

Mobil Clinic

Jenkins Activity Survey B-FORM

INSTRUCTIONS FOR FILLING IN THE FORM:

PLEASE MARK THE OPTION THAT BEST DESCRIBES YOUR BEHAVIOUR WITH AN X. WE ARE ALL DIFFERENT, AND FOR THIS REASON, NONE OF THE OPTIONS MAY BE COMPLETELY 'RIGHT' OR 'WRONG' FOR YOU.

IF NONE OF THE OPTIONS SEEM EXACTLY RIGHT FOR YOU IN SOME CASES, SELECT THE CLOSEST OPTION TO THE RIGHT ONE. WE WOULD LIKE TO KNOW ABOUT YOUR PERSONAL OPINIONS, SO YOU SHOULD NOT ASK ANYONE ELSE ABOUT YOUR ANSWERS.

IF YOU ARE RETIRED, SELECT ANSWERS THAT DESCRIBES YOUR SITUATION WHEN YOU WERE STILL WORKING.

IF YOU HAVE SUDDENLY BECOME ILL OR DISABLED IN RECENT TIMES AND THIS HAS CAUSED YOU TO MAKE CHANGES IN YOUR WORK, CHANGE JOBS OR ALTER YOUR LIFESTYLE, OR YOUR LIVING CONDITIONS HAVE CHANGED, DESCRIBE HOW YOUR STATE OF HEALTH AND LIVING CONDITIONS HAVE CHANGED:

IF YOU INDICATED ABOVE THAT YOUR CIRCUMSTANCES HAVE CHANGED BECAUSE OF AN ILLNESS OR AN ACCIDENT, TRY TO ANSWER THE QUESTIONS THE WAY YOU WOULD HAVE DONE BEFORE THIS HAPPENED.

FOR EACH QUESTION, ONLY SELECT ONE OPTION THAT BEST DESCRIBES YOUR SITUATION.

1. HOW OFTEN DOES YOUR JOB "STIR YOU INTO ACTION"? (2)

- 1 LESS OFTEN THAN MOST PEOPLE'S JOBS
- 2 LESS OFTEN THAN MOST PEOPLE'S JOBS
- 3 MORE THAN MOST PEOPLE'S JOBS

2. IS YOUR EVERYDAY LIFE FILLED MOSTLY BY (3)

- 1 PROBLEMS NEEDING A SOLUTION?
- 2 CHALLENGES NEEDING TO BE MET?
- 3 A RATHER PREDICTABLE ROUTINE OF EVENTS?
- 4 NOT ENOUGH THINGS TO KEEP ME INTERESTED OR BUSY?

3. SOME PEOPLE LIVE A CALM, PREDICTABLE LIFE. OTHERS OFTEN FIND THEMSELVES FACING UNEXPECTED CHANGES, FREQUENT INTERRUPTIONS, INCONVENIENCES, OR "THINGS GOING WRONG". HOW OFTEN ARE YOU FACED WITH THESE MINOR (OR MAJOR) ANNOYANCES OR FRUSTRATIONS? (4)

- 1 SEVERAL TIMES A DAY
- 2 ABOUT ONCE A DAY
- 3 A FEW TIMES A WEEK
- 4 ONCE A WEEK
- 5 ONCE A MONTH OR LESS

4. WHEN YOU ARE UNDER PRESSURE OR STRESS, WHAT DO YOU USUALLY DO? (5)

- 1 DO SOMETHING ABOUT IT IMMEDIATELY
- 2 PLAN CAREFULLY BEFORE TAKING ANY ACTION

5. DO YOU EVER HAVE TROUBLE FINDING TIME TO GET YOUR HAIR CUT OR STYLED? (1)

- 1 NEVER
- 2 OCCASIONALLY
- 3 ALMOST ALWAYS

6. ORDINARILY, HOW RAPIDLY TO YOU EAT? (6)

- 1 I'M USUALLY THE FIRST ONE FINISHED
- 2 I EAT A LITTLE FASTER THAN AVERAGE
- 3 I EAT AT ABOUT SAME SPEED AS MOST PEOPLE
- 4 I EAT MORE SLOWLY THAN MOST PEOPLE

