Questionnaire

Attn: Mr. LIANG Qi Fax: 3442-0427

**Questionnaire for Stress Management of Construction Workers** 

Part I Personal Information (Please tick the appropriate answers and fill in the inform	natior	belo	ow.	)			
1. Age : a) <20 b) 20-29 c) 30-39 d) 40-49							
2. Gender : a) Male b) Female							
3. Education level a) Primary b) Secondary c) High school d) Diploma	f) (	Other	s:			_	
4. Occupation:							
5. Project type: a) Building construction b) Civil work c) Addition&Alteration							
6. Employment: a) Direct employed b) Subcontract c) Self-employed							
7. Organization: a) Main contractor b) Supplier c) Sub-contractor	d) O	thers	s: _				
8.Site Size (In term of No. of Construction Worker):							
a) <20 b) 21-49 c) 50-99 d) 101-199 e) 200-499 f) 500-999		g) a	bov	ve 1,0	)00	)	
9. How long have you been with the organization?(Years)							
10. How long have you been working in this construction industry?(Years							
11. Do you smoke? (Y/N). If yes, please specify the number in each day							
12. Do you drink alcohol? (Y/N). If yes, specify the type of alcohol, a					_ (n	nl)	
13. Do you gamble? (Y/N). If yes, how many times in each week							
14. How many leisure-time do you spend on physical activities					_(h		
15. How many hours in average do you spend on sleep					(hı	,	
16. Please specify your height(cm), and your weight					(K	.g)	
Part II The Stressors among CWs (Please tick the number that is fit for you the best: 1-Extremely	]	Degr	ee o	of Ag	ree	men	t
disagree, 2-Strong disagree, 3-Disargree, 4-Netural, 5-Agree, 6-Strong agree, 7-Extremely agree.)							
1) Personal				Agree	: I		
1.1 No deepair with life and no life with deepair	1	agree 2		1	-	6	gree 7
<ul><li>1.1 No despair with life and no life with despair.</li><li>1.2 I expect the best from life.</li></ul>	1			4			
1.3 I see the bright shining side of things.	1	2		4			
1.4 I feel well supported by my friends and/or family.	1	2		4			
1.5 There are trustworthy friend/family members that I can seek help for problems.	1	2	3	4		6	
1.6 My family members/friends are willing to listen to my work-related problems.	1	2	3			6	
1.7 I accept myself as I am.	1			4			
1.8 I am able to accept the thoughts and feelings I have.	1	2	3	4	5	6	7
1.9 I can accept things I cannot change.	1	2	3	1	5	6	7
1.10 When I have distressing thoughts or images, I just notice them and let them go.	1	2	3	<b>4</b> <b>4</b>	5	6	7
1.11 When I have distressing thoughts or images, I just notice them without reacting.	1	2	3	4	5	6	7
1.12 When I have distressing thoughts or images, I "step back" and am aware of the	1	2	3		5	6	7
thought or image without getting taken over by it.	1	_	5	•	5	O	,
1.13 I am easily distracted.	1	2	3	4	5	6	7
1.14 I don't pay attention to what I am doing because I am daydreaming, worrying, or	1	2	3	4	5	6	7
otherwise distracted.	1	_	5	•	5	O	,
1.15 When I am working on something, part of my mind is occupied with other topics.	1	2	3	4	5	6	7
1.16 It seems I am "running on automatic" without much awareness of what I'm doing.	1	2	3	4	5	6	7
1.17 I'm good at finding the words to describe my feelings.	1	2	3	4	5	6	7
1.18 I can easily put my beliefs, opinions, and expectations into words.	1	2	3	4	5	6	7
1.19 My natural tendency is to put my experiences into words.	1	2	3	4	5	6	7
2) Interpersonal	1	2	3	4	5	6	7
	1	2	2	4	_	6	7
2.1 The frequency your co-worker yelled, shouted or swore at you	1	2 2	3	4	5	6	7
2.2 The frequency your co-worker made insulting or disrespectful remarks about you	1	2	3	4	5 5	6	7
2.3The frequency your co-worker target you with anger outbursts or tempter tantrums	1	2	3	4	5	6	7
2.4 To what extent are your coworkers in your work group friendly	1		3	4	5	6 6	7 7
2.5 To what extent do you trust your co-worker in your work group	1	2	3	4	5		7
<ul><li>2.6 To what extent do you know about your coworkers</li><li>2.7The frequency your coworkers make extra effort to make your work easier or safer</li></ul>	1 1	2 2 2	3	4 4	<i>5</i>	6 6	7
2.8 How often are your co-workers helpful to you in getting your job done.	1	2	3	4	5	6	7
2.9 Supervisors concerns construction workers' safety.	1	2	3	4	5	6	7
2.10 Supervisors well understands the effect of operational issues on safety.	1	2	3	4	5	6	7
2.10 Supervisor well understands the effect of operational issues on safety.  2.11 Management consults construction workers about safety issues	1 1	2	3	4	5	6	7

