

Study ID _____ Date _____ Time _____

Evening Survey for MSU Work-Family Study

Please complete this survey each night of the study (Monday, 2/21/05 through Friday, 2/25/05 and Monday, 2/28/05 through Friday, 3/4/05), **after 7 PM**. Please send each completed survey via campus mail the following morning to the address on the last page (surveys from Friday evening may be dropped into campus mail on Monday morning). Make sure you put your Study ID above, and note the date and time when you complete this survey

1. Please fill in your answer to the following question:

_____ Excluding work done at home, how many hours did you spend on work related tasks at work today?

2. This scale consists of a number of words that describe different feelings and emotions. Indicate to what extent you experience the following state right now, using this scale:

1=Very slightly or not at all 2=A little 3=Moderately 4=Quite a bit 5=Very much

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|-----------------------|----------------------|
| 1. _____ Interested | 11. _____ Irritable |
| 2. _____ Distressed | 12. _____ Alert |
| 3. _____ Excited | 13. _____ Ashamed |
| 4. _____ Upset | 14. _____ Inspired |
| 5. _____ Strong | 15. _____ Nervous |
| 6. _____ Guilty | 16. _____ Determined |
| 7. _____ Scared | 17. _____ Attentive |
| 8. _____ Hostile | 18. _____ Jittery |
| 9. _____ Enthusiastic | 19. _____ Active |
| 10. _____ Proud | 20. _____ Afraid |

3. Today, how many times have you engaged in the following behavior toward your spouse or significant other, (using the scale below)?

1=None 2=One 3=Two 4=Three or more times

1. _____ Let him/her know how much I really care about him/her.
2. _____ Acted lovingly or affectionately toward him/her.
3. _____ Let him/her know how much s/he is appreciated.
4. _____ Helped him/her do something that was important to him/her.

4. Have you participated in the following activities with your spouse or significant other today?

Y = we participated in this activity this evening

N = we did not participate in this activity this evening

1. _____ Ate a meal together.
2. _____ Had a drink together.
3. _____ Exercised or played sports together.
4. _____ Went on outing together (park, football game, etc.).
5. _____ Had a serious discussion.
6. _____ Ran errands together.
7. _____ Watched TV together.
8. _____ Played cards or other games together.
9. _____ Went shopping together.
10. _____ Did religious activities together.
11. _____ Visited relatives or friends together.
12. _____ Cleaned the house together.
13. _____ Played with the kids together.

5. Please estimate the time that...

1. ____ ...you have been off work tonight (enter number of hours, e.g., 1, 1.5, 2, etc.).
2. ____ ... you spent with your spouse/significant other tonight (enter number of hours).

6. Please indicate the extent to which you agree with the ten statements below, using the scale provided:

1=Strongly Disagree 2=Disagree 3=Neutral 4=Agree 5=Strongly Agree

1. ____ In most ways my life is close to ideal.
2. ____ The conditions of my life are excellent.
3. ____ I am satisfied with my life.
4. ____ So far I have gotten the important things I want in life.
5. ____ If I could live my life over, I would change almost nothing.
6. ____ Right now, I feel that I have a good marriage or relationship.
7. ____ At this moment, I feel that my relationship with my partner is very stable.
8. ____ Today, our marriage or relationship has been very strong.
9. ____ My relationship with my partner has made me happy today.
10. ____ Today, I have really felt like part of a team with my partner.

7. Finally, please indicate the extent to which you agree with the eight statements below, using the scale provided:

1=Strongly Disagree 2=Disagree 3=Neutral 4=Agree 5=Strongly Agree

1. ____ Right after work, I felt too tired to do some of the things I would have liked to do here at home.
2. ____ Today on the job I had so much work to do that it took away from my personal interests.
3. ____ Today I felt preoccupied with work even while I was here at home.
4. ____ Today my work has taken up time that I would have liked to spend with family/friends.
5. ____ Today I felt too tired at work because of the things I had to do at home.
6. ____ Today my personal demands were so great that it took away from my work.
7. ____ Today I think my peers may have felt I was preoccupied with my personal life while at work.
8. ____ Today I felt like my personal life took up time that I'd like to spend at work.

Please return this survey via campus mail to:

Remus Ilies
Department of Management
N475 North Business Complex
Michigan State University