Work-Related Quality of Life Scale-2

Please do not take too long over each question; we want your first reaction not a long drawn out thought process. Please do not omit any questions. This isn't a test, simply a measure of your attitudes to the factors that influence your experience at work. *Please indicate your answers by filling in the circles like this:* . *if you make a mistake do this:*

	To what extent do you agree with the following?	Strongly Disagree		Neutral		Strongly Agree
	Please fill in the appropriate circle.	Ē	Disagre	ee	Agree	
1.	I have a clear set of goals and aims to enable me to do my job	0	0	0	0	0
2.	I feel able to voice opinions and influence changes in my area of work	0	0	0	0	0
3.	I have the opportunity to use my abilities at work	0	0	0	0	0
4.	I feel well at the moment	0	0	0	0	0
5.	My employer provides adequate facilities and flexibility for me to fit work in around my family life	0	0	0	0	0
6.	My current working hours / patterns suit my personal circumstances	0	0	0	0	0
7.	I often feel under pressure at work	0	0	0	0	0
8.	When I have done a good job it is acknowledged by my line manager	0	0	0	0	0
9.	Recently, I have been feeling unhappy and depressed	0	0	0	0	0
10.	I am satisfied with my life	0	0	0	0	0
11.	I am encouraged to develop new skills	0	0	0	0	0
12.	I am involved in decisions that affect me in my own area of work	0	0	0	0	0
13.	My employer provides me with what I need to do my job effectively	0	0	0	0	0
14.	My line manager actively promotes flexible hours/patterns	0	0	0	0	0
15.	In most ways my life is close to ideal	0	0	0	0	0
16.	I work in a safe environment	0	0	0	0	0
17.	Generally things work out well for me	0	0	0	0	0
18.	I am satisfied with the career opportunities available for me here	0	0	0	0	0
19.	I often feel excessive levels of stress at work	0	0	0	0	0
20.	I am satisfied with the training I receive in order to perform my present job	0	0	0	0	0
21.	Recently, I have been feeling reasonably happy all things considered	0	0	0	0	0
22.	The working conditions are satisfactory	0	0	0	0	0
23.	I am involved in decisions that directly affect members of the public	0	0	0	0	0
24.	I have unachievable deadlines	0	0	0	0	0
25.	I am able to achieve a healthy balance between my work and home life	0	0	0	0	0
26.	The organisation communicates well with its employees	0	0	0	0	0
27.	I am proud to tell others that I am part of this organisation	0	0	0	0	0
28.	I would recommend this organisation as a good one to work for	0	0	0	0	0
29.	I am pressured to work long hours	0	0	0	0	0
30.	I have sufficient opportunities to question managers about change at work	0	0	0	0	0
31.	I am happy with the physical environment where I usually work	0	0	0	0	0
32.	I am satisfied with the overall quality of my working life	0	0	0	0	0



Copyright (c) 2015 University of Portsmouth. All rights reserved, including translation. No part of this publication may be photocopied, reproduced or transmitted in any form or by any means electronic or mechanical, recording or duplication in any information storage or retrieval system, without permission in writing from the publishers even within the terms granted by the Copyright Licensing Agency Ltd. © University of Portsmouth, WRQoL2-vrita1