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Workaholism among South African professionals: family competence and wellbeing

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Appendix E

Job Control Questionnaire

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.

		Not at all	Just a little	A moderate amount	Quite a lot	A great deal
1.	Do you decide on the order in which you do things?	1	2	3	4	5
2.	Do you decide when to start a piece of work?	1	2	3	4	5
3.	Do you decide when to finish a piece of work?	1	2	3	4	5
4.	Do you set your own pace of work?	1	2	3	4	5
5.	Can you control how much you produce?	1	2	3	4	5
6.	Can you vary how you do your work?	1	2	3	4	5
7.	Do you plan your own work?	1	2	3	4	5
8.	Can you control the quality of what you produce?	1	2	3	4	5
9.	Can you decide how to go about getting your job done?	1	2	3	4	5
10.	Can you choose the methods to use in carrying out your work?	1	2	3	4	5
11.	Does your work need your undivided attention?	1	2	3	4	5