

# Appendix

## Attachment 1 - Questionnaire for examining psychological aspects of unemployment

Dear ladies and gentlemen,

Kindly take a moment to complete this survey. The questions focus on the impact of unemployment on both economic and psychological aspects. This study is anonymous, and the results will be utilized for my diploma thesis.

What is your age?

- 18-21
- 22-25
- 26-29
- 30-35

What is your sex?

- Male
- Female

Marital status

- Married
- In a relationship
- Divorced
- Single

Do you have children?

- No
- 1
- 2
- 3
- 4 or more

Education

- High school education
- Bachelor degree
- Master degree
- Incomplete high education
- I am currently enrolled in school/college/university

Your current employment status

- Full-time
- Part-time
- I'm currently not working but actively seeking employment
- Unemployed and not actively seeking employment
- Unemployed and having difficulty finding job

Have you ever been fired?

- Yes
- No

If yes, were you satisfied with your job?

- Yes
- More yes than no
- More no than yes
- No

Did you lose your job during the period from 2020 to 2022 when the pandemic hit?

- Yes
- No

If yes, how long did it take for you to find a job afterward?

- Less than a month
- Between two to three months
- Three months or more

Please rate your level of stress at the moment when you were temporarily unemployed on a scale from 1 to 5, where 1 is no stress at all, and 5 is extremely high stress.

How often have you experienced stress or anxiety during your unemployment?

- Constantly
- Frequently
- Sometimes
- Rarely
- Never

Have you experienced any mental health challenges as a result of unemployment?

- Yes
- No

If yes, what type of mental health challenges have you experienced?

- Depression
- Anxiety
- Stress

How has unemployment affected your psychological well-being?

- Very negatively
- Negatively
- Neutral
- Positively
- Very Positively

Which of the following factors, in your opinion, have the greatest impact on your psychological well-being due to unemployment?

- Financial instability
- Loss of self-esteem
- Increased stress levels
- Worsening of family relationships
- Social isolation

Has unemployment affected your financial situation?

- I was supported by my parents or partner
- I had to borrow money from family or friends
- I had savings that I lived on
- I have had to make lifestyle changes to cut costs
- Unemployment did not affect my financial situation

Have you ever faced stigma or negative attitudes from others regarding your unemployment status?

- Yes
- No

If yes, who were the main sources of stigma or negative attitudes?

- Friends or family members
- Employers or potential employers
- Society in general
- Other

Have you often consumed alcohol or other prohibited substances during your period of unemployment?

- Very often
- Often
- Rarely
- Never

Due to the accumulated stress, did you have conflicts with family or friends?

- Yes
- No

After graduation, how long did it take you to find a job?

- Less than a month
- Between two to three months
- Three months or more

Is your participation in job search activities (such as sending CVs, attending interviews) perceived by you as:

- Mandatory burden
- Necessary task
- Opportunity for personal growth
- Other

What has been the biggest challenge you have faced when looking for work?

- Lack of relevant experience
- Limited job opportunities in my field
- Competition from other job seekers
- Discrimination based on age, race, gender, or other factors

Have you received any job training or career guidance?

- Yes
- No

If yes, how helpful was the training or guidance you received?

- Extremely helpful
- Somewhat helpful
- Not very helpful
- Not at all helpful

Have you considered self-employment or starting your own business?

- Yes
- No

If yes, what has been your biggest obstacle to starting your own business?

- Lack of funding
- Lack of business knowledge
- Legal or regulatory barriers

Have you considered relocating to find employment?

- Yes
- No

If yes, what has been your biggest obstacle for relocating?

- Lack of funds to move
- Unwillingness to leave family or friends
- Not knowing where to move to

Have you ever accepted a job that was not in your preferred field or industry?

- Yes
- No

If yes, how long did you stay in that job?

- From 1 to 3 months
- From 3 months to 6 months
- 6 months or longer
- Currently employed

Do you think gender inequality exists in the job market?

- Yes
- No

Have you ever experienced gender discrimination in your job search?

- Yes
- No

If yes, what type of gender discrimination have you experienced?

- Pay discrimination
- Hiring discrimination
- Promotion discrimination

Have you experienced any other types of discrimination?

- Yes
- No

If yes, what type of discrimination have you experienced?

Have you ever experienced a pay gap compared to a colleague of a different gender for the same position?

- Yes
- No

Do you think that in society it is considered that women and men have equal opportunities to succeed in their careers?

- Yes
- No

What do you think should be done to increase gender equality in the job market and reduce gender inequality?

- Increase awareness (incl. education) about gender equality
- Implement policies to address pay gaps and promote diversity
- Hold companies accountable for addressing gender discrimination and harassment
- Increase access to education and trainings for marginalized