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.
han 1 option. L)Your Age: How long have you been working or this company? Are you satisfied with working in he usual office? A Negative aspects of working in he usual office: A Positive aspects of working in he 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)?	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
2) How long have you been working or this company? 2) Are you satisfied with working in the usual office? 3) Yes 3) Negative aspects of working in the usual office: 3) 3 Positive aspects of working in the usual office:	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)?	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
2) How long have you been working or this company? 3) Are you satisfied with working in he usual office? 3) 3 Negative aspects of working in he usual office: 5) 3 Positive aspects of working in he usual office:	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	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
or this company? (a) Are you satisfied with working in the usual office? (b) Yes (c) Negative aspects of working in the usual office: (c) 3 Positive aspects of working in the usual office:	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)?	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
or this company? (a) Are you satisfied with working in the usual office? (b) Yes (c) Negative aspects of working in the usual office: (c) 3 Positive aspects of working in the usual office:	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)?	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
or this company? (a) Are you satisfied with working in the usual office? (b) Yes (c) Negative aspects of working in the usual office: (c) 3 Positive aspects of working in the usual office:	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)?	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
Are you satisfied with working in the usual office? Yes no	a) I live by myself b) I live with my husband/wife c) I live with a friend d) other	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
he usual office?) Yes o) no) 3 Negative aspects of working in he usual office: o) 3 Positive aspects of working in he usual office:	a) I live by myself b) I live with my husband/wife c) I live with a friend d) other	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
he usual office? 1) Yes 2) Negative aspects of working in he usual office: 3) 3 Positive aspects of working in he usual office:	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)?	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
Yes) 1 Yes) 3 Negative aspects of working in the usual office: (a) 3 Positive aspects of working in the usual office:	d) other	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
a) no 3) 3 Negative aspects of working in the usual office: 5) 3 Positive aspects of working in the usual office:	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)?	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
3) 3 Negative aspects of working in he usual office: 3) 3 Positive aspects of working in he usual office: 3) Are you satisfied with your	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)?	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
he usual office: 5) 3 Positive aspects of working in he usual office: 6) Are you satisfied with your	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)?	case of working at home: a) I can concentrate completely without much difficulty. b) to focus, I need to put a lot of
he usual office: 5) 3 Positive aspects of working in he usual office: 6) Are you satisfied with your	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)?	a) I can concentrate completely without much difficulty. b) to focus, I need to put a lot of
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 International
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		

