

Table 1. Asking about WLB: the importance of time.

<i>Exemplar Studies and Surveys</i>	Dex and Bond 2005.	MacInnes 2005	European Social Survey 2009	ONS Opinions Survey ‘Well-Being’ Module 2011. The Scottish Health Survey 2009.
<i>Sample questions: time</i>	<ul style="list-style-type: none"> <li>• At the moment, because the job demands it, I usually work long hours</li> <li>• There isn't much time to socialise/relax with my partner/see family in the week</li> <li>• I have to take work home most evenings</li> <li>• I often work late or at weekends to deal with paperwork without interruptions</li> <li>• My relationship with my partner is suffering because of the pressure or long hours of my work</li> <li>• My family are missing out on my input, either because I don't see enough of them/am too tired</li> <li>• Finding time for hobbies, leisure activities, or to maintain friendships and extended family relationships is difficult</li> <li>• I would like to reduce my working hours and stress levels, but feel I have no control over the current situation</li> </ul>	<ul style="list-style-type: none"> <li>• There are so many things to do at home, I often run out of time before I get them all done.</li> <li>• There are so many things to do at work, I often run out of time before I get them all done.</li> <li>• It has been difficult for me to fulfil my family responsibilities because of the amount of time I spend on my job.</li> </ul>	<ul style="list-style-type: none"> <li>• I never seem to have enough time to get everything done in my job</li> </ul> <p>Do you:</p> <ul style="list-style-type: none"> <li>• Find that your family responsibilities prevent you from giving the time you should to your job?</li> <li>• Find that your job prevents you from giving the time you want to your partner or family.</li> </ul>	<ul style="list-style-type: none"> <li>• How satisfied are you with the balance between the time you spend on your paid work and the time you spend on other aspects of your life?</li> </ul>
<i>Sample</i>	<ul style="list-style-type: none"> <li>• Relaxing and forgetting about</li> </ul>	<ul style="list-style-type: none"> <li>• My life at home is rarely</li> </ul>	<ul style="list-style-type: none"> <li>• How often do you feel too</li> </ul>	

<i>questions: strain</i>	work issues is hard to do <ul style="list-style-type: none"><li>• I worry about the effect of work stress on my health</li></ul>	stressful. <ul style="list-style-type: none"><li>• My job is rarely stressful.</li><li>• I have found it difficult to concentrate at work because of my family responsibilities.</li><li>• I have come home from work too tired to do the chores which need to be done.</li></ul>	tired after work to enjoy the things you would like to do at home?	
------------------------------	---	--	--	--