	0
I felt that I was using a lot of nervous energy	0	0	0	0	0
I was worried about situations in which I might panic and make a fool of myself					
I felt that I had nothing to look forward to		0	0	0	0
I found myself getting agitated		0		$\circ$	0
I found it difficult to relax		$\circ$	$\circ$		$\circ$
I felt down-hearted and blue		$\bigcirc$	$\circ$	$\bigcirc$	$\bigcirc$

	Did not apply to me at all	Applied to me to some degree	Applied to me to a consider-able degree, or a good part of the time	Applied to me very much or most of the time	I prefer not to say
I was intolerant of anything that kept me from getting on with what I was doing	0	0	0	0	0
I felt I was close to panic		$\circ$	$\circ$	$\circ$	0
I was unable to become enthusiastic about anything	$\circ$	0	0	0	$\circ$
I felt I wasn't worth much as a person		0	0	0	0
I felt that I was rather touchy	$\bigcirc$	$\circ$	$\circ$	$\circ$	$\circ$
I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart missing a beat)					0
I felt scared without any good reason	$\circ$	0	0	0	0
I felt that life was meaningless	$\bigcirc$				

<b>*</b> Over	the	past	two	wee	ks,
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	All of the time	Most of the time	More than half of the time	Less than half of the time	Some of the time	At no time	I pre- fer not to say
I have felt cheerful and in good spirits			0			0	0
I have felt calm and relaxed	$\bigcirc$	0	0	$\bigcirc$	$\bigcirc$	$\circ$	0
I have felt active and vigorous	$\bigcirc$	$\circ$	$\circ$	$\bigcirc$		$\circ$	0

	All of the time	Most of the time	More than half of the time	Less than half of the time	Some of the time	At no time	I pre- fer not to say
I woke up feeling fresh and rested							
My daily life has been filled with things that interest me							

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