

Remote Workers well-being and productivity wave 2

Survey Flow

Block: Informed Consent (12 Questions)

BlockRandomizer: 3 - Evenly Present Elements

Standard: Block 1 (3 Questions)

Standard: Block 2 (7 Questions)

Standard: Block 3 (8 Questions)

Standard: Demographics and debriefing (5 Questions)

Page Break

Start of Block: Informed Consent

We are a group of researchers interested in people's well-being and productivity while being quarantined and working remotely. We would like to invite you to take part in the second wave of our longitudinal research study.

Eligibility Requirements: To be eligible to take part in the studies, you must have participated to the first wave and be 18 years of age or older.

Ethics information: Upon completion of the studies, we will inform you in more detail about the ideas we are examining. If you have any questions at any time about the studies, please do not hesitate to contact the researcher (see below for contact details). Participation is voluntary and all responses will be collected anonymously. You are free to withdraw at any time, without giving a reason. However, you cannot withdraw after you completed the study, because we will not be able to identify your data. Contact details of lead researcher Daniel Russo

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Aalborg, 9000
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Consent Form

You need to agree with each statement to participate. If you do not consent, please close this tab.

	Please consent to each statement (1)
1. I confirm that I have read and understand the Information Sheet for the above study. (1)	<input type="radio"/>
2. I understand that no personal identifiable data will be collected. (2)	<input type="radio"/>
3. I understand that my participation is voluntary and that I am free to withdraw from the project at any time without giving any reason and without penalty. I understand that any data collected up to the point of my withdrawal cannot be withdrawn because it cannot be identified. (3)	<input type="radio"/>
4. I understand that my fully anonymous data will be used for the research purposes outlined above and provided in detail at the end of the survey. (4)	<input type="radio"/>
5. I understand that the data collected about me will be used to support other research in the future, and may be made publicly available to benefit other researchers. (5)	<input type="radio"/>
6. I agree to take part in the study. (6)	<input type="radio"/>

Q54 This questionnaire refers to your feelings of well-being and productivity ONLY of the past week (May 4-10).

- ☐ I do understand (4)
- ☐ I do not understand (5)
-

Q7 Timing
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Page Break



Prolific ID Prolific ID

Q62 In the last week I worked from home.

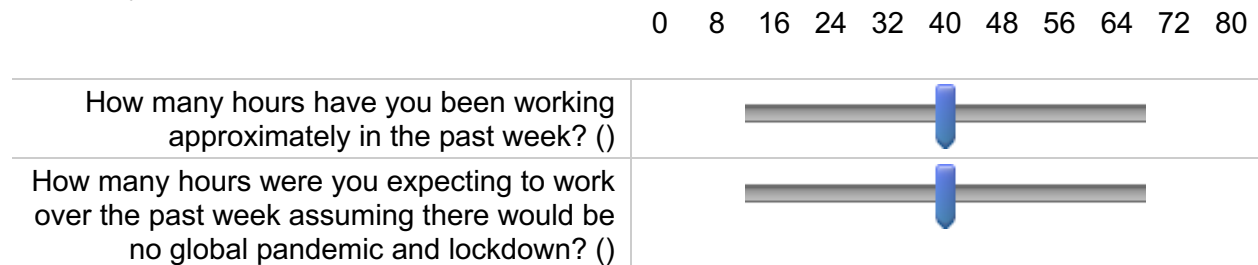
- ☐ Yes, all the time (1)
 - ☐ Sometimes at home, sometimes in my office (2)
 - ☐ No, I went back to my office regularly (3)
 - ☐ I have not been working. (4)
-



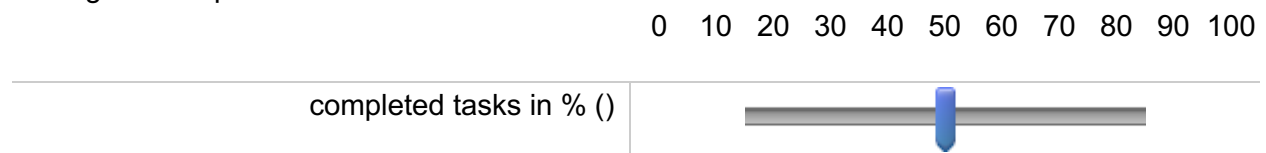
Well-being Below are five statements that you may agree or disagree with. Please be open and honest in your responding.