If you want, you can choose more than 1 option. 1) How often do you visit relatives? a) Every week b) Once a month c) Every 3 months d) Several times a year 2) How long have you been working for this company? 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 a) Yes b) no 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: 14) Sleep duration: a) less than 6 hours b) 6-8 hours c) 8-10 hours d) more than 10 hours b) No c) Other 15) Sleep disorder:	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. 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 cope with my work easily b) sometimes I ask for help c) I should train my professional skills d) I find it difficult to solve work tasks (22) How many hours a day do you spend in front of computer screen a) 1-3 hours b) 3-6 hours c) 6-9 hours
10) How often do you visit relatives? a) Every week b) Once a month c) Every 3 months d) Several times a year 21) How long have you been working for this company? 21) Who do you live with: a) I live by myself b) I live with my husband/wife c) I live with my husband/wife d) other a) Yes b) no 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: 14) Sleep duration: a) less than 6 hours b) 6-8 hours c) Other a) Yes b) No c) Other a) Yes b) Sleep disorder: a) there are no violations b) it is difficult to fall asleep c) I often wake up at night d) I wake up early then cannot fall asleep c) I often wake up at night d) I wake up early then cannot fall asleep c) I often wake up at night d) Other a) teres week c) 2-4 times a month d) once a month e) it so hard for me to allocate time for this f) no hobbies a) Physical activity (gym, classes at home, sections): c) more than 3 hours	o) 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. 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 cope with my work easily b) sometimes I ask for help c) I should train my professional skills d) I find it difficult to solve work tasks 22) How many hours a day do you spend in front of computer screen a) 1-3 hours b) 3-6 hours
a) Every week b) Once a month c) Every 3 months d) Several times a year 2) How long have you been working for this company? 3) Are you satisfied with working at nome? a) Yes b) no 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: 14) Sleep duration: a) less than 6 hours b) 6-8 hours d) more than 10 hours 15) Sleep disorder: a) there are no violations b) it is difficult to fall asleep c) I wake up early then cannot fall asleep c) I wak	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 cope with my work easily b) sometimes I ask for help c) I should train my professional skills d) I find it difficult to solve work tasks 22) How many hours a day do you spend in front of computer screen a) 1-3 hours b) 3-6 hours
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 a) Yes a) Negative aspects of working at home: 13) How many hours a day do you devote to your hobby? a) Yes b) No c) Other a) Yes b) Are you satisfied with your financial condition? a) Yes b) No c) Other a) Yes 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: 14) Sleep duration: a) less than 6 hours b) 6-8 hours c) 8-10 hours d) more than 10 hours b) it is difficult to fall asleep c) I often wake up at night d) I wake up early then cannot fall asleep c) 1 often wake up at night d) once a month e) it so hard for me to allocate time for this f) no hobbies b) 1-3 hours c) How many hours a day do I spend outdoors: a) less than 1 hour b) 1-3 hours c) more than 3 hours c) more than 3 hours	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 cope with my work easily b) sometimes I ask for help c) I should train my professional skills d) I find it difficult to solve work tasks 22) How many hours a day do you spend in front of computer screen a) 1-3 hours b) 3-6 hours
c) Every 3 months d) Several times a year 2) How long have you been working or this company? 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: 14) Sleep duration: a) less than 6 hours b) 6-8 hours c) Are you satisfied with your financial condition? a) Yes d) Mo c) Other 15) Are you devote to your family (wife/husband/children)? Thom much time do you devote to your hours d) How many hours a day do you devote to your family (wife/husband/children)? Specify the hours per day: 14) Sleep duration: a) less than 6 hours b) 6-8 hours c) 8-10 hours d) more than 10 hours 15) Sleep disorder: a) there are no violations b) it is difficult to fall asleep c) I often wake up at night d) I wake up early then cannot fall asleep c) I often wake up at night d) I wake up early then cannot fall asleep c) 2-4 times a month d) once a month e) it so hard for me to allocate time for this f) no hobbies a) Physical activity (gym, classes at home, sections): c) more than 3 hours c) more than 3 hours	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 cope with my work easily b) sometimes I ask for help c) I should train my professional skills d) I find it difficult to solve work tasks 22) How many hours a day do you spend in front of computer screen a) 1-3 hours b) 3-6 hours
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 my husband/wife c) I live with a friend d) other	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 cope with my work easily b) sometimes I ask for help c) I should train my professional skills d) I find it difficult to solve work tasks 22) How many hours a day do you spend in front of computer screen a) 1-3 hours b) 3-6 hours
