



CHAMBRE DES SALARIES LUXEMBOURG



Quality of work Index: Questionnaire 2021

The *Quality of work Index* is a study on the working situation and the quality of the working conditions of the employees in Luxembourg. In this context, every year since 2013 and at the request of the Luxembourg Chamber of Employees (Chambre des salariés Luxembourg - CSL) are carried out approximately 1,500 (from 2020 for the first time about 2000) telephone interviews using this questionnaire. The research group INSIDE from the University of Luxembourg in collaboration with CSL has created this questionnaire and is responsible for the evaluation of the data collected. It is available in French, German, Luxembourgish, Portuguese and English.

Note:

The response category "no opinion" was not explicitly offered to respondents in the telephone interviews and has therefore been recorded by interviewers only if the interviewed have expressed this by themselves. That's why this category of response is not explicitly documented in the questionnaire.

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1. Please tell me first of all when you were born? The indication of the year of birth is entirely sufficient.

Filter: if the age is not less than 16 years and not more than 64 years

2. Are you currently working at least 10 hours per week?

Yes No

Filter: if the respondent works at least 10 hours a week

3. Do you currently have one or more employment relationships in Luxembourg?

One employment relationship

Several employment relationships

No employment in Luxembourg

Filter: if one or more jobs

4. What is your professional status? Are you...

Employee

Civil servant

Freelancer

Working family member

Self-employed freelancer

5.	Gender of the interviewee
Mal	e
Fem	nale

Filter: if it is an employee, a civil servant, a freelancer, a working family member

 6. What professional activity are you currently pursuing? Please provide an exact description of your professional activity, for instance "forwarding agent" rather than "commercial employee" or "machine fitter" rather than "labourer". If you are a civil servant, please indicate your official title, e.g. "police officer" or "senior teacher". (A011)

7. Please give me a precise description of this professional activity. (A012)

8. Does this profession also have a special name? (A013)

9. Are you a superior for other employees? (A02)

Yes No

10. What kind of work contract do you have? Is it ... (A04)

a permanent work contract

a fixed-term work contract

a temporary work contract

another contract?

11. Are you currently employed in... (A05)

a full-time job

or a part-time job?

other (minor professionnel activity included)

Filter: if part-time or other employment

12. How many hours are you contractually employed to work every week? (A06)

____ hours

no regulation by contract for weekly working hours

over 39 hours per week

13. Now we move on to your actual working time. With reference to the last 12 months, how many hours a week do you work on average? Please include any regular additional time or overtime. (A07)

__ hours

14. How is your working time regulated? (A08b)

The employer gives me fixed working hours.

I can personalize my working time within a certain range. Examples are flextime or flexible working hours.

The employer has specified several fixed work schedules from which I have to choose my working time.

I can configure my entire working time independently.

15. How many days per month do you work in the evening from 7 PM or at night from 10 PM or at the weekend? (A09_10_11)

___days

16. If you could decide freely how many hours you want to work, how many hours a week would you like to work at the moment? Please take into account that you must earn a living. (A13_2) hours

17. Here are a few questions concerning the company you are working for. What type of organisation is the company? Is it... (A14_1)

a private profit-oriented company

a State, Luxembourgish authority/organisation

a European or international entity or body?

other non-governmental organisation?

Please answer all the following questions only for the permanent establishment you are working for. What industry does the establishment you work in belong to? (A17)

Agriculture

Construction industry

Industry and manufacturing

Cleaning industry

Security

Trade

Hotel and restaurant trade

Retail and car repair shops

Consulting

Banking, insurance, finance

Passenger transport

Freight transport

IT industry

Media

Postal service and telecommunications

Education and teaching

Research

Hospitals

Social or health care sector

Real estate and housing

European Union or other international agencies (e.g. NATO, NAMSA,...)

Civil service, municipality, public administration

employed by private individuals (e.g. housekeeping)

other field

Filter: If Education and teaching

19. Is the organization you are working for a public or a private educational institution? A17_2)
Public institution
Private institution Filter: If State, communes, public administration

20. What exactly is the area concerned? (A17_3)

Public administration

Foreign affairs, Defense, Judicature/Justice, Public safety and order

Social security

other public services

21. For how long have you been working in this organization? Please start by indicating the month. (A18m &A18j)

month _____ year

Filter: If belonging to the panel and A18m & A18j > 8 / 2020 OR A18j = 2021

22. Because you have changed your workplace since the last survey: How did your last employment relationship in Luxembourg end? (Z02a)

I resigned myself.

