APPENDICES

f you want, you can choose more than 1 option. L)Your Age: 2) How long have you been working for this company? 3) Are you satisfied with working in the usual office? a) Yes a) no 1) 3 Negative aspects of working in the usual office: 5) 3 Positive aspects of working in the usual office:	USUAL OFFICE 10) How often do you visit relatives? a) Every week b) Once a month c) Every 3 months d) Several times a year 11) Who do you live with: a) I live by myself b) I live with my husband/wife c) I live with a friend d) other 12) Do conflicts ever occur at home? a) every day b) 1-3 times a week c) Several times a month d) extremely rare, almost never 13) How many hours a day do you devote to your family (wife/husband/children)? Specify the hours per day:	a) smoking (including vape, snus) b) alcohol c) no bad habits d) other 19) The presence of stress factors causes by: a) conflicts at home b) conflicts at work c) conflicts with friends/partner d) no conflicts 20) Concentration of attention in case of working at home: a) I can concentrate completely without much difficulty. b) to focus, I need to put a lot of effort.
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5) 3 Positive aspects of working in he usual office:	d) extremely rare, almost never 13) How many hours a day do you devote to your family (wife/husband/children)?	without much difficulty. b) to focus, I need to put a lot of
he usual office:	13) How many hours a day do you devote to your family (wife/husband/children)?	b) to focus, I need to put a lot of
he usual office:	devote to your family (wife/husband/children)?	
he usual office:	devote to your family (wife/husband/children)?	
he usual office:	(wife/husband/children)?	c) it's extremely hard for me to
5) Are you satisfied with your		concentrate.
		d) I can't concentrate at all.
	ENGREES OUTSINES ENGINEERS	
		21) the quality of the work
	14) Sleep duration:	performed: a) I cope with my work easily
inancial condition?	a) less than 6 hours b) 6-8 hours	b) sometimes I ask for help
) Yes	c) 8-10 hours	c) I should train my professional
) No	d) more than 10 hours	skills
) Other	**************************************	d) I find it difficult to solve work
	15) Sleep disorder:	tasks
) How much time do you devote to	a) there are no violations	22) How many hours a day do you
our hobby?) everyday	 b) it is difficult to fall asleep c) I often wake up at night 	spend in front of computer screen
a) 3 times a week	d) I wake up early then cannot fall	a) 1-3 hours
2-4 times a month	asleep	b) 3-6 hours
i) once a month	e) sometimes I can't sleep all night	c) 6-9 hours
) it so hard for me to allocate time	f) other	d) more than 9 hours
for this		23)Underline positive emotions th
) no hobbies	16) How many hours a day do I spend outdoors:	you experience during work:
B) Physical activity (gym, classes at	a) less than 1 hour	Call My Indiana
nome, sections):	b) 1-3 hours	joy, satisfaction, interest,
daily	c) more than 3 hours	
) 3 times a week	d) not every day	acceptance, pleasure, serenity.
) several times a month	17) The regularity of eating:	Underline negative emotions that
i) extremely rare	a) 3 times a day	you experience during work:
) How much time do you spend	b) 3-5 times a day	
with your friends?	c) less than 3 times a day	sadness, anxiety, fear, alertness,
) I see them every day	d) uncontrolled eating	discontant dis
o) 1-3 times a week		discontent, disappointment.
) several times a month		Other
i) extremely rare, almost never e) other		- Culei
y other		