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 13) Negative aspects of working at some: 13) How many hours a day do you devote to your family (wife/husband/children)? Specify the hours c) Are you satisfied with your inancial condition? c) Other d) Sleep disorder: a) there are no violations b) it is difficult to fall asleep or other was a week c) 1 often waske up at night d) everyday d) 3 times a week c) 2-4 times a month e) once a month f) other d) I wake up early then cannot fall asleep for this e) no hobbies c) Physical activity (gym, classes at some, sections): c) More than 1 hours c) How many hours a day do I spend outdoors: a) less than 1 hour b) 1-3 hours c) more than 3 hours	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 cope with my work easily b) sometimes I ask for help c) I should train my professional skills d) I find it difficult to solve work tasks 22) How many hours a day do you spend in front of computer screen a) 1-3 hours b) 3-6 hours
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	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 cope with my work easily b) sometimes I ask for help c) I should train my professional skills d) I find it difficult to solve work tasks 22) How many hours a day do you spend in front of computer screen a) 1-3 hours b) 3-6 hours
a) I live by myself b) I live with my husband/wife c) I live with a friend d) other d) Yes d) Yes d) 3 Negative aspects of working at nome: d) 13 Negative aspects of working at nome: d) 13 Negative aspects of working at nome: d) 13 How many hours a day do you devote to your family (wife/husband/children)? Specify the hours per day: d) 14 Sleep duration: a) less than 6 hours b) 6-8 hours c) 8-10 hours d) more than 10 hours d) No c) Other d) Yes d) more than 10 hours d) How much time do you devote to your hobby? d) a everyday d) 3 times a week c) 2-4 times a month d) I wake up early then cannot fall asleep for this d) no hobbies d) How many hours a day do I spend outdoors: a) I wake up at night d) once a month e) it so hard for me to allocate time for this f) no hobbies d) Physical activity (gym, classes at nome, sections): c) How more than 3 hours d) How many hours a day do I spend outdoors: a) less than 1 hour b) 1-3 hours c) more than 3 hours	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 cope with my work easily b) sometimes I ask for help c) I should train my professional skills d) I find it difficult to solve work tasks 22) How many hours a day do you spend in front of computer screen a) 1-3 hours b) 3-6 hours
c) Are you satisfied with working at home? 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 you satisfied with your financial condition? d) Yes d) No c) Other d) Yes d) More than 10 hours 7) How much time do you devote to your hobby? a) everyday d) 3 times a week c) 2-4 times a month d) it is difficult to fall asleep c) I often wake up at night d) I wake up early then cannot fall asleep e) sometimes I can't sleep all night f) once a month e) it so hard for me to allocate time for this f) no hobbies 8) Physical activity (gym, classes at home, sections): 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 week c) Seve	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 cope with my work easily b) sometimes I ask for help c) I should train my professional skills d) I find it difficult to solve work tasks 22) How many hours a day do you spend in front of computer screen a) 1-3 hours b) 3-6 hours
d) other	concentrate. d) I can't concentrate at all. 21) the quality of the work performed: a) I cope with my work easily b) sometimes I ask for help c) I should train my professional skills d) I find it difficult to solve work tasks 22) How many hours a day do you spend in front of computer screen a) 1-3 hours b) 3-6 hours
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: 14) Sleep duration: a) less than 6 hours b) 6-8 hours c) Are you satisfied with your infinancial condition? d) Yes d) more than 10 hours c) Other	d) I can't concentrate at all. 21) the quality of the work performed: a) I cope with my work easily b) sometimes I ask for help c) I should train my professional skills d) I find it difficult to solve work tasks 22) How many hours a day do you spend in front of computer screen a) 1-3 hours b) 3-6 hours
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: 14) Sleep duration: a) less than 6 hours b) 6-8 hours c) Are you satisfied with your inancial condition? d) Yes d) more than 10 hours c) Other 15) Sleep disorder: a) there are no violations b) it is difficult to fall asleep c) I often wake up at night d) I wake up early then cannot fall asleep c) 2-4 times a month d) once a month e) it so hard for me to allocate time for this o) no hobbies c) Physical activity (gym, classes at nome, sections): c) More than 3 hours c) more than 3 hours c) more than 3 hours	21) the quality of the work performed: a) I cope with my work easily b) sometimes I ask for help c) I should train my professional skills d) I find it difficult to solve work tasks 22) How many hours a day do you spend in front of computer screen a) 1-3 hours b) 3-6 hours