The employer gave notice for operational reasons.

Bankruptcy or business closure.

The employment relationship was terminated by mutual agreement.

I was given notice by the organisation for different reasons.

I fell ill, became unable to work or incapacitated.

My fixed-term employment contract expired.

Filter: If belonging to the panel and A18m & A18j > 8 / 2020 OR A18j = 2021

23. What prompted you to leave your previous employer? Were the reasons purely professional or purely personal or a combination of the two? (Z04a)

purely professional reasons

purely personal reasons

a combination of the two

Filter: If belonging to the panel and A18m & A18j > 8 / 2020 OR A18j = 2021 (AND Z04a = purely personal reasons)

24. The following is about possible career improvements that workers expect from a job change. Related to your last work shift: Please tell me to what extent you have expected certain career improvements. To what extent did you expect improvements concerning (205a)						
	to a very	to a large	to a	to a low	to a very	
	large extent	extent	medium extent	extent	low extent	
Remuneration & Additional benefits						
Superiors						
Carrier- & Training possibilities						
Work contents						
Work volumes						
Work hours						
Treatment by colleagues and						
superiors						
Job security						
Other improvements						

Filter: If belonging to the panel and A18m & A18j > 8 / 2020 OR A18j = 2021 (AND Z04 = purely professional reasons)

25. To what extent did you expect improvements or changes in your private life from a change in jobs? I expected the following from a change in jobs (Z06a)						
	to a very large extent	to a large extent	to a medium extent	to a low extent	to a very low extent	
A closer proximity to the partner or to the family						
A new beginning in private life						
Shorter distances to work						
Better reconciliation of work and private life						
Other improvements						

26. Since when have you been working in your current position in that organization? (A19m & A19j)____month ____ year

27. How many people are employed in your permanent establishment? (A20)

- 1-4 employees
- 5 14 employees
- 15 49 employees
- 50 249 employees
- 250 and more employees

28. Are you personally a member of a union? (A22)	
Yes	

No

29. Now I have some questions regarding your working conditions within the organization. Please tell me in each case to what extent these conditions apply? To what extent

To what extent					
	to a very large extent	to a large extent	to a medium extent	to a low extent	to a very low extent
does your work put you at risk of accident and injury? (B01_2)					
is your work carried out in working conditions that are harmful to health? (B01_13)					
can you decide how you carry out your work? (B01_3)					
can you decide where you do your work? (B01_16)					
can you determine your working hours yourself? (B01_4)					
can you determine the order of your work tasks yourself? (B01_14)					
can you determine the content of your work yourself? (B01_15)					
are you involved in decisions in your organization? (B01_5)					
does your superior consider your opinion in decisions or in upcoming changes? (B01_11)					

30. We would now like to know how often certain conditions arise in your work. How often						
	Never	Rarely	Sometimes	Often	(Almost) always	
is your work physically strenuous, e.g. does it involve prolonged standing? (B02_1)						
does your work leave you physically exhausted? (B02_10)						
 is your work mentally draining, e.g. if you are required to concentrate a lot? (B02_2) 						
are you required to concentrate simultaneously on several different tasks? (B02_4)						
are you required to meet tight deadlines in your work? (B02_9)						
are you under time pressure or rushed in your work? (B02_7)						
does your work require you to control your feelings? (B02_13)						
does your work require you to hide your true feelings? (B02_14)						

31. To what extent					
	to a very large extent	to a large extent	to a medium extent	to a low extent	to a very low extent
Does your work demand concentration? (B02_2_3)					
Is your work intellectually challenging? (B02_2_4)					

 32. Let us now talk briefly about your team environment at work. I will read out some statements to you. Please tell me in each case to what extent these statements apply to you. To what extent 						
	to a very large extent	to a large extent	to a medium extent	to a low extent	to a very low extent	
do you cooperate with your colleagues in your work? (B03_2)						
do you receive feedback about your work from your superior or from your colleagues? (B03_3)						
 are you supported in yourwork by your colleagues?(B03_4)						
do you receive feedback from your superior about your professional competences? (B03_7)						
do you and your colleagues help one another with work- related problems? (B03_8)						
are you able to ask your colleagues for help for work- related problems? (B03_9)						