6. The number of people

3) <u>Task</u>								
3.1 My job drives out most of my time to relax.		1	2	3	4	5	6	7
3.2 There is constant pressure to work every time.		1	2	3	4	5	6	7
3.3 The time allowed for the tasks are so limit.		1	2	3	4	5	6	7
3.4 My job involves manual materials handling.		1	2	3	4	5		7
3.5 My job causes me working in awkward posture.		1	2	3	4			7
3.6 My job involves lots of repetitive movement.		1	2	3	4			7
3.7 My job results in my whole body vibration.	10	1	2	3		5		7
3.8 I have to refer matters upwards when I can deal with them		1	2 2	3	4 4	5 5	6	7
3.9 My supervisor often deals with me in an autocratic and de	manding manner.						6	7
3.10 I was given insufficient authority to do my job properly. 3.11 To what extent you can control how quickly or slowly I c	on work	1	2 2	3	4 4	5 5	6 6	7 7
3.12 To what extent you can control how quickly of slowly 1 c		1	2	3	4			7
3.13 To what extent you can control the scheduling and durati		1	2	3	4	5		7
3.14 My job is secure.	on or oreans	1	2	3	4			7
3.15 I can have greater job security if I am working well.		1	2	3	4	5		7
3.16 It is certain that I can retain at current job.		1	2	3		5		7
3.17 My works are so boring and repetitive.		1	2		4	5	6	7
3.18 I am given very little job responsibility.		1	2			5		7
3.19 My skills and abilities are not being used well.		1	2	3	4	5	6	7
4) <u>Organizational</u>								
4.1 I find the reward I get is relatively low when compared to	the external market.	1	2	3	4	5	6	7
4.2 I often feel that the organization treats us unfairly.		1	2	3	4	5	6	7
4.3 I find the reward I get does not balance with the effort I pu	ıt in.	1	2	3	4	5	6	7
4.4 Provision of safety equipment is sufficient.		1	2	3	4	5	6	7
4.5 Safety equipment is in good condition.		1	2	3	4			7
4.6 Safety equipment is under regularly maintenance.		1	2	3			6	
4.7 The management staffs work to ensure the safety working		1	2	3	4	5	6	
4.8 The protection of workers is high priority with supervisors	S.	1	2 2	3	4			7
4.9 Everyone was expected to follow good safety practices.		1	2	3	4	5	6	7
5) <u>Physical/ Environmental</u>								
5.1 The temperature of the construction site is extreme high.		1	2	3	4	5	6	7
5.2 The air quality is poor on construction site.		1	2	3	4	5	6	7
5.3 The construction site is too noisy.		1	2	3	4	5	6	7
5.4 The construction site is crowed.		1	2	3	4	5	6	7
5.5 The lighting is inappropriate		1	2	3	4	5	6	7
5.6 Construction site is full of hazards.		1	2 2	3	4 4	5 5		7 7
<ul><li>5.7 Equipment and materials are placed in unorganized way.</li><li>5.8 Provision of safety indicator is insufficient</li></ul>		1	2	3	4	5	6	7
5.9 I try to keep my feelings to myself.		1	2	3	4	5	6	7
5.10 I kept others form knowing how bad things were.		1	2	3	4	5	6	7
5.11 I tried to keep my feelings from interfering with other thi	ngs too much.	1	2	3	4	5		7
5.12 I try to solve the problem with different ways.		1	2	3	4	5	6	7
5.13 I consider several alternatives for handling the problem.		1	2	3	4		6	7
5.14 I draw on my past experiences when I was in a similar si	tuation.	1	2	3	4	5	6	7
Part III (a) The objective measurement of stress level at reflects your agreement: 1-Not at all, 2-Very little, 3-Little, 4-Netural, 5-many, 6-a		e nu	mber	in b	lank	space	that	best
1. The number of project deadlines	I am capable of meeting							
2. The number of task	I am capable to do							
3. The level of difficulty of my work	11 C1 1	wit	h					
4. The quality of work	I am capable of doing		-					
5. The responsibility of my work	I am capable of handling	<u> </u>						
		_						

