

iWorkHealth Lite Survey Questionnaire

Using the iWorkHealth Lite survey, a company can have a quick assessment of their employees' mental well-being on a more frequent basis, focusing on work stress as well as symptoms of burnout and depression. However, this Lite version is not meant to replace the iWorkHealth Full survey whereby the company will be provided with an assessment of their workplace stressors, which will enable more targeted intervention measures to be rolled out.

The iWorkHealth Lite survey is available to both existing and new users of iWorkHealth. After conducting the iWorkHealth Full survey, the company can conduct iWorkHealth Lite survey multiple times within a 1.5 years period. Following this period, the company must complete a iWorkHealth Full survey again before the iWorkHealth Lite survey is enabled for use.

1.	I have little interest or pleasure in doing things.
2.	I have been feeling down, depressed, or hopeless.
3.	I am constantly under stress.
4.	I have the feeling that I can seldom do anything right.
5.	I have poor appetite.
6.	I have difficulty in getting to sleep at night.
7.	I get irritated over small things.
8.	I often feel tired and lack energy.
9.	I often feel I am useless.
10.	I am unable to stop thinking about work problems or the workday's events.
11.	My work is emotionally exhausting.
12.	I feel burnt out because of my work.
13.	My work frustrates me.
14.	I feel worn out at the end of the working day.
15.	I am exhausted in the morning at the thought of another day at work.
16.	I feel that every working hour is tiring for me.
17.	I have enough energy for family and friends during leisure time.
18.	Have you experienced workplace harassment (e.g. physical violence, verbal abuse, bullying, stalking or sexual harassment) in your current company over the past 1 year?

THANK YOU