

Default Question Block

How many hours did you work this past week?

Of those hours, what percentage was virtual?

What percentage was in person/in office?

What benefits are you experiencing with the compressed work-week schedule?

What challenges are you experiencing with the compressed work week schedule?

Do you have any other comments or feedback about the compressed work week schedule?

Please respond to the following questions based on how you have been feeling about work in the past 2 weeks:

	Never	Sometimes	About half the time	Most of the time	Always
During regular work hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
After hours (e.g., in the evening)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
On your days off (e.g., weekend)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hours, productivity,

The following questions are related to your workload and productivity, please use the scale below, to respond to the questions

	Never	Sometimes	About half the time	Most of the time	Always
I worked within the required scheduled hours (32hrs).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I worked through lunch hours or stayed later to complete work (33-36hrs).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I worked extra hours in the evenings/on my day off (37-40hrs).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I exceeded a normal work week (40+ hrs).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was able to meet deadlines.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My work was completed on time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am mostly able to meet deadlines for my work with a few items being pushed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I needed to extend the deadlines for my work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was unable to meet the deadlines for my work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Has your organization provided the supports needed to enable you to successfully complete your work in a 4-day workweek.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

organizational citizenship behaviour

The following questions concern your CURRENT behaviours at work. Please answer the following questions based on the following scale

	Never	Sometimes	About half the time	Most of the time	Always
To what extent/how often do you help other employees with their work when they have been absent?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To what extent/how often do you help your coworkers when they have too much to do?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To what extent/how often do you help coworkers with questions they have about their work?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To what extent/how often are you willing to work harder in order to help your employer succeed?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

single item stressors measures

The following questions are related to stressors you may face in your daily life, please use the scale below, to respond to the questions

	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
It is hard for me to keep up with my workload	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is difficult to balance my work and family demands	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My job allows me to use my skills and abilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My work is important to the organization	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My co-workers treat me with respect and courtesy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Coworker support

Do you perceive your coworkers as supportive?

- Strongly disagree
- Somewhat disagree
- Neither agree nor disagree
- Somewhat agree
- Strongly agree

The following questions are related to your workload, please use the scale below, to respond to the questions

	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
I usually have enough time to complete my work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have too much work to do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have to work very quickly to finish all of my tasks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is never enough time to finish all of my work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm frequently behind in my work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

With respect to working effectively in the 4 day work week...

I have adequate time to engage in training and professional development

- Strongly disagree
- Somewhat disagree
- Neither agree nor disagree
- Somewhat agree
- Strongly agree

Job Satisfaction

Overall, how satisfied are you with your job?

- Extremely dissatisfied
- Somewhat dissatisfied
- Neither satisfied nor dissatisfied
- Somewhat satisfied
- Extremely satisfied

Pace

The following questions are related to the pace of your job, please use the scale below, to respond to the questions

	to a very small extent	to a small extent	somewhat	to a large extent	to a very large extent
Do you have to work very fast?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you work at a high pace throughout the day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is it necessary to keep working at a high pace?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Using the scale below (0 = not at all productive, 10 = maximally productive), what score would you give to your overall productivity over the past 2 weeks?

- 0 - not at all productive
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 - maximally productive

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