33. How often from your point of view do difficult situations arise with your colleagues or your superior? How often									
	Never	Rarely	Someti mes	Often	(Almost) always	I have no superior / no colleagues	I have no clients / no contact with clients		
is your work criticized by your colleagues or by your superior? (B10_1)									
are you ignored at work by your colleagues or your superior? (B10_2)									
are you assigned meaningless tasks by your superior? (B10_3)									
are you ridiculed in front of others by your superior or by your colleagues? (B10_4)									
are you in conflict with your colleagues or superior? (B10_5)									

34. Based on the last 12 months: How often have you been exposed to discrimination in the workplace due to the following characteristics. How often have you been discriminated against because of:

	every day	Weekly	Monthly	less often	Never
your gender or your gender identity? (B35_1)					
your age? (B35_2)					
you ethnic origin? (B35_3)					
your religion or beliefs?					
(B35_4)					
your nationality? (B35_5)					
a disability or impairment?					
(B35_6)					
your sexual orientation?					
(B35_7)					

IF B35=1,2,3,4

35. You indicated that you have already been disadvantaged or discriminated against on the basis of at least one characteristic. How did you react in such situations? Please state everything that applies. (B36)
I tried to draw attention to it publicly
I complained to an official organisation
I got professional help
I sought advice
I filed a lawsuit
Other reaction
None of the above

IF [Scr4_Panel=1 oder Scr4=1, 2, 3, 4]

36. Cyberbullying in the workplace means when a person is repeatedly mistreated or bullied at work over an extended period of time using digital media such as email or social media. A victim of cyberbullying in the workplace usually struggles to stand up to it.
 Have you personally been affected by cyberbullying at work in the last 12 months? (B37)

No

Yes, now and then

Yes, monthly

Yes, weekly

Yes, almost daily

37. Now a question regarding the appreciation of your work by the organisation. To what extent (B05_2)						
	to a very large extent	to a large extent	to a medium extent	to a low extent	to a very low extent	
does your salary reflect your work input? (B05_2)						

38. I would now like to address your organisation's in-house training and continuing education.

To what extent					
	to a very large extent	to a large extent	to a medium extent	to a low extent	to a very low extent
do you have possibilities to engage in further training in your organization? (B06_1_1)					
does your organization support you to undertake further training? (B06_1_2)					

39. Now let's talk about the advancement and promotion opportunities within your organization. To what extent								
	to a very	to a large	to a	to a low	to a very			
	large extent	extent	medium extent	extent	low extent			
do you have possibilities of								
advancement and promotion								
in your organization? (B07_1)								
does your organization								
support professional								
advancement or promotion?								
(B07_2)								

40. We would now like you to rate your satisfaction with your work. How satisfied are you at present								
	to a very	to a large	to a	to a low	to a very			
	large	extent	medium	extent	low extent			
	extent		extent					
with your work? (B08_1)								
with the work atmosphere								
at work? (B08_2)								
with the working								
conditions at work? (B08_3)								
with your salary? (B08_4)								

41. Now let's talk about your own personal assessment of your work performance. Please rate your answer on a scale of 1: below average to 5: above average. You may grade your answer with the values in between.						
	below				above	
	average				average	
How do you evaluate your						
overall work performance in						
comparison with that of your						
colleagues? (B17d_21)						
How does your superior						
evaluate your overall work						
performance? (B17d_22)						

42. And now back to your personal experience in your daily work routine. How often								
	Never	Rarely	Sometimes	Often	(Almost)			
					always			
do you no longer enjoy your work?								
(B11_3)								
are you unable to reconcile your								
work and your private life? (B11_7)								
do you feel stressed because of your								
work? (B11_9)								
are conflicts arising as a result of the								
demands of your work and those of								
your private life? (B11_15)								

43. How difficult is it for you to give the necessary attention to your work as well as your private life?Please rate your answer on a scale of 1: very difficult to 5: not difficult at all. You may grade your answer with the values in between. (B11a)

very difficult

not difficult at all

44. We would now like to know from you whether you work with digital technologies in your workplace, i.e. with work equipment that is based on computer technology or is linked to the Internet. This includes computers, smartphones, pagers, scanners as well as e-mails, voicemails or social networks.

