



WORK-RELATED THOUGHTS QUESTIONNAIRE

The following questions relate to your time after work. Circle the number that applies to you. Read each question carefully, but don't think too long about your answer, as your first answer is usually the most revealing.

	Very rarely/ Never	Rarely	Sometimes	Often	Very often/ Always
1. I get tense when I think about work-related matters	1	2	3	4	5
2. After work, I think about how to improve my work performance	1	2	3	4	5
3. I don't feel able to 'switch off' from work	1	2	3	4	5
4. I am concerned about work-related issues when I am not at work	1	2	3	4	5
5. I get tired when I think about work-related matters during my free time	1	2	3	4	5
6. I leave work-related matters behind when I stop working	1	2	3	4	5

	Very rarely/ Never	Rarely	Sometimes	Often	Very often/ Always
7. I make sure I 'switch off' as soon as possible after work	1	2	3	4	5
8. I tend to find solutions to work-related problems in my free time	1	2	3	4	5
9. I get irritated by thinking about work-related issues when I am not at work	1	2	3	4	5
10. In my spare time, I find myself re-evaluating something I did at work	1	2	3	4	5
11. I find that thinking about work during my free time helps me to be creative	1	2	3	4	5
12. I get annoyed thinking about work-related issues when I am not at work	1	2	3	4	5
13. I think of tasks to be done at work the next day	1	2	3	4	5
14. I am able to stop thinking about work-related matters in my free time	1	2	3	4	5
15. I find it easy to relax after work	1	2	3	4	5

ANSWER KEY

Research has identified three types of ways people think about work-related issues when they are not at work: affective ruminators, problem-solving thinkers and disengagers. Check your scores using the key below. For each type, your score should range from 5 to 25.

	RUMINATORS	PROBLEM SOLVERS	DETACHERS
QUESTIONS	1, 4, 5, 9, 12	2, 8, 10, 11, 13	3*, 6, 7, 14, 15
TOTAL	<input type="text"/>	<input type="text"/>	<input type="text"/>

* = make this number negative by putting a '-' before it

Compare your scores below with the averages below.

	RUMINATORS	PROBLEM SOLVERS	DETACHERS
LOW (5 - 10)	<input type="text"/>	<input type="text"/>	<input type="text"/>
MEDIAN (11 - 19)	<input type="text"/>	<input type="text"/>	<input type="text"/>
HIGH (20 - 25)	<input type="text"/>	<input type="text"/>	<input type="text"/>