7. HAS YOUR SPOUSE OR A FRIEND EVER TOLD YOU THAT YOU EAT TOO FAST? (7)

- 1 YES, OFTEN
- 2 YES, ONCE OR TWICE
- 3 NO, NEVER

8. HOW OFTEN DO YOU FIND YOURSELF DOING MORE THAN ONE THING AT A TIME, SUCH AS WORKING WHILE EATING, READING WHILE DRESSING, OR FIGURE OUT PROBLEMS WHILE DRIVING? (8)

- 1 I DO TWO THINGS AT ONCE WHENEVER PRACTICAL
- 2 I DO THIS ONLY WHEN I'M SHORT OF TIME
- 3 I RARELY OR NEVER DO MORE THAN ONE THING AT A TIME

9. WHEN YOU LISTEN TO SOMEONE TALKING, AND THIS PERSON TAKES TOO LONG TO COME TO THE POINT, HOW OFTEN DO YOU FEEL LIKE HURRYING THE PERSON ALONG? (9)

- 1 FREQUENTLY
- 2 OCCASIONALLY
- 3 ALMOST NEVER

10. HOW OFTEN DO YOU ACTUALLY "PUT WORDS IN THE PERSON'S MOUTH" IN ORDER TO SPEED THINGS UP? (10)

- 1 FREQUENTLY
- 2 OCCASIONALLY
- 3 ALMOST NEVER

11. IF YOU TELL YOUR SPOUSE OR A FRIEND THAT YOU WILL MEET SOMEWHERE AT A DEFINITE TIME, HOW OFTEN DO YOU ARRIVE LATE? (11)

- 1 ONCE IN A WHILE
- 2 RARELY
- 3 I AM NEVER LATE

12. HOW OFTEN DO YOU FIND YOURSELF HURRYING TO GET PLACES EVEN WHEN THERE IS PLENTY OF TIME? (12)

- 1 FREQUENTLY
- 2 OCCASIONALLY
- 3 ALMOST NEVER

13. SUPPOSE YOU ARE TO MEET SOMEONE AT A PUBLIC PLACE (STREET CORNER, BUILDING LOBBY, RESTAURANT) AND THE OTHER PERSON IS ALREADY 10 MINUTES LATE. WHAT WILL YOU DO? (13)

- 1 SIT AND WAIT
- 2 WALK ABOUT WHILE WAITING
- 3 USUALLY CARRY SOME READING MATTER OF WRITING PAPER SO I CAN GET SOMETHING DONE WHILE WAITING

14. WHEN YOU HAVE TO "WAIT IN LINE" AT A RESTAURANT, A STORE, OR THE POST OFFICE, WHAT DO YOU DO? (14)

- 1 ACCEPT IT CALMLY
- 2 FEEL IMPATIENT BUT NOT SHOW IT
- 3 FEEL SO IMPATIENT THAT SOMEONE WATCHING CAN TELL I AM RESTLESS
- 4 REFUSE TO WAIT IN LINE, AND FIND WAYS TO AVOID SUCH DELAYS