How often do you use such digital technologies at work? (B32)
Never

Rarely Sometimes

Often

Almost always

IF B32=3,4,5					
45. You have indicated that y			-		
Some statements are mad	le about this	s. Please ind	icate to wha	at extent the	ese
statements apply to you.					
	to a very large extent	to a large extent	to a medium extent	to a low extent	to a very low extent
I am expected to respond immediately to digital messages such as emails. To what extent does this apply to you? Is this (B33_1) I'm expected to check my messages even when I'm out of the office. Is this,,,To what					
extent does this apply to you? Is this (B33_2)					
I have problems with my digital equipment at work, for example computer or connection problems. To what extent does this apply to you? Is this (B33_3)					
I can independently decide which digital tools to use at work. To what extent does this apply to you? Is this (B33_4)					
My company monitors my use of digital tools at work. To what extent does this apply to you? Is this (B33_5)					
The digital technology I use at work is changing at a rapid pace. To what extent does this apply to you? Is this (B33_6)					
Using digital technology means that I have to work more. To what extent does this apply to you? Is this (B33_7)					
There are misunderstandings in digital communication. To what extent does this apply to you? Is this (B33_8)					

IF B32=3,4,5

Digital messages create			
disruptions in my work flow.			
To what extent does this			
apply to you? Is this			
(B33_9)			
At work, people expect an			
immediate response when			
they contact me via email or			
other messenger services. To			
what extent does this apply			
to you? Is this (B33_10)			
I am expected to be available			
outside of working hours,			
e.g. by phone, email or			
smartphone. To what extent			
does this apply to you? Is			
this (B33_11)			
Problems with digital work			
equipment hinder me in			
completing my work. To			
what extent does this apply			
to you? Is this (B33_12)			
I can independently decide			
how to use digital tools at			
work. To what extent does			
this apply to you? Is this			
(B33 13)			
My company uses technical			
aids to monitor my work. To			
what extent does this apply			
to you? Is this (B33 14)			
I am expected to keep			
abreast of technological			
advances. To what extent			
does this apply to you? Is			
this (B33 15)			
By using digital tools, I work			
longer. To what extent does			
this apply to you? Is this			
(B33 16)			
My digital messages are not			
properly understood by the			
people at work. To what			
extent does this apply to			
you? Is this (B33 17)			
/			

46. How often, while carrying out your work, do you work in the following places?						
	Every day	Several times a week	Several times a month	Less often	never	
At my employer's premises (e.g. office, factory, shop, school) (B22_1)						
At clients' premises (B22_2)						
In the car or another means of transport (B22_3)						
Outdoors (e.g. construction site, field, city streets) (B22_4)						
At home (B22_5)						
In public places such as cafés, airports, etc. (B22_6)						

IF B22_5=5

47. Regardless of whether you are currently working from home, i.e. in a home office, or not: Could you at least partially carry out your work from your home office? (B28)
Yes, completely
Yes, partially
No, not at all

IF B28=1

48. Does your employer allow you to work from home at least temporarily? (B29)
Yes
No

IF B22_5≠5

49. How long have you been working from home on a regular basis? (B30)						
Less than one year						
From one to two years						
From two to three years						
Three years or more						
IF B22_5≠5						

50. Do you have your own office at home for working from home? (B31) Yes No 51. As you work from home at least some of the time, I will now present you with a few statements about your home-based working situation. Please state to what extent they apply to you.

they apply to you.						
	to a very	to a large	to a	to a low	to a very	
	large	extent	medium	extent	low extent	
	extent		extent			
I am well equipped for						
working from home. (B26_1)						
I work from home at my own						
request. (B26_3)						
I prefer to work in the home						
office than in the company.						
(B26 4)						
I can decide independently						
when to work in the home						
office and when to work in						
the company. (B26_5)						
When I work in the home						
office, I can determine my						
working hours freely. (B26_6)						
I am well equipped for						
working in a home office.						
_						
(B26_7)						
I can work undisturbed in the						
home office. (B26_8)						
In the home office, I manage						
to separate work and private						
life (B26_9)						
In the home office, I always						
work at the same time.						
(B26_10)						
In the home office, it						
happens that I have to do						
work tasks and non-work						
things at the same time.						
(B26_11)						
· _ /	1	1		1	1	

52. Now some questions about time outside of your work. At the end of the day						
	Does not apply at all	Does not apply much	Applies somewhat	Mostly applies	Fully applies	
I forget work. (B11h_1)						
I do not think about work at all. (B11h_2)						
I manage to distance myself from my work. (B11h_3)						
I distance myself from my job requirements. (B11h_4)						

