

## Work & Well-being Survey (DUWAS-short version) ©

The following ten statements are about how you feel at work. Please read each statement carefully and decide how often you ever feel this way about your job. Please indicate of each statement the alternative that best describes how frequently you feel that way. For instance, if you have never or almost never had this feeling, circle the "1" (one) after the statement. If you have had always or almost always this feeling circle "4" (four).

	(Almost) never	Sometimes	Often	(Almost) always
	1	2	3	4
1. I seem to be in a hurry and racing against the clock ( <i>WE</i> )	1	2	3	4
2. I find myself continuing to work after my co-workers have called it quits ( <i>WE</i> )	1	2	3	4
3. It's important to me to work hard even when I don't enjoy what I'm doing ( <i>WC</i> )	1	2	3	4
4. I stay busy and keep many irons in the fire ( <i>WE</i> )	1	2	3	4
5. I feel that there's something inside me that drives me to work hard ( <i>WC</i> )	1	2	3	4
6. I spend more time working than on socializing with friends, on hobbies, or on leisure activities ( <i>WE</i> )	1	2	3	4
7. I feel obliged to work hard, even when it's not enjoyable ( <i>WC</i> )	1	2	3	4
8. I find myself doing two or three things at one time such as eating lunch and writing a memo, while talking on the telephone ( <i>WE</i> )	1	2	3	4
9. I feel guilty when I take time off work ( <i>WC</i> )	1	2	3	4
10. It is hard for me to relax when I'm not working ( <i>WC</i> )	1	2	3	4

*WE* = Working excessively; *WC* = Working compulsively