- 15. WHEN YOU PLAY GAMES WITH YOUNG CHILDREN ABOUT 10 YEARS OLD (OR WHEN YOU DID SO IN PAST YEARS), HOW OFTEN DO YOU PURPOSELY LET THEM WIN? (15)**
- 1 MOST IF THE TIME
 - 2 HALF THE TIME
 - 3 ONLY OCCATIONALLY
 - 4 NEVER
- 16. WHEN YOU WERE YOUNGER, DID MOST PEOPLE CONSIDER YOU TO BE (16)**
- 1 DEFINITELY HARD-DRIVING AND COMPETITIVE?
 - 2 PROBABLY HARD-DRIVING AND COMPETITIVE?
 - 3 PROBABLY MORE RELAXED AND EASYGOING?
 - 4 DEFINITELY MORE RELAXED AND EASYGOING?
- 17. NOWADAYS, DO YOU CONSIDER YOURSELF TO BE (17)**
- 1 DEFINITELY HARD-DRIVING AND COMPETITIVE?
 - 2 PROBABLY HARD-DRIVING AND COMPETITIVE?
 - 3 PROBABLY MORE RELAXED AND EASYGOING?
 - 4 DEFINITELY MORE RELAXED AND EASYGOING?
- 18. WOULD YOUR SPOUSE (OR CLOSE FRIEND) RATE YOU AS (18)**
- 1 DEFINITELY HARD-DRIVING AND COMPETITIVE?
 - 2 PROBABLY HARD-DRIVING AND COMPETITIVE?
 - 3 PROBABLY MORE RELAXED AND EASYGOING?
 - 4 DEFINITELY MORE RELAXED AND EASYGOING?
- 19. WOULD YOUR SPOUSE (OR CLOSEST FRIEND) RATE YOUR GENERAL LEVEL OF ACTIVITY AS (19)**
- 1 TOO SLOW - SHOULD BE MORE ACTIVE?
 - 2 ABOUT AVERAGE - BUSY MUCH OF THE TIME?
 - 3 TOO ACTIVE - SHOULD SLOW DOWN?
- 20. WOULD PEOPLE YOU KNOW WELL AGREE THAT YOU TAKE YOUR WORK TOO SERIOUSLY? (20)**
- 1 DEFINITELY YES
 - 2 PROBABLY YES
 - 3 PROBABLY NO
 - 4 DEFINITELY NO
- 21. WOULD PEOPLE YOU KNOW WELL AGREE THAT YOU HAVE LESS ENERGY THAN MOST PEOPLE? (21)**
- 1 DEFINITELY YES
 - 2 PROBABLY YES
 - 3 PROBABLY NO
 - 4 DEFINITELY NO
- 22. WOULD PEOPLE YOU KNOW WELL AGREE THAT YOU TEND TO GET IRRITATED EASILY? (22)**
- 1 DEFINITELY YES
 - 2 PROBABLY YES
 - 3 PROBABLY NO
 - 4 DEFINITELY NO
- 23. WOULD PEOPLE YOU KNOW WELL AGREE THAT YOU TEND TO D MOST THINGS IN A HURRY? (23)**
- 1 DEFINITELY YES
 - 2 PROBABLY YES
 - 3 PROBABLY NO
 - 4 DEFINITELY NO

24. WOULD PEOPLE YOU KNOW WELL AGREE THAT YOU ENJOY A "CONTEST" (COMPETITION) AND TRY HARD TO WIN? (24)

- 1 DEFINITELY YES
- 2 PROBABLY YES
- 3 PROBABLY NO
- 4 DEFINITELY NO

25. WOULD PEOPLE YOU KNOW WELL AGREE THAT YOU ENJOY YOUR LIFE? (-)

- 1 DEFINITELY YES
- 2 PROBABLY YES
- 3 PROBABLY NO
- 4 DEFINITELY NO

26. HOW WAS YOUR TEMPER WHEN YOU WERE YOUNGER? (25)

- 1 FIERY AND HARD TO CONTROL
- 2 STRONG BUT CONTROLLABLE
- 3 NO PROBLEM
- 4 I ALMOST NEVER GOT ANGRY

27. HOW IS YOUR TEMPER NOWADAYS? (26)

- 1 FIERY AND HARD TO CONTROL
- 2 STRONG BUT CONTROLLABLE
- 3 NO PROBLEM
- 4 I ALMOST NEVER GOT ANGRY

28. WHEN YOU ARE IN THE MIDST OF DOING A JOB AND SOMEONE (NOT YOUR BOSS) INTERRUPTS YOU, HOW TO YOU USUALLY FEEL INSIDE? (27)

- 1 I FEEL O.K. BECAUSE I WORK BETTER AFTER AN OCCASIONAL BREAK
- 2 I FEEL ONLY MILDLY ANNOYED
- 3 I REALLY FEEL IRRITATED BECAUSE MOST SUCH INTERRUPTIONS ARE UNNECESSARY

