

Remote Workers well-being and productivity wave 2 - Activity project

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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Department of Computer Science
Aalborg, 9000
Denmark
daniel.russo@cs.aau.dk

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 I understand that any data collected up to the point of my withdrawal cannot be withdrawn because it cannot be identified.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
First Click (1)
Last Click (2)
Page Submit (3)
Click Count (4)



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.

0 8 16 24 32 40 48 56 64 72 80

How many hours have you been working approximately in the past week? ()	
How many hours were you expecting to work over the past week assuming there would be no global pandemic and lockdown? ()	

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

0 10 20 30 40 50 60 70 80 90 100

completed tasks in % ()	
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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?

100% less productive 0% as productive as normal ≥100% or more productive

-100 -80 -60 -40 -20 0 20 40 60 80 100

My current productivity is ()	
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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)



Q37 Timing
First Click (1)
Last Click (2)
Page Submit (3)
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"/>



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"/>

Page Break

End of Block: Block 2

Start of Block: Block 3

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"/>

End of Block: Block 3

Start of Block: Demographics and debriefing

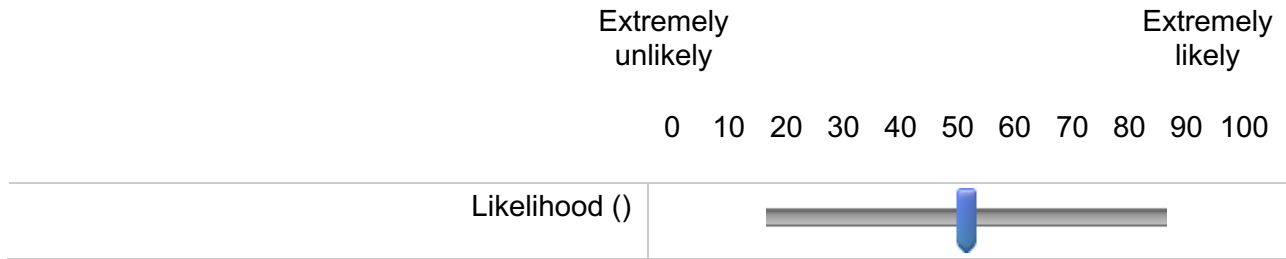
Q52 Is there still a lockdown where you are living (i.e., are still all schools and non-essential shops closed)?

- 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