	Strongly disagree (15)	Disagree (16)	Somewhat disagree (17)	Neither agree nor disagree (18)	Somewhat agree (19)	Agree (20)	Strongly agree (21)
In most ways, my life in the past week has been close to my ideal. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The conditions of my life in the past week were excellent. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was satisfied with my life in the past week. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the past week, I have gotten the important things I want. (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I could live the past week over again, I would change almost nothing. (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

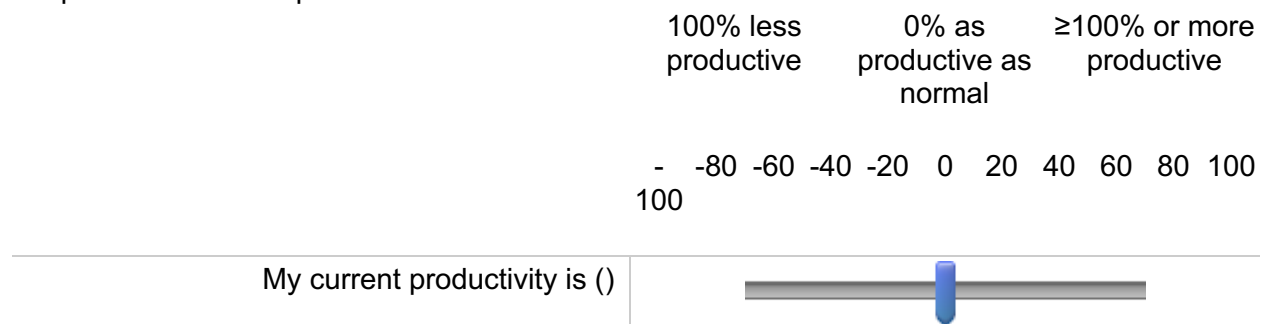
Productivity Please answer the following questions about your work. Remember that all answers are anonymous.



Productivity How many tasks that you were supposed to complete last week did you effectively manage to complete?



Productivity If you rate your productivity (i.e., outcome) per hour, has it been more or less over the past week as compared to a normal week?



Q53 During the past week, how much time did you spend on each task percentage-wise (%) ?

- _____ Coding (1)
- _____ Bugfixing (2)
- _____ Testing (3)
- _____ Specification (working on/with requirements) (4)
- _____ Reviewing code (5)
- _____ Writing documentation (6)
- _____ Meetings (7)
- _____ Writing and reading Email (8)
- _____ Interruptions (impromptu sync-up meetings) (9)
- _____ Helping (helping, managing or mentoring people) (10)
- _____ Networking (maintaining relationships) (11)
- _____ Learning (12)
- _____ Administrative tasks (13)
- _____ Breaks (14)
- _____ Various (e.g. planning, infrastructure set-up) (15)

Q36 Timing

First Click (1)

Last Click (2)

Page Submit (3)

Click Count (4)

Page Break

End of Block: Informed Consent

Start of Block: Block 1



Boredom Please indicate to what extent you agree with the following statements.

	Strongly disagree (11)	Disagree (12)	Somewhat disagree (13)	Neither agree nor disagree (14)	Somewhat agree (15)	Agree (16)	Strongly agree (17)
I often find myself at "loose ends," not knowing what to do. (16)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it hard to entertain myself. (20)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Many things I have to do are repetitive and monotonous. (21)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It takes more stimulation to get me going than most people. (22)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't feel motivated by most things that I do. (23)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In most situations, it is hard for me to find something to do or see to keep me interested. (24)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Much of the time, I just sit around doing nothing. (25)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Unless I am
doing
something
exciting,
even
dangerous, I
feel half-
dead and
dull. (26)

☐ ☐ ☐ ☐ ☐ ☐ ☐


Brief COPE These items deal with ways you've been coping with the stress in your life in the past week. There are many ways to try to deal with problems. Obviously, different people deal with things in different ways, but we are interested in how you've tried to deal with it. Use these response choices. Try to rate each item separately in your mind from the others. Make your answers as true FOR YOU as you can.

