

WORK, HEALTH AND WELLNESS SURVEY
Administered Winter Quarter 2006 to WWU Staff
526 Respondents

Do you have any of the following health conditions?

Allergies	Arthritis or joint pain/stiffness	Asthma	Back or neck disorder
242	214	51	156

Breathing disorder (e.g., bronchitis or emphysema)	Depression, anxiety, or emotional disorder	Diabetes	Heart or circulatory (e.g., artery disease, high blood pressure, angina)
17	93	19	83

Migraines/chronic headaches	Stomach or bowel disorder	Other
84	67	62

	Of the conditions listed below, which ONE do you consider your primary condition (that is, the condition that has affect
Have none of above conditions	26
Allergies	60
Arthritis or joint pain/stiffness	85
Asthma	14
Back or neck disorder	66
Breathing disorder (e.g., bronchitis or emphysema)	16
Depression, anxiety, or emotional disorder	23
Diabetes	12
Heart or circulatory (e.g., artery disease, high blood press	29
Migraines/chronic headaches	24
Stomach or bowel disorder	32
Other	18

In thinking about your primary health condition affected by your ability to do your job, how often in the past four weeks:

	Were you able to finish hard tasks?	Did you find your attention wandering?	Were you able to focus on achieving work goals?	Did you feel energetic enough to complete your work?	Were the stresses of your job hard to handle? General	Did you feel hopeless about finishing your work	Were you able to focus on finding a solution when unexpected problems arose in your work?	Did you need to take breaks from your work	Were you able to work with other people on shared tasks?	Were you tired because you lost sleep?
Always	288	6	226	166	14	9	206	15	204	16
Frequently	80	51	139	158	40	22	160	41	116	72
About half the time	16	24	26	50	36	15	27	31	17	38
Occasionally	6	222	7	20	183	98	6	247	53	200
Never	13	96	4	7	130	260	5	67	10	78

	Given your primary health condition, what percentage of your usual productivity level were you able to achieve while working over the past four weeks?
0	1
30	1
40	2
50	6
60	7
70	24
80	43
90	140
100	181

	Because of your primary health condition, how many work hours did you miss in the past 4 weeks?
0-5	353
6-10	24
11-15	9
16-20	5
21-25	3
26-30	2
31-35	2
40+	3

PANAS

This scale consists of a number or words that describe different feelings and emotions. Read each item and then mark the appropriate answer in the space next to that word that indicates to what extent you have felt this way during the past week.

	interested	distressed	excited	upset	strong	guilty	scared
Very slightly or not at all	4	182	60	228	36	334	391
A little	20	170	100	171	56	123	76
Moderately	113	98	207	64	192	32	29
Quite a bit	283	51	127	46	189	30	24
Extremely	102	18	27	13	46	2	1

	hostile	enthusiastic	proud	irritable	alert	ashamed	inspired	nervous
Very slightly or not at all	394	26	48	171	7	443	52	261
A little	91	66	68	219	29	53	102	162
Moderately	27	180	176	81	166	13	178	60
Quite a bit	8	205	165	43	254	9	161	32
Extremely		45	66	7	65	1	28	7

	determined	. attentive	jittery	active	afraid
Very slightly or not at all	5	2	356	18	412
A little	47	35	99	52	67
Moderately	150	147	36	172	24
Quite a bit	225	270	22	189	13
Extremely	91	62	5	88	5

MHLC

Use the following scale to indicate how much you agree or disagree with the following statements about health and illness.

	If I get sick, it is my own behavior which determines how soon I get well again.	No matter what I do, if I am going to get sick, I will get sick.	Having regular contact with my physician is the best way for me to avoid illness.	Most things that affect my health happen to me by accident.	Whenever I don't feel well, I should consult a medically trained professional	I am in control of my health.
Strongly agree						
1	139	21	20	11	10	134
2	180	40	37	47	20	206
3	123	97	93	103	58	113
4	42	102	96	88	105	39
5	32	168	149	148	187	19
Strongly disagree						
6	9	95	126	126	144	9

	My family has a lot to do with my becoming sick or staying healthy.	When I get sick I am to blame.	Luck plays a big part in determining how soon I will recover from an illness.	Health professionals control my health.	My good health is largely a matter of good fortune.	The main thing which affects my health is what I myself do.	If I take care of myself, I can avoid illness.
Strongly agree							
1	10	8	4	8	10	154	88
2	67	37	20	5	57	201	239
3	111	87	53	19	114	117	146
4	87	105	89	44	107	28	35
5	143	154	167	152	124	14	12
Strongly disagree							
6	104	132	192	295	111	5	5

	When I recover from an illness, it's usually because other people (e. g., doctors, nurses, family, friends) have been taking good care of me.	No matter what I do, I'm likely to get sick.	If it's meant to be, I will stay healthy.	If I take the right actions, I can stay healthy.	Regarding my health, I can only do what my doctor tells me to do.
Strongly agree					
1	7	11	13	131	7
2	18	27	37	224	10
3	58	60	98	111	16
4	111	86	104	36	33
5	194	179	137	13	136
Strongly disagree					
6	137	161	131	7	321

CES-D SCALE

Below is a list of the ways you might have felt or behaved. Please put a mark on the line that indicates how often you have felt this way during the past week.