53. The following questions are about the subject of health. How often have you experienced health problems in the last 12 months? (B14a)
Never
Rarely
Sometimes
Often
(Always) always

54. I now have a few quest How often in the last 1		• •		ns.	
	Never	Rarely	Sometimes	Often	(Almost) always
Heart problems? (B14_1)					aiways
Headaches? (B14_2)					
Back problems? (B14_3)					
Joint problems? (B14_4)					
Stomach problems? (B14_5)					
Insomnia? (B14_6)					

55. Für Personen, die eine Behinderung oder Beeinträchtigung haben und einer beruflichen Tätigkeit nachgehen, besteht in Luxemburg die Möglichkeit, sich als "behinderter Arbeitnehmer" anerkennen zu lassen. Der Antrag wird in der Regel über die Arbeitsagentur (ADEM) gestellt. Haben Sie eine Anerkennung als behinderter Arbeitnehmer? (B34)

Ja Nein

56. How many hours do you sleep on average on a daily basis? (B14b)

__ hours

57. The following statements relate to your wellbeing over the last two weeks. To what						
extent do you agree with t	he follo	wing state	ements: In t	he last two w	veeks .	
	All	Most of	Slightly	Slightly less	Now	At no
	the	the time	more than	than half the	and	time
	time		half the	time	then	
			time			
I have been happy and in a						
good mood. (B14c_12)						
I have felt calm and relaxed.						
(B14c_13)						
I have felt energetic and						
active. (B14c_14)						
I have woken up refreshed						
and well rested. (B14c_15)						
my day-to-day life has been						
busy with things that interest						
me. (B14c_16)						

58. How often?					
	Never	Rarely	Sometimes	Often	(Almost) always
do you feel you can no longer tolerate your work? (B17_1)					
do you feel you haven't got enough energy for day-to-day life? (B17_3)					
do you have difficulty concentrating on your work? (B17_4)					
in the last 12 months have you gone to work despite actually being sick? (B17_10)					
do you feel that every working hour is exhausting for you? (B17_13)					

59. To what extent?					
	to a very large extent	to a large extent	to a medium extent	to a low extent	to a very low extent
is your work emotionally exhausting? (B17a_14)					

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60. How often?					
	Never	Rarely	Sometimes	Often	(Almost)
					always
do you have the feeling that					
you are overflowing with					
energy at work? (B17b_18)					
do you feel fit and vigorous					
at work? (B17b_19)					
do you look forward to					
going to work as you get up in					
the morning? (B17b_20)					

61. On how many days approximately were you absent from work in the course of the last 12 months? (B17c)

___ day(s)

62. When you think of the last 12 months: Did you sometimes feel so awful that you considered committing suicide? (B18) Yes

No

Filter: if "yes" to the previous question

63. Did you at this point also think about how to make this idea a reality? (B19) Yes No

Filter: if "yes" to the previous question

64. To come back to the same question, once again with regard to the last 12 months, did you actually attempt to commit suicide? (B20)	
Yes	
No	

65. First of all a few personal qu To what extent?	estions rega	arding your	work in you	ır organizat	ion.
	to a very large extent	to a large extent	to a medium extent	to a low extent	to a very low extent
do you consider your own job as being safe? (C01_1)					
are you afraid to lose your job? (C01_2)					

66. Now a few questions regard new job. Please rate your an all. You may grade your answ	swer on a s	cale of 1: ve	ery difficult	-	\sim
	Very				Not
	difficult				difficult at all
How difficult would it be for you					
to find a <u>similar</u> job, if you were					
to lose or resign from your job?					
(C02_1)					
And how difficult would it be for					
you to actually find <u>a job</u> , if you					
were to lose or resign from your					
job? (C02_2)					

67. Do you intend to change jobs in the near future? (C03_3)

Yes

No

68. What is the highest level of education you achieved? Please also consider your vocational or training qualification. (C04)

fundamental or primary school qualification

secondary school qualification, e.g. high school, modern school or similar

general or subject-related higher education/university entrance qualification or similar

vocational training

master craftsman or technician level training

technical college qualification

bachelor degree

master's degree, diploma

doctorate

no qualification

69. Do you live with a partner? (C05)	
Yes	
No	

70. Does your partner also work? (C05_1)	
Yes	
No	

71. How many people live in your household, including yourself and your children? (C801)

_Number of people in the household

72. How many children live in your household? (C06)

____ children

73. How old is the youngest child living in your household? (C07)

_ year(s)

