

Questionnaire concerning your stress and lifestyle - 2012

This survey for students, faculty and staff is conducted by Titech Student Support Center and General Safety Management Center. Your answers will be used exclusively for the purpose of the survey.

A) Please answer the following questions concerning your lifestyle.

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| <p>1. Sleeping : _____hours/day
If less than 7 hours/day, why? : _____.</p> <p>2. Holidays : _____days/week or _____days/month
If less than 1 day/week, why? _____.</p> <p>3. Average working hours per day at the laboratory : _____ hours/day</p> <p>4. Average working hours per month (4 weeks) at the laboratory :
_____hours/month</p> <p>If more than 240 hours/month, please circle the one main reason.</p> <ol style="list-style-type: none"> 1. Of my own will (necessary to do my work) 2. My advisor suggests me to do so 3. My advisor strongly forces me to do so 4. Other | <p>5. Daily stay hours at the laboratory :
From ____am/pm To ____am/pm</p> <p>6. Smoking : _____cigarettes/day for _____years</p> <p>7. Alcohol Drinking : _____times/week or
_____times/month for _____years</p> <p>One-time quantity :
 _____large bottle of beer
 _____glasses (180 ml) of sake
 _____glasses (35 ml) of whisky or brandy
 _____glasses (180 ml) of shochu
 _____glasses (120 ml) of wine</p> |
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B) Please answer the following questions concerning your health during the past month. Please circle the appropriate number.

	Very rarely	On occasion	Frequently	Almost all the time
1 Very active -----	1	2	3	4
2 Full of energy -----	1	2	3	4
3 Very lively -----	1	2	3	4
4 Feel angry -----	1	2	3	4
5 Inwardly annoyed / aggravated -----	1	2	3	4
6 Irritable -----	1	2	3	4
7 Extremely tired -----	1	2	3	4
8 Exhausted -----	1	2	3	4
9 Weary / listless -----	1	2	3	4
10 Tense -----	1	2	3	4
11 Worried / insecure -----	1	2	3	4
12 Restless -----	1	2	3	4
13 Depressed -----	1	2	3	4
14 Doing anything is a hassle -----	1	2	3	4
15 Unable to concentrate -----	1	2	3	4
16 Feel gloomy -----	1	2	3	4
17 Unable to handle work -----	1	2	3	4
18 Feel sad -----	1	2	3	4
19 Feel dizzy -----	1	2	3	4
20 Pain in the joints -----	1	2	3	4
21 Headaches -----	1	2	3	4
22 Stiff neck and / or shoulders -----	1	2	3	4
23 Lower back pain -----	1	2	3	4
24 Eyestrain -----	1	2	3	4
25 Heart palpitations, shortness of breath -----	1	2	3	4
26 Stomach and / or intestine problems -----	1	2	3	4
27 Loss of appetite -----	1	2	3	4
28 Diarrhea and / or constipation -----	1	2	3	4
29 Can't sleep well -----	1	2	3	4

C) Please answer the following questions concerning your job. Please circle the appropriate number.

(※) For students, take "job" as studying, "workplace" and "department" as laboratory.

	Definitely	Somewhat so	Not exactly	Not at all
1 Have an extremely large amount of work to do -----	1	2	3	4
2 Can't complete work in the required time -----	1	2	3	4
3 Have to work as hard as I can -----	1	2	3	4
4 Have to pay very careful attention -----	1	2	3	4
5 Difficult job that requires a high level of knowledge and technical skill -----	1	2	3	4
6 Have to be thinking about work the whole working day -----	1	2	3	4
7 Job that requires a lot of physical work -----	1	2	3	4
8 Can work at my own pace -----	1	2	3	4
9 Can choose how and in what order to do work -----	1	2	3	4
10 My opinion has an influence on the workplace policy -----	1	2	3	4
11 My knowledge and skills are rarely used at work -----	1	2	3	4
12 There are differences of opinion within my department -----	1	2	3	4
13 My department does not get along well with other departments -----	1	2	3	4
14 The atmosphere in my workplace is friendly -----	1	2	3	4
15 My working environment is not good (noise, lighting, temperature, ventilation) -----	1	2	3	4
16 The job suits me -----	1	2	3	4
17 It is a worth while job -----	1	2	3	4

D) Please answer the following questions concerning those around you. Please circle the appropriate number.

	Extremely	Very much	Somewhat	Not at all
How freely can you talk with the following people?				
1 Superiors (Teachers) -----	1	2	3	4
2 Co-workers (students) -----	1	2	3	4
3 Dependents, family, friends, etc. -----	1	2	3	4
How reliable are the following people when you are troubled?				
4 Superiors (Teachers) -----	1	2	3	4
5 Co-workers (students) -----	1	2	3	4
6 Dependents, family, friends, etc. -----	1	2	3	4
How well will the following people listen to you when you ask for advice on personal matters?				
7 Superiors (Teachers) -----	1	2	3	4
8 Co-workers (students) -----	1	2	3	4
9 Dependents, family, friends, etc. -----	1	2	3	4

E) Please answer the following questions concerning satisfaction.

	Satisfied	Somewhat satisfied	Somewhat dissatisfied	Dissatisfied
1 I am satisfied with my job (college life)	1	2	3	4
2 I am satisfied with my family (personal) life	1	2	3	4

Sex : M F Age : _____ Campus : 1. Ookayama 2. Suzukakedai 3. Tamachi
 Student : 1. B4 (undergraduate) 2. Master course 3. Doctor course 4. Research student
 Faculty / Staff : 1 a. Professor 1 b. Associate Professor 1 c. Assistant Professor 1 d. Other

* Please fill out all items in this section.