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Workaholism among South African professionals: family competence and wellbeing

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Appendix B

Workaholism Battery

Please read the questions below and each of the five possible answers. Please mark the answer that best applies to you. Thank you for answering all the questions

		Strongly agree	Agree	Neutral	Disagree	Strongly disagree
1	When I have free time I like to relax and do nothing serious	1	2	3	4	5
2	I like my work more than most people do	1	2	3	4	5
3	I feel guilty when I take time off work	1	2	3	4	5
4	My job is more like fun than work	1	2	3	4	5
5	I often wish I was not so committed to my work	1	2	3	4	5
6	I like to relax and enjoy myself as often as possible	1	2	3	4	5
7	My job is so interesting that it often does not seem like work	1	2	3	4	5
8	I really look forward to the weekend – all fun and no work	1	2	3	4	5
9	I do more work than is expected of me strictly for the fun of it.	1	2	3	4	5
10	Most of the time my work is very pleasurable	1	2	3	4	5
11	I seldom find anything to enjoy about my work	1	2	3	4	5

		Strongly agree	Agree	Neutral	Disagree	Strongly disagree
12	Wasting time is as bad as wasting money	1	2	3	4	5
13	I spend my free time on projects and other activities	1	2	3	4	5
14	I feel obliged to work hard even when it is not enjoyable	1	2	3	4	5
15	I like to use my time constructively both on and off the job	1	2	3	4	5
16	I lose track of time when I am involved on a project	1	2	3	4	5
17	Sometimes when I get up in the morning I can hardly wait to get to work	1	2	3	4	5
18	It is important to me to work hard, even when I don't enjoy what I'm doing	1	2	3	4	5
19	When I get involved in an interesting project its hard to describe how exhilarated I feel	1	2	3	4	5
20	I often find myself thinking about work, even when I want to get away from it for a while	1	2	3	4	5
21	Between my job and other activities I'm involved in, I don't have much free time	1	2	3	4	5
22	I often that feel there is something inside me that drives me to work hard	1	2	3	4	5
23	Sometimes I enjoy my work so much I have a hard time stopping.	1	2	3	4	5
24	I get bored and restless on vacations when I haven't anything productive to do	1	2	3	4	5
25	I seem to have an inner compulsion to work hard	1	2	3	4	5