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: 14) Sleep duration: a) less than 6 hours b) 6-8 hours c) 8-10 hours d) more than 10 hours 15) Sleep disorder: a) there are no violations b) it is difficult to fall asleep c) I often wake up at night d) everyday c) 3 times a week c) Several times a week c) Several times a month d) less than 6 hours d) more than 10 hours 15) Sleep disorder: a) there are no violations b) it is difficult to fall asleep c) I often wake up at night d) I wake up early then cannot fall asleep c) I often wake up at night d) once a month e) it so hard for me to allocate time for this e) no hobbles f) Physical activity (gym, classes at some, sections): c) more than 3 hours	performed: a) I cope with my work easily b) sometimes I ask for help c) I should train my professional skills d) I find it difficult to solve work tasks 22) How many hours a day do you spend in front of computer screen a) 1-3 hours b) 3-6 hours
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: 14) Sleep duration: a) less than 6 hours b) 6-8 hours c) Are you satisfied with your inancial condition? c) 8-10 hours d) more than 10 hours c) No c) Other	performed: a) I cope with my work easily b) sometimes I ask for help c) I should train my professional skills d) I find it difficult to solve work tasks 22) How many hours a day do you spend in front of computer screen a) 1-3 hours b) 3-6 hours
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: 14) Sleep duration: a) less than 6 hours b) 6-8 hours c) 8-10 hours d) more than 10 hours c) 8-10 hours d) more than 10 hours c) Other	a) I cope with my work easily b) sometimes I ask for help c) I should train my professional skills d) I find it difficult to solve work tasks 22) How many hours a day do you spend in front of computer screen a) 1-3 hours b) 3-6 hours
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: 14) Sleep duration: a) less than 6 hours b) 6-8 hours c) 8-10 hours d) more than 10 hours 15) Sleep disorder: a) there are no violations b) it is difficult to fall asleep c) I often wake up at night d) I wake up early then cannot fall asleep c) 2-4 times a month d) once a month e) it so mard for me to allocate time for this no hobbies 19) Physical activity (gym, classes at some, sections): 20) Physical activity (gym, classes at some, sections): 21) How many hours a day do you devote to some times it can't sleep all night f) other f) How many hours a day do I spend outdoors: a) less than 1 hour b) 1-3 hours c) more than 3 hours	b) sometimes I ask for help c) I should train my professional skills d) I find it difficult to solve work tasks 22) How many hours a day do you spend in front of computer screen a) 1-3 hours b) 3-6 hours
13) How many hours a day do you devote to your family (wife/husband/children)? Specify the hours per day: 14) Sleep duration: a) less than 6 hours b) 6-8 hours c) 8-10 hours d) more than 10 hours 15) Sleep disorder: a) there are no violations b) it is difficult to fall asleep c) I often wake up at night d) I wake up early then cannot fall asleep c) 2-4 times a month d) once a month e) it so hard for me to allocate time for this no hobbies 13) How many hours a day do I spend outdoors: a) less than 1 hour b) 6-8 hours c) 8-10 hours d) more than 10 hours e) it is difficult to fall asleep c) I often wake up at night d) I wake up early then cannot fall asleep sometimes I can't sleep all night f) other e) sometimes I can't sleep all night f) other e) less than 1 hour b) 1-3 hours c) more than 3 hours	c) I should train my professional skills d) I find it difficult to solve work tasks 22) How many hours a day do you spend in front of computer screen a) 1-3 hours b) 3-6 hours
13) How many hours a day do you devote to your family (wife/husband/children)? Specify the hours per day: 14) Sleep duration: a) less than 6 hours b) 6-8 hours c) 8-10 hours d) more than 10 hours 15) Sleep disorder: a) there are no violations b) it is difficult to fall asleep cour hobby? d) everyday d) 3 times a week everyday d) 3 times a week everyday d) 3 times a week everyday d) 3 times a month everyday d) 1 wake up early then cannot fall asleep everyday d) 1 wake up early then cannot fall asleep everyday everyday d) 1 wake up early then cannot fall asleep everyday e	skills d) I find it difficult to solve work tasks 22) How many hours a day do you spend in front of computer screen a) 1-3 hours b) 3-6 hours
devote to your family (wife/husband/children)? Specify the hours per day: 14) Sleep duration: a) less than 6 hours b) 6-8 hours d) Are you satisfied with your inancial condition? C) 8-10 hours d) more than 10 hours C) 8-10 hours d) more than 10 hours C) 8-10 hours d) more than 10 hours C) 8-10 hours d) How much time do you devote to our hobby? C) I often wake up at night d) I wake up early then cannot fall asleep C) I diffe wake up at night d) I wake up early then cannot fall asleep C) 2-4 times a month C) once a month C) it is ohard for me to allocate time for this C) how many hours a day do I spend outdoors: a) less than 1 hour b) 1-3 hours C) more than 3 hours C) more than 3 hours C) more than 3 hours	d) I find it difficult to solve work tasks 22) How many hours a day do you spend in front of computer screen a) 1-3 hours b) 3-6 hours
