Health Workplace Survey

Part 1 Demographic Characteristics

A1. Gender: 1) Male 2) Female								
A2. Date of birth:								
A3. Education:								
1) Junior high school 2) High School/technical secondary school 3) Junior college								
4) Bachelor 5) Master's or higher degree								
A4. Marital status: 1) Unmarried 2) Married 3) Widowed 4) Divorced								
5) Other								
A5. Family per-capita monthly income (RMB):								
1)<800 2) 800-2000 3) 2000-4000 4) 4000-6000 5) 6000-8000 6) >8000								
A6. Type of workplace: 1) Enterprises 2) Government								
Part 2 Health-related Outcomes								
B1. Would you say that in general your health is?								
□Perfect □very good □Good □Fair □Poor								
B2.Please indicate for each of the five statements which is closest to how you have been feeling								
over the last two weeks. Notice that higher numbers mean better well-being.								
Example: If you have felt cheerful and in good spirits more than half of the time during the last								
two weeks, put a tick in the box with the number 3 in the upper right corner.								

Over the last two weeks	All of the time	Most of the time		than	Some of the time	At no time
B2.1 I have felt cheerful and in good spirits	□5	□4	□3	□2	□1	□0
B2.2 I have felt calm and relaxed	□5	□4	□3	□2	□1	□0
B2.3 I have felt active and vigorous	□5	□4	□3	□2	□1	□0
B2.4 I woke up feeling fresh and rested	□5	□4	□3	□2	□1	□0
B2.5 My daily life has been filled with things that interest me	□5	□4	□3	□2	□1	□0

- B3. Below are eight statements with which you may agree or disagree. Using the 1-7 scale below., indicate your agreement with each item by indicating that response for each statement.
- 7. Strongly agree 6. Agree 5. Slightly agree 4. Mixed or neither agree nor disagree
- 3. Slightly disagree 2. Disagree 1. Strongly disagree

B3.Flourishing Scale	Strong	,	. 2	3 4	5	6 7	Strongly
	uisagie	disagree					agree
B3.1 I lead a purposeful and meaningful life	□1	□2	□3	□4	□5	□6	□7
B3.2 My social relationships are supportive and rewarding	□1	□2	□3	□4	□5	□6	□7
B3.3 I am engaged and interested in my daily activities	□1	□2	□3	□4	□5	□6	□7
B3.4 I actively contribute to the happiness and well-being of others	□1	□2	□3	□4	□5	□6	□7
B3.5 I am competent and capable in the activities that are important to me	□1	□2	□3	□4	□5	□6	□7
B3.6 I am a good person and live a good life	□1	□2	□3	□4	□5	□6	□7
B3.7 I am optimistic about my future	□1	□2	□3	□4	□5	□6	□7
B3.8 People respect me	□1	□2	□3	□4	□5	□6	□7

Part 3 Health-related Behaviors

C1.	1. Have you smoked for more than 100 cigarettes?							
	□no		yes					
C2	In the past wee	k, have you exp	posed to (sus	stained or cumul	ative) smoke for 15	minutes or		
more	e?							
	□yes	days		□none				
C3.	In the past wee	ek, please indic	ate your phy	vsical activity:	Only report physical	activity for 10		
	minutes or	more)						
		Physical act	ivity		In the last 7	Average		
						l . •		

Physical activity	In the last 7	Average
	days	time every
		day
a.Heavy physical activity (refers to activities that require you to spend a lot of effort and breathe more than usual). For example:	Days	Min
b.Moderate physical activity (refers to activities that require you to spend moderate effort and breathe slightly more usual). For example:	Days	Min
c.Walking (including your work and walking at home, walking on footsteps and walking for exercise).	Days	Min
d.Sedentary behavior (including working at home, sitting at the desk, before the computer, sitting or lying for watching TV, visiting friends, reading, traveling, etc.)	Days	Min

C4. Do you drink alcohol (such as beer, wine, white wine, red wine, rice wine, etc.)? \Box yes \Box no

Part 4 Health culture

Workplace health culture	Strongly disagree	1 2 	3	4 5 	Strongly agree
Individual	-				
D1 It is important for me to lead a healthy lifestyle	□1	□2	□3	□4	□5
D2 Participation in health activities can enlarge my	_1		-2	_4	[
circle of friends	□ 1	□2	□3	□4	□5
D3 Employee will be commended and paid					_
attention to due to healthy behaviors	□ 1	□2	□3	□4	□5
D4 My family or roommates support me to lead a	_1	-3	-2	_4	
healthy lifestyle	□ 1	□2	□3	□4	□5
Direct leadership					
D5 My direct leaders like smoking	□1	□2	□3	□4	□5
D6 My direct leaders like drinking	□1	□2	□3	□4	□5
D7 My direct leaders encourage me to smoke	□1	□2	□3	□4	□5
D8 My direct leaders encourage me to drink	□1	□2	□3	□4	□5
D9 My direct leaders hope that I can work overtime	□1	□2	□3	□4	□5
D10 My direct leaders like to exercise	□1	□2	□3	□4	□5
D11 My direct leaders encourage me to exercise	se 1 2			□4	□5
D12 My direct leaders encourage me to lead a	_1	-2	-2	_a	
healthy lifestyle	□ 1	□2	□3	□4	□5
D13 My direct leaders support each other to lead a	_1	-2	-2	_4	
healthy lifestyle	□ 1	□2	□3	□4	□5
Workplace					
D14 Resources are provided to support health	□1	□2	□3	□4	□5
promotion		□∠		□4	⊔ 3
D15 Employee are taught to lead a healthy lifestyle	□1	□2	□3	□4	□5
D16 New employee notice organizational support	=1 =2				
on health behaviors	□1	□2	□3	□4	□5
D17 Unhealthy behaviors are not encouraged	□1	□2	□3	□4	□5

D18 People have team spirit	□1	□2	□3	□4	□5
D19 A consensus has been reached	□1	□2	□3	□4	□5
D20 People have positive perception	□1	□2	□3	□4	□5