

Appendix D. Home demands Scale

Quantitative Home Demands

1. Do you find that you are busy at home?
2. Do you have to do many things at the same time at home?
3. Do you have to carry out a lot of tasks at home (household and/or caring)?
4. Do you have enough time to carry out all your tasks at home

Emotional Home Demands

1. How often do emotional issues arise at home?
2. How often does your housework confront you with things that touch you personally?
3. Does your home life place a lot emotional demands on you?

Mental Home Demands

1. Do you have to remember a lot of things with regard to home life?
 2. Do you have to do many things at the same time at home?
 3. Do you have to co-ordinate everything at home?
 4. Do you have to plan and organize a lot of things in relation to your home life?
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