

MSU Net ID _____ Date _____ Time _____

Using the checklist provided below, please indicate which social interactions you have engaged in over the past three hours by entering "1" in the textbox adjacent to the specific interaction, or the number of times that you have engaged in the interaction during the past three hours, if more than once (e.g., "2," "3"). For the interactions that you have not engaged in, please enter "0" in their respective textboxes.

Social Interaction	times	Social Interaction	times
Had a scheduled meeting with supervisor(s)	<input type="checkbox"/>	Co-worker(s) showed disapproval of the way I handled a work situation	<input type="checkbox"/>
A colleague took "jabs" at or needled me	<input type="checkbox"/>	Co-worker or customer gave information that helped me in my work	<input type="checkbox"/>
Supervisor showed disapproval of the way I handled a work situation	<input type="checkbox"/>	Co-worker gave advice on how to handle things at work	<input type="checkbox"/>
Had a scheduled meeting with co-workers	<input type="checkbox"/>	Had a friendly discussion with a co-worker about an issue not related to work	<input type="checkbox"/>
Discussed a specific project with a coworker who works on the same project	<input type="checkbox"/>	Supervisor gave advice on how to deal with a certain co-worker or customer	<input type="checkbox"/>
Discussed national affairs or current events with colleagues	<input type="checkbox"/>	Made jokes and had fun with co-worker(s)	<input type="checkbox"/>
Casual chatting with co-worker(s)	<input type="checkbox"/>	Co-worker explained how to perform a certain task or activity	<input type="checkbox"/>
A supervisor or co-worker said something that hurt my feelings	<input type="checkbox"/>	I had a fight with a co-worker over a work-related issue	<input type="checkbox"/>
Talked to someone about official paperwork	<input type="checkbox"/>	Participated in a 'short-notice' meeting with co-workers and supervisor(s)	<input type="checkbox"/>
Colleague or supervisor showed emotional support	<input type="checkbox"/>	Co-worker helped with a certain task or problem	<input type="checkbox"/>
Colleague gave me advice on a personal issue	<input type="checkbox"/>	Casual chatting with supervisor	<input type="checkbox"/>
Received a personal phone call from a family member	<input type="checkbox"/>	Handled clients or customers on a 'drop in' basis	<input type="checkbox"/>
Co-worker gave his/her opinion on a problem concerning my work	<input type="checkbox"/>	Discussed weekend events with co-worker(s)	<input type="checkbox"/>
Colleagues agreed with the way in which I handled a work-related issue	<input type="checkbox"/>	I helped a colleague with a personal problem he/she was having	<input type="checkbox"/>
Colleague made me feel better about a decision concerning a personal issue	<input type="checkbox"/>	Had to explain an improper behavior or action to co-worker(s) and/or supervisor	<input type="checkbox"/>

Use a number from this scale to indicate the extent to which each adjective describes your mood right now. There are no right or wrong answers; please respond honestly and openly, about your mood at the present moment.

Not at all	Very slightly	Somewhat	Moderate amount	Much	Very much	Extremely much
0	1	2	3	4	5	6
<input type="checkbox"/>	Enthusiastic	<input type="checkbox"/>	Inspired	<input type="checkbox"/>	Afraid	
<input type="checkbox"/>	Interested	<input type="checkbox"/>	Energetic	<input type="checkbox"/>	Jittery	
<input type="checkbox"/>	Nervous	<input type="checkbox"/>	Ashamed	<input type="checkbox"/>	Happy	
<input type="checkbox"/>	Cheerful	<input type="checkbox"/>	Irritable	<input type="checkbox"/>	Joyful	
<input type="checkbox"/>	Hostile	<input type="checkbox"/>	Alert	<input type="checkbox"/>	Proud	
<input type="checkbox"/>	Scared	<input type="checkbox"/>	Active	<input type="checkbox"/>	Delighted	
<input type="checkbox"/>	Sad	<input type="checkbox"/>	Strong	<input type="checkbox"/>	Attentive	
<input type="checkbox"/>	Excited	<input type="checkbox"/>	Upset	<input type="checkbox"/>	Lively	
<input type="checkbox"/>	Guilty	<input type="checkbox"/>	Determined	<input type="checkbox"/>	Distressed	

Please answer the following questions about your job. All responses are strictly confidential so please respond openly and honestly according to how you feel about your job right now (using the scale below, circle the appropriate number):

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. <u>During most of the past hour</u> , I have felt enthusiastic about my work.				
1	2	3	4	5
2. <u>At this very moment</u> , I feel fairly satisfied with my job.				
1	2	3	4	5
3. <u>Right now</u> , each minute of work seems like it will never end.				
1	2	3	4	5
4. <u>Right now</u> , I find real enjoyment in my work.				
1	2	3	4	5
5. <u>At the present time</u> , I consider my job rather unpleasant.				
1	2	3	4	5