

WORKING FROM HOME

1. Overall, how would you say you are getting on working from home?
Mark only one square.

1 2 3 4 5

Not getting on so well

Getting on great

2. Do you feel safe working from home?

Yes

No

3. Since working from home, do you feel that your mental health has:
Mark only one square.

Improved

Stayed the same

Deteriorated

4. Which one of the following statements do you most agree with?
'Since working from home...'

...I generally get more work done

...I generally get the same amount of work done

...I generally get less work done

...On some days I get more work done, and on other days I get less done

5. Do you feel like the quality of your work has changed since working from home?

I feel the quality of my work has improved

I feel there has been no change to the quality of my work

I feel the quality of my work has deteriorated

I'm not sure

6. How well do you feel you are managing your time while working at home?

7. How have you found communicating with others while working remotely?

Mark only one oval

1 2 3 4 5

Very difficult

Easy

8. If applicable, how do you think communication could be improved?

9. How have you found that you have adapted to working remotely?

Mark only one oval

I have found it difficult to adapt to working from home

It was difficult to adjust to at first, but I have adapted now

I still have not adapted to working from home, but I'm doing better

I have struggled to adapt to working from home

I have not adapted to working from home at all

10. What do you like about working from home?

11. What do you miss the most about working at your usual workplace?

12. Has working from home had an effect on your social life?

Yes

No

13. Do you feel like you have any time to exercise in your working day?

14. Do you feel like you have enough time to take breaks and make lunch in your working day?

15. Do you feel that you have access to all of the resources and equipment that you need to work well from home?