The following items refer to your present occupation. For each of the following statements, please indicate whether you strongly agree, agree, disagree or strongly disagree.

		Strongly disagree	Disagree	Agree	Strongly agree
OC1	I get easily overwhelmed by time pressures at work.				
OC2	As soon as I get up in the morning I start thinking about work problems.				
ос3	When I get home, I can easily relax and 'switch off' work.				
OC4	People close to me say I sacrifice too much for my job.				
OC5	Work rarely lets me go, it is still on my mind when I go to bed.				
OC6	If I postpone something that I was supposed to do today I'll have trouble sleeping at night.				