(wife/husband/children)? Specify the hours per day: 14) Sleep duration: a) less than 6 hours b) 6-8 hours inancial condition? c) 8-10 hours d) more than 10 hours l) No l) Other	tasks 22) How many hours a day do you spend in front of computer screen a) 1-3 hours b) 3-6 hours
Specify the hours per day: 14) Sleep duration: a) less than 6 hours b) 6-8 hours older older older older older older older older older older older older older older older older older older older older older older	22) How many hours a day do you spend in front of computer screen a) 1-3 hours b) 3-6 hours
14) Sleep duration: a) less than 6 hours b) 6-8 hours c) 8-10 hours d) more than 10 hours liancial condition? c) 8-10 hours d) more than 10 hours c) 15) Sleep disorder: a) there are no violations b) it is difficult to fall asleep cour hobby? c) everyday d) 1 wake up early then cannot fall asleep c) 2-4 times a month c) once a month c) it so hard for me to allocate time for this no hobbies d) Physical activity (gym, classes at come, sections): c) more than 10 hours d) How many hours a day do I spend outdoors: a) less than 1 hour b) 1-3 hours c) more than 3 hours	spend in front of computer screen a) 1-3 hours b) 3-6 hours
14) Sleep duration: a) less than 6 hours b) 6-8 hours c) 8-10 hours d) more than 10 hours l) Yes d) more than 10 hours l) Sleep disorder: a) there are no violations b) it is difficult to fall asleep our hobby? c) I often wake up at night d) I wake up early then cannot fall asleep l) 2-4 times a month l) once a month l) once a month l) it so hard for me to allocate time for this l) no hobbies l) Physical activity (gym, classes at ome, sections): c) Physical activity (gym, classes at ome, sections): c) 8-10 hours li sleep disorder: a) there are no violations b) it is difficult to fall asleep c) I often wake up at night d) I wake up early then cannot fall asleep l) How many hours a day do I spend outdoors: a) less than 1 hour b) 1-3 hours c) more than 3 hours	spend in front of computer screen a) 1-3 hours b) 3-6 hours
a) less than 6 hours b) 6-8 hours nancial condition? c) 8-10 hours d) More than 10 hours l) Yes l) No l) Other	a) 1-3 hours b) 3-6 hours
a) less than 6 hours b) 6-8 hours nancial condition? c) 8-10 hours d) More than 10 hours l) Yes l) No l) Other	b) 3-6 hours
) Are you satisfied with your nancial condition?) Yes) No) Other	
nancial condition?) Yes) No) Other	c) 6-9 hours
) Yes d) more than 10 hours) No) Other	,
15) Sleep disorder: a) there are no violations b) it is difficult to fall asleep our hobby? b) everyday c) everyday c) 3 times a week c) 2-4 times a month c) once a month c) it so hard for me to allocate time for this no hobbies c) less than 1 hour b) Physical activity (gym, classes at to me, sections): c) Is Sleep disorder: a) there are no violations b) it is difficult to fall asleep c) I often wake up at night d) I wake up early then cannot fall asleep e) sometimes I can't sleep all night f) other 16) How many hours a day do I spend outdoors: a) less than 1 hour b) 1-3 hours c) more than 3 hours	d) more than 9 hours
15) Sleep disorder: a) there are no violations b) It is difficult to fall asleep our hobby? b) everyday c) everyday c) 3 times a week c) 2-4 times a month c) once a month c) it so hard for me to allocate time for this no hobbies c) I how many hours a day do I spend outdoors: a) less than 1 hour b) Physical activity (gym, classes at ome, sections): c) more than 3 hours	
a) there are no violations b) it is difficult to fall asleep c) I often wake up at night d) I wake up early then cannot fall asleep d) 3 times a week e) 2-4 times a month e) once a month f) once a month f) other it so hard for me to allocate time for this no hobbies f) Physical activity (gym, classes at tome, sections): a) there are no violations b) it is difficult to fall asleep c) I often wake up at night of then cannot fall asleep e) sometimes I can't sleep all night other 16) How many hours a day do I spend outdoors: a) less than 1 hour b) 1-3 hours ome, sections): c) more than 3 hours	23) Have you experienced any
b) it is difficult to fall asleep our hobby? c) I often wake up at night d) I wake up early then cannot fall asleep 1) 2-4 times a month e) once a month f) other for this no hobbies no hobbies 16) How many hours a day do I spend outdoors: a) less than 1 hour b) 1-3 hours nome, sections): c) lit is difficult to fall asleep c) I often wake up at night asleep c) I often wake up at night other asleep c) I often wake up at night other asleep c) I often wake up at night controlled asleep c) I often wake up at night controlled asleep c) I often wake up at night controlled asleep c) I often wake up at night controlled asleep c) I often wake up at night controlled asleep c) I often wake up at night controlled asleep c) I often wake up at night controlled asleep c) I often wake up at night controlled asleep c) I often wake up at night controlled asleep con	difficulties getting used to new wo
our hobby? c) I often wake up at night d) I wake up early then cannot fall asleep c) 2-4 times a month d) once a month f) other c) it so hard for me to allocate time for this no hobbies for this physical activity (gym, classes at tome, sections): c) I often wake up at night d) I wake up early then cannot fall asleep cometimes I can't sleep all night f) other 16) How many hours a day do I spend outdoors: a) less than 1 hour b) 1-3 hours come, sections): c) more than 3 hours	conditions/computer programs th
