

Work & Well-being Survey (DUBS) ©

The following 8 statements are about how you feel at work. Please read each statement carefully and decide if you ever feel this way about your job. If you have never had this feeling, cross the "0" (zero) in the space before the statement. If you have had this feeling, indicate how often you feel it by crossing the number (from 0 to 6) that **best** describes how frequently you feel that way.

Never	Almost never	Rarely	Sometimes	Often	Very often	Always
0	1	2	3	4	5	6

1. _____ At work, time goes by very slowly.
 2. _____ I feel bored at my job.
 3. _____ At work, I spend my time aimlessly.
 4. _____ At my job, I feel restless.
 5. _____ During work time I daydream.
 6. _____ It seems as if my working day never ends.
 7. _____ I tend to do other things during my work.
 8. _____ At my work, there is not so much to do.
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