	I was bothered by things that usually don't bother me.	I did not feel like eating; my appetite was poor	I felt that I could not shake off the blues even with help from my family and friends.	I felt that I was just as good as other people	I had trouble keeping my mind on what I was doing.
Rarely or none of the time (less than 1 day)	348	423	374	22	264
Some of the time (1-2 days)	127	71	90	28	161
Occasionally (3-4 days)	39	13	33	77	83
Most of the time (5-7 days)	7	13	24	391	16

	I felt depressed.	I felt that everything I did was an effort.	I felt hopeful about the future	I thought my life had been a failure.	I felt fearful.	My sleep was restless.
Rarely or none of the time (less than 1 day)	366	292	33	466	439	183
Some of the time (1-2 days)	99	153	64	31	55	185
Occasionally (3-4 days)	37	50	127	11	21	99
Most of the time (5-7 days)	22	28	297	15	8	55

	I was happy.	I talked less than usual	I felt lonely.	People were unfriendly.	I enjoyed life.	I had crying spells.	I felt sad.
Rarely or none of the time (less than 1 day)	25	300	365	425	21	446	336
Some of the time (1-2 days)	72	124	101	77	58	52	133
Occasionally (3-4 days)	143	72	34	12	137	22	33
Most of the time (5-7 days)	281	25	21	9	308	1	17

	I felt that people dislike me.	I could not get "going."
Rarely or none of the time (less than 1 day)	428	290
Some of the time (1-2 days)	66	159
Occasionally (3-4 days)	18	52
Most of the time (5-7 days)	8	18

	What is your educational background? (Select one)
High school graduate, no college	28
Some college or associate degree	139
Bachelors Degree	148
Post-graduate education	46
Masters degree	138
Doctoral degree	26

	Is your position:
full-time, 12 mos.	412
part-time 12 mos.	30
full-time 9-11 mos.	46
part-time 9-11 mos.	20

	N	Minimum	Maximum	Mean	Std. Deviation
How many days of work have you missed during the past year due to illness?	443	0	40	4.44	4.678
What is your weight?	509	95	395	172.52	41.347
What is your age?	512	23	70	48.33	9.830
Height	499	59.00	77.00	67.0752	3.62733
Bmi	491	17.48	56.67	26.8170	5.46902
About how many hours of brisk walking or equivalent aerobic exercise do you get each week?	323	0	16	4.04	3.152

	Describe the activity level of your job.
Sedentary. (Mostly sitting at your desk)	306
Slightly active. (Lifting light items and some walking)	175
Active. (Lifting heavy items and lots of walking)	44

	During the past month, other than your regular job, did you participate in any physical activity or exercises such as ru
Yes	428
No	91
Not Sure	4

	How easy is it for you to fit exercise in during the work week?
Very difficult	115
Somewhat difficult	226
Easy	132
Very easy	51

	Overall, how satisfied are you with your job?
Very Satisfied	234
Somewhat Satisfied	194
Neutral	38
Somewhat Dissatisfied	42
Very Dissatisfied	15

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	How would you rate the stress of your current job?
Extremely low	21
Low	91
Moderate	236
High	131
Extremely high	42

	What time of day is best for you to be physical active? (check only one answer)
Before work	136
Lunch hour	145
After work	210
Other	31

	Are you able to get as much physical activity as you feel is appropriate to enhance your health?
Yes	123
No	391
Don't Know	9

	Please rate your satisfaction with your current physical activity level.
Very unsatisfied	165
Somewhat unsatisfied	235
Satisfied	107
Very satisfied	17

	Have you ever used a pedometer?
Yes	172
No	341
Not sure what a pedometer is	11

	Which style of physical activity participation best describes you?
I'm more likely to succeed with a buddy or in a group (either)	234
I'm more likely to succeed when I work on my own	224
Don't know	50
Other	17

	Would you be more likely to participate in a Wellness Program if there were incentives and/or you have an opportunity to
Yes	246
No	168
Not sure	110

What kind of incentive would most encourage you to be physically active?

Health club membership	Cash incentive	Gift certificates	Extended lunch break	Exercise gear/equipment	Reduction in Health Insurance Premium
206	125	102	188	107	216

	Do you smoke?
yes	25
no	498

	Ethnicity
African American	4
Asian/Pacific Island	14
Caucasian/European	467
Hispanic	8
Native American	9
Other	13

	Marital status
married	335
single	90
divorced	63
with partner	33

	Gender
female	359
male	154