	I've not been doing this at all (4)	- (5)	- (6)	- (7)	I've been doing this a lot (8)
I've been giving up trying to deal with it. (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been criticizing myself. (15)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been giving up the attempt to cope. (18)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been blaming myself for things that happened. (29)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q37 Timing
First Click (1)
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Click Count (4)

Page Break

End of Block: Block 1

Start of Block: Block 2



psychological needs Please read each of the following statements carefully, thinking about how true it was for you in the past week.

	No agreement (1)	- (2)	Some agreement (3)	- (4)	Much agreement (5)
I felt a sense of contact with people who care for me, and whom I care for. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was lonely. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt close and connected with other people who are important to me. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt unappreciated by one or more important people. (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt a strong sense of intimacy with the people I spent time with. (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I had disagreements or conflicts with people I usually get along with. (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was successfully completing difficult tasks and projects. (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I experienced
some kind of
failure, or was
unable to do
well at
something.
(10)

☐☐☐☐☐

I took on and
mastered hard
challenges.
(11)

☐☐☐☐☐

I did
something
stupid, that
made me
feel
incompetent.
(12)

☐☐☐☐☐

I did well even
at the hard
things. (13)

☐☐☐☐☐

I struggled
doing
something I
should be
good at. (14)

☐☐☐☐☐

I was free to
do things my
own way. (15)

☐☐☐☐☐

I had a lot of
pressures I
could do
without. (16)

☐☐☐☐☐

My choices
expressed my
“true self.”
(17)

☐☐☐☐☐

There were
people telling
me what I had
to do. (18)

☐☐☐☐☐

I was really
doing what
interests me.
(19)

☐☐☐☐☐

I had to do
things against
my will. (20)

☐☐☐☐☐

communication The following questions refer to communication with colleagues and line managers. If you don't have any colleagues or line managers, please skip the following three items.

	Strongly disagree (1)	- (2)	- (3)	- (4)	- (5)	Strongly agree (6)
I feel that my colleagues and line manager have been supporting me over the past week. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that my colleagues and line manager believed in me over the past week. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overall, I am happy with the interactions with my colleagues and line managers over the past week. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Quality of Sleep Quality of sleep:

	very low (1)	- (2)	- (3)	- (4)	- (5)	- (6)	very high (7)
How has the quality of your sleep overall been in the past week? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Stress The questions in this scale ask you about your feelings and thoughts during the last week.

	Never (1)	Almost never (2)	Sometimes (3)	Fairly often (4)	Very often (5)
In the last week, how often have you felt that you were unable to control the important things in your life? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the last week, how often have you felt confident about your ability to handle your personal problems? (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the last week, how often have you felt that things were going your way? (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the last week, how often have you felt difficulties were piling up so high that you could not overcome them? (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Daily Routines The questions in this scale ask you about a typical day during the last week.

	Does not apply at all (1)	- (2)	- (3)	- (4)	- (5)	- (6)	Fully applies (7)
I am getting up and going to bed roughly at the same time every day during the past week. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am exercising roughly at the same time (e.g., going for a walk every day at noon). (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am eating roughly at the same time every day. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Extraversion Please indicate to what extent you agree with the following statements.

	Strongly disagree (1)	Disagree (2)	Neutral (3)	Agree (4)	Strongly agree (5)
Nobody likes talking with me. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I easily approach strangers. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like to talk with others. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am seldom cheerful. (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q38 Timing

First Click (1)

Last Click (2)

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Click Count (4)

Page Break

Distractions at home Distractions at home:

	Not at all (20)	Sometimes (21)	About half the time (22)	Most of the time (23)	Very often (24)
I am often distracted from my work (e.g., noisy neighbors, children who need my attention) (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to focus on my work for longer time periods (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Generalized Anxiety Over the last week, how often have you been bothered by the following problems?