When answering, rely solely on your own opinion!	HOME OFFICE	19) The presence of stress factors causes by:
If you want, you can choose more		a) conflicts at home
than 1 option.	10) How often do you visit relatives?	b) conflicts at work
	 a) Every week 	 c) conflicts with friends/partner
1)Your Age:	b) Once a month	d) no conflicts
	c) Every 3 months	20) Concentration of attention in
	d) Several times a year	case of working at home:
How long have you been working	11) Miles de concline criste	a) I can concentrate completely
for this company?	11) Who do you live with:	c) conflicts with friends/partner d) no conflicts 20) Concentration of attention in case of working at home: a) I can concentrate completely without much difficulty. b) to focus, I need to put a lot of effort. c) it's extremely hard for me to concentrate. d) I can't concentrate at all. 21) the quality of the work performed: a) I cone with my work easily
	a) I live by myself b) I live with my husband/wife	b) to focus, I need to put a lot of
21.6	c) I live with a friend	effort.
Are you satisfied with working at home?	d) other	 c) it's extremely hard for me to concentrate.
	dy delici	d) I can't concentrate at all.
a) Yes	12) Do conflicts ever occur at home?	d) I can t concentrate at an.
b) no	a) Every day	21) the quality of the work
4) 3 Negative aspects of working at	b) 1-3 times a week	performed:
home:	c) Several times a month	a) I cope with my work easily
	d) Extremely rare, almost never	b) sometimes I ask for help
		c) I should train my professional
	13) How many hours a day do you	skills
	devote to your family	d) I find it difficult to solve work
5) 3 Positive aspects of working at	(wife/husband/children)?	tasks
home:	Specify the hours per day:	
		22) How many hours a day do you
		spend in front of computer screen:
	14) Sleep duration:	a) 1-3 hours
	a) less than 6 hours	b) 3-6 hours
6) Are you satisfied with your	b) 6-8 hours	c) 6-9 hours
financial condition?	c) 8-10 hours	d) more than 9 hours
a) Yes	d) more than 10 hours	
b) No		Have you experienced any
c) Other	15) Sleep disorder:	difficulties getting used to new work
	a) there are no violations	conditions/computer programs that
How much time do you devote to	b) it is difficult to fall asleep	are necessary for working remotely?
your hobby?	c) I often wake up at night	a) Yes,
a) everyday	d) I wake up early then cannot fall	b) No,
b) 3 times a week	asleep	c) at the beginning only
c) 2-4 times a month	e) sometimes I can't sleep all night	d) other
d) once a month	f) other	
e) it so hard for me to allocate time	16) How many hours a day do !	24)Underline positive emotions that
for this	16) How many hours a day do I	you experience during work (or
f) no hobbies	spend outdoors:	provide):
or of the state of	a) less than 1 hour b) 1-3 hours	lass anti-faction interest
8) Physical activity (gym, classes at		joy, satisfaction, interest,
home, sections):	c) more than 3 hours d) not every day	accontance pleasure correlative
a) daily	a, not every day	acceptance, pleasure, serenity.
b) 3 times a week	17) The regularity of eating:	Underline negative emotions that
c) several times a month	a) 3 times a day	
d) extremely rare	b) 3-5 times a day	you experience during work:
O) How much time do you count	c) less than 3 times a day	sadness, anxiety, fear, alertness,
9) How much time do you spend	d) uncontrolled eating	address, anxiety, rear, arertness,
with your friends?	o, discontinues county	discontent disappointment
a) I see them every day	18) Bad habits:	discontent, disappointment.
 b) 1-3 times a week c) several times a month 	a) smoking (including vape, snus)	other
d) extremely rare, almost never	b) alcohol	other
e) other	c) no bad habits	
ej odiei	d) other	

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SELF-EVALUATION QUESTIONNAIRESTAI Form Y-1

Please provide the following information:

Name			Date		_s		_	
Age	Gender (Circle) I	М	F					
A number of statements which peo Read each statement and then cir o indicate how you feel <i>right</i> now,	cle the appropriate number to that is, at this moment. There	the rig	ht of the statement o right or wrong	NOT NO	MODEL MENT	ENTELL ST	ANICA SO	<u>ئ</u> ور
answers. Do not spend too much seems to describe your present fe	elings best.					₹⁄ 2	უ ვ	4
2. I feel secure					1	2	3	4
3. I am tense					1	2	3	4
4. I feel strained					1	2	3	4
5. I feel at ease					1	2	3	4
6. I feel upset					1	2	3	4
7. I am presently worrying	over possible misfortune	s			1	2	3	4
8. I feel satisfied					1	2	3	4
9. I feel frightened					1	2	3	4
10. I feel comfortable					1	2	3	4
11. I feel self-confident					1	2	3	4
12. I feel nervous					1	2	3	4
13. I am jittery					1	2	3	4
14. I feel indecisive					1	2	3	4
15. I am relaxed					1	2	3	4
16. I feel content					1	2	3	4
17. I am worried					1	2	3	4
18. I feel confused					1	2	3	4
19. I feel steady					1	2	3	4
20. I feel pleasant					1	2	3	4

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STAIP-AD Test Form Y www.mindgarden.com

Figure 3 STAI questionar form Y-1

STAI Form Y-2 Name

Date

A number of statements which people have used to describe themselves are given below.

