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Workaholism among South African professionals: family competence and wellbeing

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2010-04-06T10:04:59Z
http://hdl.handle.net/10539/7939

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Appendix C

Self-Report Family Inventory

For each question, please mark the answer that best fits how you see your family now. If you feel that your answer is between two of the labelled numbers (the odd numbers), then choose the even number that is between them. Thank you for answering all the questions.

		YES Fits our family very well		**SOME** Fits our family some		**NO** Does not fit our family
1	Family members pay attention to each other's feelings	1	2	3	4	5
2	Our family would rather do things together than with other people	1	2	3	4	5
3	We all have a say in family plans	1	2	3	4	5
4	The adults in this family understand and agree on family decisions	1	2	3	4	5
5	Adults in the family compete and fight with each other	1	2	3	4	5
6	There is closeness in my family but each person is allowed to be special and different	1	2	3	4	5
7	We accept each other's friends	1	2	3	4	5
8	There is confusion in our family because there is no leader	1	2	3	4	5
9	Our family members touch and hug each other	1	2	3	4	5
10	Family members put each other down	1	2	3	4	5
11	We speak our minds, no matter what	1	2	3	4	5

		YES Fits our family very well		**SOME** Fits our family some		**NO** Does not fit our family
12	In our home, we feel loved	1	2	3	4	5
13	Even when we feel close, our family is embarrassed to admit it	1	2	3	4	5
14	We argue a lot and never solve problems	1	2	3	4	5
15	Our happiest times are at home	1	2	3	4	5
16	The adults in this family are strong leaders	1	2	3	4	5
17	The future looks good to our family	1	2	3	4	5
18	We usually blame one person in our family when things are not going right	1	2	3	4	5
19	Family members go their own way most of the time	1	2	3	4	5
20	Our family is proud of being close	1	2	3	4	5
21	Our family is good at solving problems together	1	2	3	4	5
22	Family members easily express warmth and caring towards each other	1	2	3	4	5
23	It is okay to fight and yell in our family	1	2	3	4	5
24	One of the adults in this family has a favourite child	1	2	3	4	5
25	When things go wrong we blame each other	1	2	3	4	5
26	We say what we think and feel	1	2	3	4	5

		YES Fits our family very well		SOME Fits our family some		NO Does not fit our family
27	Our family members would rather do things with other people than together	1	2	3	4	5
28	Family members pay attention to each other and listen to what is said	1	2	3	4	5
29	We worry about hurting each other's feelings	1	2	3	4	5
30	The mood in my family is usually sad and blue	1	2	3	4	5
31	We argue a lot	1	2	3	4	5
32	One person controls and leads our family	1	2	3	4	5
33	My family is happy most of the time	1	2	3	4	5
34	Each person takes responsibility for his/her own behaviour	1	2	3	4	5

		My family functions very well together				My family does not function well at all
35	On a scale of 1 to 5, I would rate my family as:	1	2	3	4	5

		No one is independent. There are no open arguments. Family members rely on each other for satisfaction rather than on outsiders		Sometimes independent. There are some disagreements. Family members find satisfaction both within and outside the family		Family members usually go their own way. Disagreements are open. Family members look outside of the family for satisfaction
36	On a scale of 1 to 5, I would rate the independence in my family as	1	2	3	4	5