29. HOW OFTEN ARE THERE DEADLINES IN YOUR JOB? (28)

- 1 DAILY OR MORE OFTEN
- 2 WEEKLY
- 3 MONTHLY OR LESS OFTEN
- 4 NEVER

30. THESE DEADLINES USUALLY CARRY (29)

- 1 MINOR PRESSURE BECAUSE OF THEIR ROUTINE NATURE
- 2 CONSIDERABLE PRESSURE, SINCE DELAY WOULD UPSET MY ENTIRE WORK GROUP
- 3 DEADLINES NEVER OCCUR ON MY JOB

31. DO YOU EVER SET DEADLINES OR QUOTAS FOR YOURSELF AT WORK OR AT HOME? (30)

- 1 NO
- 2 YES, BUT ONLY OCCASIONALLY
- 3 YES, ONCE A WEEK OR MORE

32. WHEN YOU HAVE TO WORK AGAINST A DEADLINE, WHAT IS THE QUALITY OF YOUR WORK? (31)

- 1 BETTER
- 2 WORSE
- 3 THE SAME (PRESSURE MAKES NO DIFFERENCE)

33. AT WORK, DO YOU EVER KEEP TWO JOBS MOVING FORWARD AT THE SAME TIME BY SHIFTING BACK AND FORTH RAPIDLY FROM ONE TO THE OTHER? (32)

- 1 NO, NEVER
- 2 YES, BUT ONLY IN EMERGENCIES
- 3 YES, REGULARLY

34. ARE YOU CONTENT TO REMAIN AT YOUR PRESENT JOB LEVEL FOR THE NEXT FIVE YEARS? (33)

- 1 YES
- 2 NO, I WANT TO ADVANCE
- 3 DEFINITELY NO; I STRIVE TO ADVANCE AND WOULD BE DISSATISFIED IF NOT PROMOTED IN THAT LENGTH OF TIME

35. IF YOU HAD YOUR CHOICE, WHICH WOULD YOU RATHER GET? (34)

- 1 A SMALL INCREASE IN PAY WITHOUT A PROMOTION TO A HIGHER LEVEL JOB
- 2 A PROMOTION TO A HIGHER LEVEL JOB WITHOUT AN INCREASE IN PAY

36. IN THE PAST THREE YEARS, HAVE YOU EVER TAKEN LESS THAN YOUR ALLOTTED NUMBER OF VACATION DAYS? (35)

- 1 YES
- 2 NO
- 3 MY TYPE OF JOB DOES NOT PROVIDE REGULAR VACATIONS

37. IN THE PAST THREE YEARS, HOW HAS YOUR PERSONAL YEARLY INCOME CHANGED? (36)

- 1 IT HAS REMAINED THE SAME OR GONE DOWN
- 2 IT HAS GONE UP SLIGHTLY (as the result of cost-of-living increases or automatic raises based on years of service)
- 3 IT HAS GONE UP CONSIDERABLY

38. HOW OFTEN DO YOU BRING YOUR WORK HOME WITH YOU AT NIGHT, OR STUDY MATERIALS RELATED TO YOUR JOB? (37)

- 1 RARELY OR NEVER
- 2 ONCE A WEEK OR LESS
- 3 MORE THAN ONCE A WEEK

39. HOW OFTEN DO YOU GO TO YOUR PLACE AT WORK WHEN YOU ARE NOT EXPECTED TO BE THERE (such at nights or weekends) (38)

- 1 RARELY OR NEVER
- 2 OCCASIONALLY (LESS THAN ONCE A WEEK)
- 3 ONCE A WEEK OR MORE
- 4 IT IS NOT POSSIBLE ON MY JOB

40. WHEN YOU FIND YOURSELF GETTING TIRED ON THE JOB, WHAT DO YOU USUALLY DO? (39)

- 1 SLOW DOWN FOR A WHILE UNTIL MY STRENGTH COMES BACK
- 2 KEEP PUSHING MYSELF AT THE SAME PACE IN SPITE OF THE TIREDNESS