asleep 2-4 times a week 3 times a week 4 to sometimes I can't sleep all night 5 other 6 other 6 other 7 on hobbies 8 pend outdoors: 8 pend outdoors: 9 less than 1 hour 1 Physical activity (gym, classes at some, sections): 9 overyday 1 I wake up early then cannot fall asleep 1 I wake up early then cannot fall asleep 1 I wake up early then cannot fall asleep 1 I wake up early then cannot fall asleep 1 I wake up early then cannot fall asleep 1 I wake up early then cannot fall asleep 1 I wake up early then cannot fall asleep 1 I wake up early then cannot fall asleep 1 I wake up early then cannot fall asleep 1 I wake up early then cannot fall asleep 1 I wake up early then cannot fall asleep 1 I wake up early then cannot fall asleep 1 I wake up early then cannot fall asleep 1 I wake up early then cannot fall asleep 1 I wake up early then cannot fall asleep 1 I wake up early then cannot fall asleep 1 I wake up early then cannot fall asleep 1 I wake up early then cannot fall asleep 2 I wake up early then cannot fall asleep 3 I wake up early then cannot fall asleep 4 I wake up early then cannot fall asleep 5 I wake up early then cannot fall asleep 5 I wake up early then cannot fall asleep 6 I wake up early then cannot fall asleep 6 I wake up early then cannot fall asleep 6 I wake up early then cannot fall asleep 6 I wake up early then cannot fall asleep 7 I wake up early then cannot fall asleep 8 I wake up early then cannot fall asleep 9 I wake up early then cannot fall asleep 9 I wake up early then cannot fall asleep 9 I wake up early then cannot fall asleep 9 I wake up early then cannot fall asleep 9 I wake up early then cannot fall asleep 9 I wake up early then can't sleep all night 9 I wake up early then can't sleep all night 9 I wake up early then can't sleep all night 9 I wake up early then can't sleep all night 9 I wake up early then can't sleep all night 9 I wake up early then can't sleep all night 9 I wake up early then can't sleep all night 9 I wake up earl	are necessary for working remote
asleep 2-4 times a week 2-4 times a month 3 once a month 4 other 6 other 7 on hobbies 8 pend outdoors: 8 pend outdoors: 9 less than 1 hour 10 Physical activity (gym, classes at tome, sections): 10 one hobbies 11 one hobbies 12 ome, sections): 13 one hobbies 15 one hobbies 16 one hobbies 17 one hobbies 18 one hobbies 19 one hobbies 19 one hobbies 10 one hobbies 10 one hobbies 11 one hobbies 12 one hours 13 one hours 14 one hobbies 15 one hobbies 16 one hobbies 17 one hobbies 18 one hobbies 19 one hobbies 19 one hobbies 10 one hobbies 10 one hobbies 11 one hobbies 12 one hobbies 13 one hobbies 14 one hobbies 15 one hobbies 16 one hobbies 17 one hobbies 18 one hobbies 19 one hobbies 19 one hobbies 10 one hobbies 10 one hobbies 10 one hobbies 11 one hobbies 12 one hobbies 13 one hobbies 14 one hobbies 15 one hobbies 16 one hobbies 17 one hobbies 18 one hobbies 19 one hobbies 19 one hobbies 10 one hobbies 10 one hobbies 10 one hobbies 10 one hobbies 11 one hobbies 12 one hobbies 13 one hobbies 14 one hobbies 15 one hobbies 16 one hobbies 17 one hobbies 18 one hobbies 19 one hobbies 19 one hobbies 10 one hobbies 11 one hobbies 12 one hobbies 13 one hobbies 14 one hobbies 15 one hobbies 16 one hobbies 17 one hobbies 18 one hobbies 19 one hobbies 19 one hobbies 10 one hobbies 1	a) Yes,
2.4 times a month e) sometimes I can't sleep all night other 3) it so hard for me to allocate time for this 3) no hobbies 4) In hour say the four say the f	b) No,
(i) once a month (i) other (i) once a month (i) it so hard for me to allocate time for this (ii) no hobbies (iii) physical activity (gym, classes at (iii)	c) at the beginning only
) it so hard for me to allocate time for this 16) How many hours a day do I spend outdoors: a) less than 1 hour b) Physical activity (gym, classes at come, sections): c) more than 3 hours	d) other
for this 16) How many hours a day do I spend outdoors: a) less than 1 hour b) Physical activity (gym, classes at come, sections): c) more than 3 hours	
) no hobbies spend outdoors: a) less than 1 hour b) Physical activity (gym, classes at home, sections): c) more than 3 hours	24)Underline positive emotions th
a) less than 1 hour b) Physical activity (gym, classes at b) 1-3 hours nome, sections): c) more than 3 hours	you experience during work (or
B) Physical activity (gym, classes at c) 1-3 hours c) more than 3 hours	provide):
ome, sections): c) more than 3 hours	
ome, sections): c) more than 3 hours	joy, satisfaction, interest,
) daily d) not every day	
	acceptance, pleasure, serenity.
3 times a week	
) several times a month 17) The regularity of eating:	Underline negative emotions that
extremely rare a) 3 times a day	
b) 3-5 times a day	you experience during work:
) How much time do you spend c) less than 3 times a day	you experience during work:
vith your friends? d) uncontrolled eating	
) I see them every day	you experience during work:
b) 1-3 times a week 18) Bad habits:	you experience during work:
) several times a month a) smoking (including vape, snus)	you experience during work: sadness, anxiety, fear, alertness,
(i) extremely rare, almost never b) alcohol	you experience during work: sadness, anxiety, fear, alertness,
c) no bad habits d) other	you experience during work: sadness, anxiety, fear, alertness, discontent, disappointment.

