<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you have time to finish your assignments?</td>
<td>□ yes, always □ yes, rather often □ no, seldom □ no, never</td>
</tr>
<tr>
<td>Do you have the possibility to influence decisions at work?</td>
<td>□ yes, always □ yes, rather often □ no, seldom □ no, never</td>
</tr>
<tr>
<td>Does your supervisor consider your views?</td>
<td>□ yes, always □ yes, rather often □ no, seldom □ no, never</td>
</tr>
<tr>
<td>Can you decide on your work pace?</td>
<td>□ yes, always □ yes, rather often □ no, seldom □ no, never</td>
</tr>
<tr>
<td>Has your workload increased?</td>
<td>□ yes □ no – if no: go to question 06a</td>
</tr>
<tr>
<td>If yes: Do you perceive that as stressful?</td>
<td>□ not stressful □ less stressful □ stressful □ very stressful</td>
</tr>
<tr>
<td>Are the goals for your workplace clear?</td>
<td>□ yes – if yes continue to question 07a</td>
</tr>
<tr>
<td>If partly or no: Do you perceive that as stressful?</td>
<td>□ partly □ no □ not stressful □ less stressful □ stressful □ very stressful</td>
</tr>
<tr>
<td>Do you know which assignments your work tasks include?</td>
<td>□ yes – if yes continue to question 08a</td>
</tr>
<tr>
<td>If partly or no: Do you perceive that as stressful?</td>
<td>□ partly □ no □ not stressful □ less stressful □ stressful □ very stressful</td>
</tr>
<tr>
<td>Do you know who is making decisions concerning your workplace?</td>
<td>□ yes – if yes continue to question 09a</td>
</tr>
<tr>
<td>If partly or no: Do you perceive that as stressful?</td>
<td>□ partly □ no □ not stressful □ less stressful □ stressful □ very stressful</td>
</tr>
<tr>
<td>Are there any conflicts at work?</td>
<td>□ yes □ no – if no continue to question 12a</td>
</tr>
<tr>
<td>If yes: Do you perceive that as stressful?</td>
<td>□ not stressful □ less stressful □ stressful □ very stressful</td>
</tr>
<tr>
<td>Are you involved in any conflicts at your workplace?</td>
<td>□ yes □ no – if no continue to question 11a</td>
</tr>
<tr>
<td>If yes: Do you perceive that as stressful?</td>
<td>□ not stressful □ less stressful □ stressful □ very stressful</td>
</tr>
<tr>
<td>Have your supervisor done anything to solve the conflicts?</td>
<td>□ yes □ no – if yes continue to question 12a</td>
</tr>
<tr>
<td>If partly or no: Do you perceive that as stressful?</td>
<td>□ partly □ no □ not stressful □ less stressful □ stressful □ very stressful</td>
</tr>
</tbody>
</table>
12a Do you put high demands on yourself at work?  
□ yes  
□ no – if no continue to question 13a

12b If yes: Do you perceive that as stressful?  
□ not stressful  
□ less stressful  
□ stressful  
□ very stressful

13a Do you often get engaged in your work?  
□ yes  
□ no – if no continue to question 14a

13b If yes: Do you perceive that as stressful?  
□ not stressful  
□ less stressful  
□ stressful  
□ very stressful

14a Do you think about work after your working-day?  
□ yes  
□ no – if no continue to question 15a

14b If yes or partly: Do you perceive that as stressful?  
□ not stressful  
□ less stressful  
□ stressful  
□ very stressful

15a Do you find it hard to set a limit to work assignment although you have a lot to do?  
□ yes  
□ partly  
□ no – if no continue to question 16a

15b If yes or partly: Do you perceive that as stressful?  
□ not stressful  
□ less stressful  
□ stressful  
□ very stressful

16a Do you take more responsibility at work than you ought to?  
□ yes  
□ partly  
□ no – if no continue to question 17a

16b If yes: Do you perceive that as stressful?  
□ not stressful  
□ less stressful  
□ stressful  
□ very stressful

17a Do you work after ordinary working hours to finish your assignments?  
□ yes  
□ partly  
□ no – if no continue to question 18a

17b If yes or partly: Do you perceive that as stressful?  
□ not stressful  
□ less stressful  
□ stressful  
□ very stressful

18a Do you find it hard to sleep because your mind is occupied with work?  
□ yes  
□ partly  
□ no – if no continue to question 19

18b If yes or partly: Do you perceive that as stressful?  
□ not stressful  
□ less stressful  
□ stressful  
□ very stressful

19 Due to work, do you find it hard to find time to be with your nearest?  
□ yes, always  
□ yes, rather often  
□ no, seldom  
□ no, never

20 Due to work, do you find it hard to find time to be with your friends?  
□ yes, always  
□ yes, rather often  
□ no, seldom  
□ no, never

21 Due to work, do you find it hard to find time for your recreational activities?  
□ yes, always  
□ yes, rather often  
□ no, seldom  
□ no, never