41. WHEN YOU ARE IN A GROUP, HOW OFTEN DO THE OTHER PEOPLE LOOK TO YOU FOR LEADERSHIP? (40)

- 1 RARELY
- 2 ABOUT AS OFTEN AS THEY LOOK TO OTHERS
- 3 MORE OFTEN THAN THEY LOOK TO OTHERS

42. HOW OFTEN DO YOU MAKE YOURSELF WRITTEN LISTS TO HELP YOU REMEMBER WHAT NEEDS TO BE DONE? (41)

- 1 NEVER
- 2 OCCASIONALLY
- 3 FREQUENTLY

FOR QUESTIONS 43-47, COMPARE YOURSELF WITH THE AVERAGE WORKER IN YOUR PRESENT OCCUPATION, AND MARK THE MOST ACCURATE DESCRIPTION.

43. IN AMOUNT OF EFFORT PUT FORTH I GIVE (42)

- 1 MUCH MORE EFFORT
- 2 A LITTLE MORE EFFORT
- 3 A LITTLE LESS EFFORT
- 4 MUCH LESS EFFORT

44. IN SENSE OF RESPONSIBILITY, I AM (43)

- 1 MUCH MORE RESPONSIBLE
- 2 A LITTLE MORE RESPONSIBLE
- 3 A LITTLE LESS RESPONSIBLE
- 4 MUCH LESS RESPONSIBL

45. I FIND IT NECESSARY TO HURRY (44)

- 1 MUCH MORE OF THE TIME
- 2 A LITTLE MORE OF THE TIME
- 3 A LITTLE LESS OF THE TIME
- 4 MUCH LESS OF THE TIME

46. IN BEING PRECISE (CAREFUL ABOUT DETAIL), I AM (45)

- 1 MUCH MORE PRECISE
- 2 A LITTLE MORE PRECISE
- 3 A LITTLE LESS PRECISE
- 4 MUCH LESS PRECISE

47. I APPROACH LIFE IN GENERAL (46)

- 1 MUCH MORE SERIOUSLY
- 2 A LITTLE MORE SERIOUSLY
- 3 A LITTLE LESS SERIOUSLY
- 4 MUCH LESS SERIOUSLY

FOR QUESTIONS (48-50), COMPARE YOUR PRESENT WORK WITH YOUR WORK SETTING OF TEN YEARS AGO.

48. I WORKED MORE HOURS PER WEEK (47)

- 1 AT MY PRESENT JOB
- 2 TEN YEARS AGO
- 3 CANNOT DECIDE

49. I I CARRIED MORE RESPONSIBILITY (48)

- 1 AT MY PRESENT JOB
- 2 TEN YEARS AGO
- 3 CANNOT DECIDE

50. I WAS CONSIDERED TO BE AT A HIGHER LEVEL (IN PRESTIGE OR SOCIAL POSITION) (49)

- 1 AT MY PRESENT JOB
- 2 TEN YEARS AGO
- 3 CANNOT DECIDE

51. HOW MANY DIFFERENT JOB TITLES HAVE YOU HELD IN THE LAST 10 YEARS? (BE SURE TO COUNT SHIFTS IN KIND OF WORK, SHIFTS TO NEW EMPLOYERS AND SHIFTS UP AND DOWN WITHIN A FIRM.) (50)

- 1 0-1
- 2 2
- 3 3
- 4 4
- 5 5 OR MORE

52. WHEN YOU WERE IN SCHOOL, WERE YOU AN OFFICER OF ANY GROUP, SUCH AS A STUDENT COUNCIL, GLEE CLUB, 4-H CLUB, SORORITY OR FRATERNITY, OR CAPTAIN OF AN ATHLETIC TEAM? (52)

- 1 NO
- 2 YES, I HELD ONE SUCH POSITION
- 3 YES, I HELD TWO OR MORE SUCH POSITIONS

53. HAVE YOU DURING THE RECENT YEARS ACTED AS THE CHAIRMAN, SECRETARY OR AN OTHER EMPLOYEE OF A SOCIETY, AN ASSOCIATION OR SOME CORRESPONDING GROUP? (-)

1 NO

2 YES, I HELD ONE SUCH POSITION

3 YES, I HELD TWO OR MORE SUCH POSITIONS