Copyright 1968, 1977 by Charles D. Speilberger. All rights reserved.

SELF-EVALUATION QUESTIONNAIRESTAI Form Y-1

Please provide the following information:

Name			Date		_s		_	
Age	Gender (Circle)	M	F					
A number of statements which peo Read each statement and then cin to indicate how you feel <i>right</i> now, answers. Do not spend too much	cle the appropriate number to that is, at this moment. Then	the rig	ght of the statement no right or wrong	OF SO	MODEL MENT	LER STELL	AMICK SO	350
seems to describe your present fe	elings best.					2	3	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 misfortun	es			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

© Copyright 1968,1977 by Charles D. Spielberger. All rights reserved. Published by Mind Garden, Inc., 1690 Woodside Rd, Suite 202, Redwood City, CA 94061

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

The Son	KAOS X	
VANOSTAKIAKA	VAROS A STEEN	C431
54	V V	. D

4.

	generally 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 and interests	1	2	3	4

© Copyright 1968,1977 by Charles D. Spielberger. All rights reserved. Published by Mind Garden, Inc., 1690 Woodside Rd, Suite 202, Redwood City, CA 94061

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 cy	. 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

© Copyright 1968,1977 by Charles D. Spielberger. All rights reserved. Published by Mind Garden, Inc., 1690 Woodside Rd, Suite 202, Redwood City, CA 94061

STAIP-AD Scoring Key www.mindgarden.com

Figure 5 STAI Scoring Key