SELF-EVALUATION QUESTIONNAIRE

Read each statement and then circle the appropriate number to the right of the statement to indicate how you generally feel. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to describe how you

DIRECTIONS

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4.

	penerally feel.	*			•
_	21. I feel pleasant	1	2	3	4
	22. I feel nervous and restless	1	2	3	4
	23. I feel satisfied with myself	1	2	3	4
	24. I wish I could be as happy as others seem to be	1	2	3	4
	25. I feel like a failure	1	2	3	4
	26. I feel rested	1	2	3	4
	27. I am "calm, cool, and collected"	1	2	3	4
	28. I feel that difficulties are piling up so that I cannot overcome them	1	2	3	4
	29. I worry too much over something that really doesn't matter	1	2	3	4
	30. I am happy	1	2	3	4
	31. I have disturbing thoughts	1	2	3	4
	32. I lack self-confidence	1	2	3	4
	33. I feel secure	1	2	3	4
	34. I make decisions easily	1	2	3	4
	35. I feel inadequate	1	2	3	4
	36. I am content	1	2	3	4
	37. Some unimportant thought runs through my mind and bothers me	1	2	3	4
	38. I take disappointments so keenly that I can't put them out of my mind	1	2	3	4
	39. I am a steady person	1	2	3	4
	40. I get in a state of tension or turmoil as I think over my recent concerns	1	2	3	4

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STAIP-AD Test Form Y www.mindgarden.com

State-Trait Anxiety Inventory for Adults Scoring Key (Form Y-1, Y-2)

Developed by Charles D. Spielberger in collaboration with R.L. Gorsuch, R. Lushene, P.R. Vagg, and G.A. Jacobs

To use this stencil, fold this sheet in half and line up with the appropriate test side, either Form Y-1 or Form Y-2. Simply total the scoring **weights** shown on the stencil for each response category. For example, for question # 1, if the respondent marked 3, then the **weight** would be **2**. Refer to the manual for appropriate normative data.

	NOT SONEW,	RANK!	A MOCK			TANOST ANALYSIS	WAR. OF	STATE OF THE PERSON NAMED IN COLUMN TO STATE OF THE PERSO	
Form Y-1	SAL W	Ex c)	. A	SO.	Form Y-2	CAR SA	ું જે	教等	4
1.	4	3	2	1	21.	4	3	2	1
2.	4	3	2	1	22.	1	2	3	4
3.	1	2	3	4	23.	4	3	2	1
4.	1	2	3	4	24.	1	2	3	4
5.	4	3	2	1	25.	1	2	3	4
6.	1	2	3	4	26.	4	3	2	1
7.	1	2	3	4	27.	4	3	2	1
8.	4	3	2	1	28.	1	2	3	4
9.	1	2	3	4	29.	1	2	3	4
10.	4	3	2	1	30.	4	3	2	1
11.	4	3	2	1	31.	1	2	3	4
12.	1	2	3	4	32.	1	2	3	4
13.	1	2	3	4	33.	4	3	2	1
14.	1	2	3	4	34.	4	3	2	1
15.	4	3	2	1	35.	1	2	3	4
16.	4	3	2	1	36.	4	3	2	1
17.	1	2	3	4	37.	1	2	3	4
18.	1	2	3	4	38.	1	2	3	4
19.	4	3	2	1	39.	4	3	2	1
20.	4	3	2	1	40.	1	2	3	4

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STAIP-AD Scoring Key www.mindgarden.com

Figure 5 STAI Scoring Key