

## 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