

WORKING EXCESSIVELY QUESTIONNAIRE

This questionnaire measures attitude to work. Please respond to the following statements.

Please provide some basic information about yourself:

Sex Age..... Education.....

Position.....

Seniority(in years) Seniority in current workplace

The following questionnaire consists of 65 statements. Please read carefully each of them. With each sentence, please tick (✖)the answer that characterizes you best, best describes your situations or reflects your view. Please make sure that the answer is marked in the appropriate statement.

Please tick:

1. when you **fully disagree**, or when this statement is completely irrelevant
2. when you **disagree**, or when this statement is rather irrelevant
3. when you **have no opinion** or you cannot choose, or when this statement is as accurate as irrelevant
4. when **you agree**, or when this statement is rather accurate
5. when you **fully agree**, or when this statement is completely accurate

Please tick only one answer for each statement..

Please respond to all statements.

If you make a mistake, please clearly black out (■) first answer and tick (✖) the right one.

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 2 - when you disagree, or when this statement is rather irrelevant
 3 - when you have no opinion or you cannot choose, or when this statement is as accurate as irrelevant
 4 - when you agree, or when this statement is rather accurate
 5 - when you fully agree, or when this statement is completely accurate

- | | | |
|----|---|-----------|
| 1 | Even when I am not working, I think about professional matters. | 1 2 3 4 5 |
| 2 | My boss does not expect me to spend my free time on work. | 1 2 3 4 5 |
| 3 | In my company bosses emphasize that an overworked employee is a less effective employee. | 1 2 3 4 5 |
| 4 | I like to work in teams that have clear and precise rules.. | 1 2 3 4 5 |
| 5 | If I work more, I will be distinguished among colleagues. | 1 2 3 4 5 |
| 6 | If you work less, it surely means that others will have to do your work. | 1 2 3 4 5 |
| 7 | When I go on vacation I think how much work I could do at this time. | 1 2 3 4 5 |
| 8 | Diligence determines the value of every person. | 1 2 3 4 5 |
| 9 | My family thinks that I spend too much time at work. | 1 2 3 4 5 |
| 10 | If they wanted to fire me from work, I couldn't help it. | 1 2 3 4 5 |
| 11 | I always try to do everything perfectly. | 1 2 3 4 5 |
| 12 | At my workplace there are no informal arrangements. | 1 2 3 4 5 |
| 13 | When I go on vacation I have the feeling that something wrong will happen at work.. | 1 2 3 4 5 |
| 14 | I find time to relax.. | 1 2 3 4 5 |
| 15 | At school I tried to have best grades. | 1 2 3 4 5 |
| 16 | I want others to know that I work more than they do. | 1 2 3 4 5 |
| 17 | I get nervous when I cannot do my job. | 1 2 3 4 5 |
| 18 | Superiors evaluate the employee by what others think of him/her and not by how he/she does his/her work.. | 1 2 3 4 5 |
| 19 | An employee working longer, better deserves a premium than the one not working after hours.. | 1 2 3 4 5 |
| 20 | My mobile phone is always on in case of a call from work.. | 1 2 3 4 5 |
| 21 | If I don't work after hours, I risk that my colleagues could be promoted instead of me. | 1 2 3 4 5 |
| 22 | Detachment from work is not difficult for me.. | 1 2 3 4 5 |
| 23 | By staying longer at work, one expresses his/her commitment and loyalty to the organization. | 1 2 3 4 5 |
| 24 | I prepare in advance all the necessary things for work (clothes, documents, etc.). | 1 2 3 4 5 |
| 25 | If I do not show how I care - for example by working overtime - I will definitely lose my job. | 1 2 3 4 5 |
| 26 | I work hard because I have no other choice. | 1 2 3 4 5 |
| 27 | The bonuses are a reward for commitment and the commitment is expressed by how much time I spend at work. | 1 2 3 4 5 |
| 28 | I have no influence on decisions that concern me. | 1 2 3 4 5 |
| 29 | I set high standards for myself. | 1 2 3 4 5 |
| 30 | Because labour market is highly competitive I cannot afford to do only the "minimum". | 1 2 3 4 5 |
| 31 | You can never say that something could not be done better. | 1 2 3 4 5 |
| 32 | Work results can be evaluated diversely, but the number of overtime hours can never be undermined. | 1 2 3 4 5 |
| 33 | I believe that everyone is responsible for his/her own success. | 1 2 3 4 5 |
| 34 | Work in my company is a real "rat race". | 1 2 3 4 5 |
| 35 | When I work longer I feel that bosses are more satisfied with me. | 1 2 3 4 5 |
| 36 | I have to work as much as possible to earn money in case of a job loss. | 1 2 3 4 5 |
| 37 | I stay longer at work, because it is the only way to be promoted. | 1 2 3 4 5 |

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- 38 I have pangs of conscience, when I am not busy working. 1 2 3 4 5
 39 I like to be always well prepared. 1 2 3 4 5
 40 I feel bad even when I make small mistakes at work. 1 2 3 4 5
 41 At work I set myself higher standards than others. 1 2 3 4 5
 42 If I want something to be done well, I do it myself. 1 2 3 4 5
 43 I work systematically and always according to the schedule. 1 2 3 4 5
 44 When I am engaged in work, I tend to forget about basic needs, such as eating or sleeping. 1 2 3 4 5
 45 A stable relationship interferes with my work. 1 2 3 4 5
 46 When I am working longer than others, I feel that I am considered to be a more valuable employee, and my superiors treat me more seriously. 1 2 3 4 5
 47 My partner complains that I do not devote enough time to him/her. 1 2 3 4 5
 48 The more I work, the higher bonus I should receive. 1 2 3 4 5
 49 My friends tell me that I work too much. 1 2 3 4 5
 50 I try to have things under control and know as much as possible about things around me. 1 2 3 4 5
 51 The rivalry in my company is high. 1 2 3 4 5
 52 I care about the tidiness in my workplace. 1 2 3 4 5
 53 Striving for excellence characterizes everything I do. 1 2 3 4 5
 54 Who works the longest, works the hardest. 1 2 3 4 5
 55 My work and my social life do not interfere. 1 2 3 4 5
 56 If my colleagues stay after hours, I should do that, too. 1 2 3 4 5
 57 I rarely think about work in my free time. 1 2 3 4 5
 58 By staying longer at work and working on weekends I show that I am a better employee than others. 1 2 3 4 5
 59 At work I am not blamed for other people's mistakes. 1 2 3 4 5
 60 I always know what is required of me.. 1 2 3 4 5
 61 It annoys me when people do not work the way they should. 1 2 3 4 5
 62 I feel that in case of a small failure I can lose my job. 1 2 3 4 5
 63 I do not eat regularly, because I do not have time for this. 1 2 3 4 5
 64 I'd rather do the work myself, because then I am sure that everything will be done well. 1 2 3 4 5
 65 Because of my work I tend to forget about family celebrations (birthdays, etc.). 1 2 3 4 5

Thank you.