

TQWL-42 – TOTAL QUALITY OF WORK LIFE MEASUREMENT INSTRUMENT

This questionnaire asks how you feel about your **quality of work life**. Please answer all the questions. If you are unsure about which response to give to a question, please choose the one that appears most appropriate. We ask that you think about your **work life** in the last **two weeks**. Please read each question, assess your feelings, and circle the number on the scale for each question that gives the best answer for you.

F1.1 - How do you assess your Quality of Work Life?

Very poor	Poor	Neither poor nor good	Good	Very Good
1	2	3	4	5

A1.1 - How often do you feel tired at work?

Never	Seldom	Quite often	Very often	Always
1	2	3	4	5

A1.2 - How much satisfied are you with the disposition that you have to work?

Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
1	2	3	4	5

A2.1 - Do you feel able to perform your tasks at work?

Not at all	A little	Moderately	Mostly	Completely
1	2	3	4	5

A2.2 - How much satisfied are you with your ability to work?

Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
1	2	3	4	5

A3.1 - Does the company you work provide medical and dental care and social assistance to their employees?

Not at all	A little	Moderately	Mostly	Completely
1	2	3	4	5

A3.2 - How much satisfied are you with the health services and social assistance provided by the company you work?

Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
1	2	3	4	5

A4.1 - How often do you feel sleepy at work?

Never	Seldom	Quite often	Very often	Always
1	2	3	4	5

A4.2 - How much satisfied are you with the time you have to sleep?

Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
1	2	3	4	5

B1.1 - How often do you feel unable to perform your job?

Never	Seldom	Quite often	Very often	Always
1	2	3	4	5

B1.2 - How much are you satisfied with yourself?

Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
1	2	3	4	5

B2.1 - How much important do you consider the work you do?

Not at all	A little	Moderately	Mostly	Completely
1	2	3	4	5

B2.2 - How much are you satisfied with the contribution that your work represents for the company as a whole and for society?

Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
1	2	3	4	5

B3.1 - Which extent you can understand, how right or wrong you do your job?

Not at all	A little	Moderately	Mostly	Completely
1	2	3	4	5

B3.2 – How much satisfied are you with the information they provide to you about your work performance?

Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
1	2	3	4	5

B4.1 - Does the company you work, encourages you and / or releases you to take courses and other activities related to your work?

Not at all	A little	Moderately	Mostly	Completely
1	2	3	4	5

B4.2 - How much satisfied are you with the support the company you work for grants for your personal and professional development?

Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
1	2	3	4	5

C1.1 - At the company you work, do you can express your opinion without it harms you?

Not at all	A little	Moderately	Mostly	Completely
1	2	3	4	5

C1.2 - How much satisfied are you with regard to the possibility to express your opinions freely in the company you work?

Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
1	2	3	4	5

C2.1 - How often do you have disagreements with your superiors or coworkers?

Never	Seldom	Quite often	Very often	Always
1	2	3	4	5

C2.2 - How much satisfied are you with your team of work?

Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
1	2	3	4	5

C3.1 - To which extent you can make decisions in your work, without the need to consult your supervisor?

Not at all	A little	Moderately	Mostly	Completely
1	2	3	4	5

C3.2 - How much are you satisfied with the level of autonomy is granted to you in your work?

Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
1	2	3	4	5

C4.1 - How often do you practice leisure activities?

Never	Seldom	Quite often	Very often	Always
1	2	3	4	5

C4.2 - How much are you satisfied with the time you have to practice leisure activities?

Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
1	2	3	4	5

D1.1 - Is your wage enough to do you meet your needs?

Not at all	A little	Moderately	Mostly	Completely
1	2	3	4	5

D1.2 - How much satisfied are you with your wage?

Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
1	2	3	4	5

D2.1 - To which extent the company you work for has advantages and benefits?

Not at all	Slightly	Moderately	Very	Extremely
1	2	3	4	5

D2.2 - How much satisfied are you, with the advantages and benefits offered by the company you work?

Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
1	2	3	4	5

D3.1 - Do you consider your work exhausting and tiring?

Not at all	A little	Moderately	Mostly	Completely
1	2	3	4	5

D3.2 - How much are you satisfied with your weekly work time?

Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
1	2	3	4	5

D4.1 - How often occur layoffs at the company where you work?

Never 1	Seldom 2	Quite often 3	Very often 4	Always 5
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D4.2 - How much satisfied are you, with regard to safety to remain employed at the company where you work?

Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
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E1.1 - Are appropriate the working conditions (temperature, light, noise, etc.) of your workplace?

Not at all 1	A little 2	Moderately 3	Mostly 4	Completely 5
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E1.2 - How much satisfied are you with your working conditions?

Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
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E2.1 - Does the company you work for offers career plan and/or possibilities for you to be promoted?

Not at all 1	A little 2	A moderate amount 3	Very much 4	An extreme amount 5
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E2.2 - How much satisfied are you with the career plan and / or the possibility of promotion of position in the company you work?

Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
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E3.1 - How often do you judge your work monotonous?

Never 1	Seldom 2	Quite often 3	Very often 4	Always 5
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E3.2 - How much satisfied are you with the variety of activities you perform in your position?

Very dissatisfied 1	Dissatisfied 2	Neither satisfied nor dissatisfied 3	Satisfied 4	Very satisfied 5
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E4.1 - How often do you run on your work, complete activities, that is, from beginning to end?

Never	Seldom	Quite often	Very often	Always
1	2	3	4	5

E4.2 - How much are you satisfied with the work you do?

Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
1	2	3	4	5

F1.2 - How much satisfied are you with your Quality of Work Life?

Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
1	2	3	4	5