	Not at all (1)	Once last week (4)	More than once (5)	Nearly every day (9)	Every day (10)
Feeling nervous, anxious or on edge. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not being able to stop or control worrying. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Worrying too much about different things. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble relaxing. (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being so restless that it is hard to sit still. (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Becoming easily annoyed or irritable. (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling afraid as if something awful might happen. (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Loneliness Over the last week, how much do the following statements apply to you?

	Not at all (37)	Once last week (38)	More than once (39)	Nearly every day (40)	Every day (41)
I experience a general sense of emptiness. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I miss having people around. (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often feel rejected. (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q67 Who do you think struggles more with the current pandemic, introverts or extroverts?

- ☐ Introverts (1)
- ☐ Both around the same (3)
- ☐ Extroverts (4)

Q68 Please elaborate on your choice briefly:



Loneliness 2 Over the last week, how much do the following statements apply to you?

	Not at all (37)	- (38)	- (39)	- (40)	Absolutely (41)
There are plenty of people I can rely on when I have problems. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are many people I can trust completely. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are enough people I feel close to. (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



social contacts The following questions refer to your social contacts outside of work.

	Strongly disagree (1)	- (2)	- (3)	- (4)	- (5)	Strongly agree (6)
I feel that the people with whom I have been in contact over the past week support me. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that the people with whom I have been in contact over the past week believe in me. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am happy with the amount of social contact I had in the past week. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q64 The next two questions again compare your life before the Corona-pandemic with your life in the last few weeks.

	Much easier than usually (1)	- (2)	- (3)	- (4)	The same (5)	- (6)	- (7)	- (8)	Much more difficult than usual (9)
Is it more difficult for you to <i>approach</i> to other people while being quarantined (this includes approaching people online, e.g., invite them for a video chat, text messages)? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is it more difficult for you to <i>talk</i> to other people while being quarantined (this includes talking to people online, e.g., invite them for a video chat, text messages)? (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

End of Block: Block 3

Start of Block: Demographics and debriefing

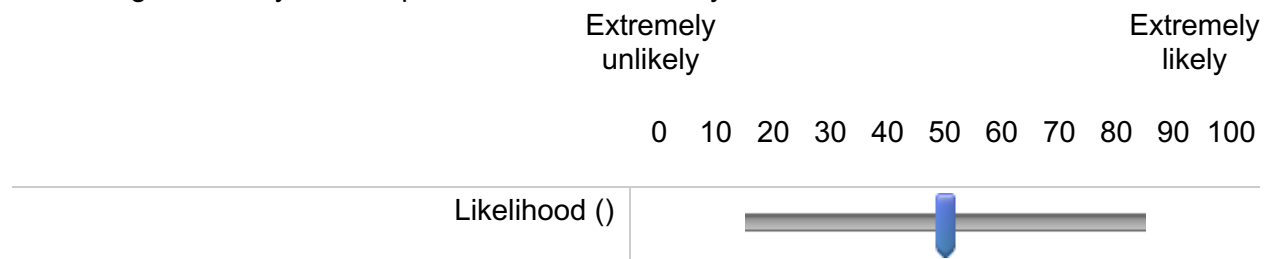
Q52 Is there still a lockdown where you are living (i.e., are still all schools and non-essential shops closed)?

- ☐ Yes (1)
- ☐ Unsure (2)
- ☐ No (3)
-

Q61 In the last week the government allowed to visit friends and family.

- ☐ Yes (1)
- ☐ Unsure (2)
- ☐ No (3)
-

Q63 Will go back to your workplace in the week of May 18-24?



Page Break

Q53

Thank you for participating in the second wave of this longitudinal study.

Do you want to describe how you are feeling and your major sources of frustrations?

Q55 If you have any questions, please feel free to contact us:

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End of Block: Demographics and debriefing