I would like to work with

My skills can be used

**Degree of Agreement** 

Part III (b) The subjective measurement of stress level among CWs (Please tick the	Degree of Agreeme						
<b>number</b> that is fit for you the best: 1-Extremely disagree, 2-Strong disagree, 3-Disagree, 4-Netural, 5-Agree,	Rarely Agree True		e	Usually			
6-Strong agree, 7-Extremely agree.)  1.1 During post week. I feel tongo by my job			3	4	5		rue 7
<ul><li>1.1 During past week, I feel tense by my job.</li><li>1.2 During past week, I feel more nervous and anxious than usual.</li></ul>	1 1	2	3		5		7
1.3 During past week, I get upset or felt irritable easily.	1	2	3	4	5	6	7
1.4 I feel afraid or panicky for no reason at all.	1	2	3	4	5		7
1.5 I feel listlessness and numb.	1	2	3	4	5	6	7
1.6 I had difficulty concentrating.	1	2	3	4	5		7
1.7 I felt used up at the end of the work day.	1	2	3	4	5		7
1.8 I felt emotionally drained from my work.	1	2 2	3	4	5		7
1.9 I felt tired when I get up in the morning and have to face another day at work.	1	2	3	4	5		7
1.10 During past months, how often do you feel depressed, sad, and blue?	1	2	3	4	5		7
1.11 During past month, how often you had less interest or pleasure to work?	1	2	3	4	5		7
1.12 During past month, how often do you felt helpless about your future?	1	2	3	4	5		7
2.1 I can feel my heart beating fast when I feel stressed.	1	2	3	4	5	6	7
2.2 I got sleep problem.	1	2	3	4	5	6	7
2.3 I can breathe in and out easily.	1	2	3	4	5	6	7
2.4 I have to empty my bladder often	1	2	3	4	5	6	7
2.5 I lost appetite all the time when undertaking a time-limited project.	1	2	3	4	5	6	7
2.6 I often have back pain, headaches and migraines.	1	2	3	4	5	6	7
2.7 I often feel dizzy.	1	2	3	4	5		7
2.8 I got digestion and gastrointestinal problems.	1	2	3	4	5		7
2.9 Sometimes, I feel nausea	1		3		5		7
2.10 The problems of sweating, palpitation, trembling are usual for me.	1	2	3	4	5	6	7
Part IV The measurement of coping behaviors under stress (Please tick the number				f Ag			
	TT	11	$\sim$	•			
that is fit for you the best: 1-Extremely disagree, 2-Strong disagree, 3-Disargree, 4-Netural, 5-Agree, 6-Strong	Hard						
agree, 7-Extremely agree.)	Hard ever			asion o this			this
agree, 7-Extremely agree.)  1) Problem-focused coping							
agree, 7-Extremely agree.)  1) Problem-focused coping  1.1 I showed anger to the person who caused the problem.	ever	do	d 3	o this <b>4</b>	5	do	this
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Part III (b) The subjective measurement of stress level among CWs (Please tick the

Part V Performance (Please tick the number that is fit for you the best: 1-Extremely disagree, 2-Strong	Degree of Agreem			men					
disagree, 3-Disargree, 4-Netural, 5-Agree, 6-Strong agree, 7-Extremely agree.)			Occasionally						
In the past year, how often have you experienced	ever	do	d	o thi	S	do	o thi		
1.1 I can meet the work requirement easily.	1	2	3	4	5	6	7		
1.2 My quality of work is high.	1	2		4	5	6			
1.3 I get things done on time.	1	2		4	5	6	7		
2.1 I am satisfied with the relationship between my colleagues and me.	1	2		4	5		7		
2.2 I can get alone with others at work well.	1	2		4	5	6	7		
2.3 I often feel less liking for those we are working together with.	1	2	3	4	5	6	7		
3.1 I have the intention to leave this company.	1	2		4	5	6	7		
3.2 I frequently think that this company is not suitable for me.	1	2		4		6	7		
3.3 It is difficult to achieve my personal goal in this company.	1	2		4	5	6	7		
4.1 I ignore safety regulations to get the job done.	1	2		4		6	7		
4.2 I take chances to get the job done.	1		3	4					
4.3 I bend the rules to achieve a target.	1	2		4	5	6	7		
4.4 I voluntarily carry out tasks or activities that improve workplace safety.	1	2		4		6			
4.5 I help my coworkers when they are working under risky or hazardous.	1	2	3	4	5	6	7		
4.6 I participated in setting health and safety objectives or improvement plans.	1		3	4		6	7		
4.7 I don't think it is my responsibility to be involved in safety initiatives.	1	2	3	4	5	6	7		
Part VI Safety and Health Problem (Please fill in the information below.)									
1. How many near miss have you had within the past 2 years?									
a) None; b) 1; c) 2; d) 3;		e) -	4+						
2. How many accidents have you had within the past 2 years?									
a) None; b) 1; c) 2; d) 3;		e) -	4+						
3. How many days you have been away from work in past one years? Please specify						_			
4. How many times you have consulted a doctor for your health problem? Please specify									
5. Please specify existing health problems (e.g., pain, hypertension, diabetes, coronary h	neart	dise	ease,	, etc	.)				