

輔仁大學

教職員工自評異常工作負荷檢核表

The scale of work overload Questionnaire

一、基本資料 Basic data

任職單位 Employer :

姓名 Name :

員編 Employee number :

性別 Gender :

出生年月日 Date of birth :

年齡 Age :

月平均延長工時時數 Average extended hours per month : hours 小時

慢性病史 Chronic diseases history : 無 none 糖尿病 Diabetes Mellitus 高血壓 Hypertension

其他 Other:

抽煙 smoking : 無 None 有 Yes

A. 個人疲勞 (Personal Evaluation)

() 1. 你常覺得疲勞嗎? How often do you feel tired?

(1)總是 Always (2)常常 Often (3)有時候 Sometimes (4)不常 Seldom (5)從未或幾乎從未 to almost never

() 2. 你常覺得身體上體力透支嗎? How often do you feel physically exhausted?

(1)總是 Always (2)常常 Often (3)有時候 Sometimes (4)不常 Seldom (5)從未或幾乎從未 Never, almost never

() 3. 你常覺得情緒上心力交瘁嗎? How often do you feel emotionally exhausted?

(1)總是 Always (2)常常 Often (3)有時候 Sometimes (4)不常 Seldom (5)從未或幾乎從未 to almost never

() 4. 你常會覺得,「我快要撐不下去了」嗎? How often do you think: "I can't take it anymore"?

(1)總是 Always (2)常常 Often (3)有時候 Sometimes (4)不常 Seldom (5)從未或幾乎從未 to almost never

() 5. 你常覺得精疲力竭嗎? How often do you feel worn out?

(1)總是 Always (2)常常 Often (3)有時候 Sometimes (4)不常 Seldom (5)從未或幾乎從未 to almost never

() 6. 你常常覺得虛弱,好像快要生病了嗎? How often do you feel weak and susceptible to illness?

(1)總是 Always (2)常常 Often (3)有時候 Sometimes (4)不常 Seldom (5)從未或幾乎從未 Never, almost never

B. 工作疲勞 (Work Evaluation)

() 1. 你的工作會令人情緒上心力交瘁嗎? Is your work emotionally exhausting?

(1)總是 Always (2)常常 Often (3)有時候 Sometimes (4)不常 Seldom (5)從未或幾乎從未 to almost never

() 2. 你的工作會讓你覺得快要累垮了嗎? Do you feel burnt out because of your work?

(1)總是 Always (2)常常 Often (3)有時候 Sometimes (4)不常 Seldom (5)從未或幾乎從未 to almost never

() 3. 你的工作會讓你覺得挫折嗎? Does your work frustrate you?

(1)總是 Always (2)常常 Often (3)有時候 Sometimes (4)不常 Seldom (5)從未或幾乎從未 to almost never

() 4. 工作一整天之後,你覺得精疲力竭嗎? Do you feel worn out at the end of the working day?

(1)總是 Always (2)常常 Often (3)有時候 Sometimes (4)不常 Seldom (5)從未或幾乎從未 to almost never

() 5. 上班之前只要想到又要工作一整天,你就覺得沒力嗎?

Do you feel exhausted in the morning at the thought of another day at work?

(1)總是 Always (2)常常 Often (3)有時候 Sometimes (4)不常 Seldom (5)從未或幾乎從未 to almost never

() 6. 上班時你會覺得每一刻都很難熬嗎? Do you feel that every working hour is tiring for you?

(1)總是 Always (2)常常 Often (3)有時候 Sometimes (4)不常 Seldom (5)從未或幾乎從未 to almost never

() 7. 不工作的時候，你有足夠的精力陪朋友或家人嗎? Outside of work, do you have enough energy to spend time with family and friends?

(1)總是 Always (2)常常 Often (3)有時候 Sometimes (4)不常 Seldom (5)從未或幾乎從未 to almost never