74. What is your mother tongue? (C10)
Luxembourgish
French
German
Portuguese
Italian
English
Other mother tongue:

75. In which country is your main residence? (Wohnsitz)
Luxembourg
France
Germany
Belgium
In another country not mentioned

76. What is your nationality? (C11)	
uxembourgish	
rench	
Serman	
ortuguese	
elgian	
talian	
nother nationality:	

77. To finish, we have a question about your financial situation. Would you mind telling us your net monthly income from your main professional activity? (C12)

Filter: if "no response" with previous question

78. Were your monthly net earnings last month more or less than 5,000 euros? (C12_1) less than 5,000 euros more than 5,000 euros

Filter: if "less than 5000 euros" with previous question

 79. In which of the following brackets were your monthly net earnings last month? (C12_2)
more than 4,500 euros
4,000 to less than 4,500 euros
3,500 to less than 4,000 euros
3,000 to less than 3,500 euros
2,500 to less than 3,000 euros
2,000 to less than 2,500 euros
1,500 to less than 2,000 euros
1,000 to less than 1,500 euros
500 to less than 1,000 euros
less than 500 euros

Filter: if "more than 5000 euros" with previous question

80. In which of the following brackets were your monthly net earnings last month?
(C12_3)
5,000 to less than 6,000 euros
6,000 to less than 7,000 euros
7,000 to less than 8,000 euros
8,000 to less than 9,000 euros
9,000 to less than 10,000 euros
10,000 to less than 12,500 euros
12,500 to less than 15,000 euros
over 15,000 euros
about 40-49%
about 50-59%
about 60% or more

Supplementary survey for the panel cases:

81. Since you are currently no longer working in Luxembourg for a minimum of 10 hours a week, there are only a few short questions left to ask. What is your current employment relationship? (Z01)
What is your current employment relationship?
I have a job out of Luxembourg.
I am currently seeking employment.
I am currently on a personal break.
I am retired.

82. How did your last employment relationship in Luxembourg end? (Z02)

I resigned myself.

The employer gave notice for operational reasons.

Bankruptcy or business closure.

The employment relationship was terminated by mutual agreement.

I was given notice by the organisation for different reasons.

I fell ill, became unable to work or incapacitated.

My fixed-term employment contract expired.

I went into retirement.

83. What prompted you to leave your previous employer? (Z04)

purely professional reasons

purely personal reasons

a combination of the two

84. The following is about possible career improvements that workers expect from a job change. Regarding last job change: Please indicate to what extent you expected the following professional improvements.

the following professional in	provenien				
	to a very	to a large	to a	to a low	to a very
	large	extent	medium	extent	low extent
	extent		extent		
remuneration & additional					
benefits (Z05_1)					
superiors (Z05_2)					
carrier- & Training possibilities					
(Z05_3)					
work contents (Z05_4)					
work volumes (Z05_5)					
work hours (Z05_6)					
treatment by colleagues and					
superiors (Z05_7)					
job security (Z05_8)					
other improvements (Z05_9)					

85. Briefly now about possible changes in your private life due to a change in jobs. To what extent did you expect improvements or changes in your private life from your last change in jobs?							
	to a very	to a large	to a	to a low	to a very		
	large extent	extent	medium extent	extent	low extent		
a closer proximity to the							
partner or to the family (Z06_1)							
a new beginning in private life							
(Z06_2)							
shorter distances to work							
(Z06_3)							
better reconciliation of work							
and private life (Z06_4)							
other improvements (Z06_5)							

86. The following statements relate to your wellbeing over the last two weeks. To what extent do you agree with the following statements: In the last two weeks...

	All	Most of	Slightly	Slightly	Now	At no time
	the	the time	more	less than	and	
	time		than half	half the	then	
			the time	time		
I have been happy and in a						
good mood. (Z07_1)						
I have felt calm and relaxed.						
(Z07_2)						
I have felt energetic and						
active. (Z07_3)						
I have woken up refreshed						
and well rested. (Z07_4)						
my day-to-day life has been						
busy with things that interest						
me. (Z07_5)						