

APPENDICES

Appendix A. Survey Work-home Inteference-Nijmegen (SWING)¹⁰

Negative work-home interference

How often does it happen that ...

1. you are irritable at home because your work is demanding?
2. you do not fully enjoy the company of your spouse/family/friends because you worry about your work?
3. you find it difficult to fulfil your domestic obligations because you are constantly thinking about your work?
4. you have to cancel appointments with your spouse/family/friends due to work-related commitments?
5. your work schedule makes it difficult for you to fulfil your domestic obligations?
6. you do not have the energy to engage in leisure activities with your spouse/family/friends because of your job?
7. you have to work so hard that you do not have time for any of your hobbies?
8. your work obligations make it difficult for you to feel relaxed at home?
9. your work takes up time that you would have liked to spend with your spouse/family/friends?

¹⁰ Scale developed and published by Wagena and Geurts (2000).



Negative home-work interference

How often does it happen that ...

10. the situation at home makes you so irritable that you take your frustrations out on your colleagues?
11. you hardly enjoy your work because you worry about your home situation?
12. you have difficulty concentrating on your work because you are preoccupied with domestic matters?
13. problems with your spouse/family/friends affect your job performance?
14. you arrive late at work because of domestic obligations?
15. you do not feel like working because of problems with your spouse/family/friends?

Positive work-home interference

How often does it happen that ...

16. you come home cheerfully after a successful day at work, positively affecting the atmosphere at home?
17. after a pleasant working day/working week, you feel more in the mood to engage in activities with your spouse/family/friends?
18. you fulfil your domestic obligations better because of the things you have learned on your job?
19. you are better able to keep appointments at home because your job requires this as well?
20. you manage your time at home more efficiently as a result of the way you do your job?
21. you are better able to interact with your spouse/family/friends as a result of the things you have learned at work?



Positive home-work interference

How often does it happen that ...

22. after spending time with your spouse/family/friends, you go to work in a good mood, positively affecting the atmosphere at work?
23. after spending a pleasant weekend with your spouse/family/friends, you have more fun in your job?
24. you take your responsibilities at work more seriously because you are required to do the same at home?
25. you are better able to keep appointments at work because you are required to do the same at home?
26. you manage your time at work more efficiently because at home you have to do that as well?
27. you have greater self-confidence because you have your home life well organized?

Note: The alternatives are: 'never' (0), 'sometimes' (1), 'often' (2) and 'always' (3).