

UNIVERSITE DE LIEGE



FACULTE DE PSYCHOLOGIE ET DES SCIENCES DE L'EDUCATION



UNITE DE VALORISATION DES RESSOURCES HUMAINES

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Questionnaire SPPN^{©1}

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INSTRUCTIONS :

For each phrase draw a ring round the number which corresponds most closely to how you felt at work over the last 7 days. Answer each question spontaneously.

Circle **1** if the phrase is **never or rarely** applicable to how you feel at work.

Circle **2** if the phrase is **sometimes** applicable to how you feel at work.

Circle **3** if the phrase is **regularly** applicable to how you feel at work.

Circle **4** if the phrase is **always or almost always** applicable to how you feel at work.

	Never or rarely	From time to time	Regularly	Always or almost always
1. I'm very active at work.	1	2	3	4
2. I feel I can't cope with everything I have to do at work.	1	2	3	4
3. Once I'm at work, I feel more focused.	1	2	3	4
4. I feel demoralised by my work.	1	2	3	4
5. I work in a rush	1	2	3	4
6. I have insomnia because of my working life.	1	2	3	4
7. My work allows me to excel myself.	1	2	3	4
8. My work stresses me	1	2	3	4
9. Work gives me great satisfaction	1	2	3	4
10. I find my work mentally exhausting.	1	2	3	4
11. I'm full of energy at work.	1	2	3	4
12. I suffer from nausea when I'm at work.	1	2	3	4
13. I feel stimulated by my work.	1	2	3	4
14. I'm tired at work.	1	2	3	4
15. My work is fascinating.	1	2	3	4
16. I'm nervous at work.	1	2	3	4
17. I get easily irritated at work.	1	2	3	4
18. When I'm working I forget my tiredness.	1	2	3	4
19. I'm worried by my working life.	1	2	3	4