

Seafarers Well-being and Mental Health Survey¹

This research is conducted under the research project [masked for anonymisation reasons]. We are committed to studying how mental health conditions in working seafarers are. This questionnaire will help us to learn about factors related to seafarers' mental health during their work on board.

Your participation in this research would be invaluable to get familiar to challenges seafarers are facing while they are performing their duty on-board.

Participation in this research is completely anonymous, we are not asking for your name or any kind of personal identifying information.

Below there are a series of questions related to your life and problems you may have encountered while on-board. Please read them carefully and answer them honestly. There are no right or wrong answers. You can stop anytime you want, without any consequences. The data will be saved anonymously and will be used only for the purpose of this project. Should you have any questions concerning this study or problems you may have encountered while on-board, you may contact [masked for anonymisation reasons]

Please tick this box if you agree with the terms and conditions of this study.

Part 1. Orientation, Demographical Data, General Working Conditions & Motivation For Work

1. Your age

2. Where were you born? (country)

3. What is your gender	
Male	Female

4. In what Department do you work on the ship?			
Deck	Engine	Steward	Other

5. What is your rank on the ship?
Master/Captain
Officer
Raiting

¹ The survey was published online; formatting was adapted accordingly

Other

6. What type of ship do you work on?
Container Ship
Bulk Carrier
Ro-Ro
Reefer
Dry Cargo
Passenger Ship/Ferry
Oil Tanker
Chemical and Product Tanker
Gas Tanker (LNG)
Other Tanker
Supply Ship
Other

7. How many months have you been away from home?					
2	4	6	8	10	12 & above

8. What route (Region) are you currently sailing?
Ocean Routes
Offshore Routes

9. How many years have you worked as a seafarer?
0-2 years
3-5 years
6-10 years
11-15 years
More than 15 years

10. What motivated you to start sailing?
Money
Travelling
Love sailing
Advice from families or friends
Have no better choice
Others:

11. What motivates you to stay with this job?
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Money
Sense of achievement
Travelling
Career Development
Support from families or friends
Love sailing
Have no better choice
Others:

12. What is your normal duty schedule?
4 hours on, 8 hours off
6 hours on, 6 hours off
8 hours on, 8 hours off
Other

13. How much are you exposed to the following while working at sea?				
0= not at all, 1= rarely, 2= often, 3= most of the time				
noise	0	1	2	3
vibration	0	1	2	3
work in tight spaces	0	1	2	3
working alone	0	1	2	3
lack of personal protective equipment	0	1	2	3
sharp objects	0	1	2	3
heavy lifting	0	1	2	3
heat	0	1	2	3
chemicals	0	1	2	3
dust	0	1	2	3
smoke	0	1	2	3
physical injuries	0	1	2	3
viruses and diseases	0	1	2	3
seasickness	0	1	2	3
homesickness	0	1	2	3
mobbing	0	1	2	3
not allowed to get off the ship even when in port	0	1	2	3
other	0	1	2	3

14. Do you perform work tasks for which you would need more training?
Never
Seldom

Often
Most of the time

15.Can you set your own work pace?
Never
Seldom
Often
Most of the time

16.Does your company take care of its workers?	
Yes	No

17.In the past year, have you gotten sick while working as a seafarer?	
Yes	No

Part 2. General Health Issues

18.In general, how would you say your health is?
Excellent
Very good
Good
Fair
Poor

19.Have you ever been diagnosed with any of the following:		
High cholesterol	yes	no
High blood pressure	yes	no
Heart problems	yes	no
Sleep disorder	yes	no
Diabetes	yes	no
Cancer	yes	no
Liver problems	yes	no
Depression	yes	no
Anxiety	yes	no
other _____		

20.How often do you exercise while working at sea?
Never
Less than 4 times per month

1 to 2 times per week
More than 3 times per week

Part 3. SCL-90² Depression, Anxiety, Hostility, Interpersonal Sensitivity, Somatisation

For each statement in the table below, check the box that is closest to how you have been feeling over the **last week**:

(0= not at all, 1= a little bit, 2= moderately, 3= quite a lot, 4= extremely)

21. Depression					
13 items	0	1	2	3	4

22. Anxiety					
10 items	0	1	2	3	4

23. Hostility					
6 items	0	1	2	3	4

24. Interpersonal sensitivity					
9 items	0	1	2	3	4

25. Somatisation					
12 items	0	1	2	3	4

Part 4. Sources Of Anxiety And Social Support

How much you believe each of the following may contribute to your mood when you feel down or depressed.

Please check the box that is closest to your feeling.

(0= not at all, 1= rarely, 2= often, 3= most of the time)

26.				
1 Working Alone	0	1	2	3
2 Cultural difference at work	0	1	2	3
3 Food quality	0	1	2	3
4 Amount of food available	0	1	2	3
5 Isoletation from family or friends	0	1	2	3
6 Lenght of contract	0	1	2	3
7 Shift work	0	1	2	3
8 Trouble sleeping	0	1	2	3

² SCL-90 is a scale introduced by Derogatis & Cleary in the Journal of Clinical Psychology, 1977, 33(4), pp. 981-989. The whole scale is published elsewhere; below, only the number of items are shown for each of the five sub-scales used in the survey.

9 Supervisors demands	0	1	2	3
10 Mobbing from co-workers	0	1	2	3
11 Worry about money	0	1	2	3
12 Covid-19	0	1	2	3
13 Not allowed to get off the ship in port	0	1	2	3
14 Seasickness	0	1	2	3
15 No internet or limited internet access	0	1	2	3
16 Bad weather / rough sea	0	1	2	3

27. Have you asked for help from feeling depressed to any of the following people?		
Friend	yes	no
Coworkers	yes	no
Family member	yes	no
Medical doctor	yes	no
Therapist	yes	no
Religious advisor/chaplain	yes	no
Other (please list)		
I have not asked for help	yes	no

Part 4. Career Plans

28. Are you thinking about leaving your job as a seafarer within a year?
Yes
No

Part 5. Internet Access

29. Do you have regular internet access on any of the following places?
At sea never - rarely - often - most of the time
At port never - rarely - often - most of the time
At home never - rarely - often - most of the time

30. When working at sea, how often do you have unrestricted access to the internet?
No restrictions, internet access at all times
Internet access at all times, but network capacity is limited
More than one day each week
About one day each week
About one day per month
Other

Part 6. Company Policy Towards Mental Health Issues

31.Has your company ever given you training on mental health?
Yes
No

32.How many mental health training sessions the company has done in the past year?
0
1
2
3&above

33.Does the company you work for have a mental health policy?
Yes
No
Do not know

34.Do you know what to do if you suspected a crew mate was depressed?
Yes
No