

# **Appendix**

## **Unemployment and Resilience**

*The role of optimism in perception of lack of health*

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A Project carried out on the Master in Management Program, under the supervision of:  
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*Questionnaire*

Dear Participant,

We are a group of students from Nova School of Business and Economics and we are conducting our Master's Thesis about Unemployment and the different impacts of this situation in people's lives. We would like to ask your collaboration to fill in this questionnaire. It should not take more than 15 minutes.

The questionnaire is confidential and it will only be used to our analysis. For each question you should point out **only one** option, with an **X**, standing your opinion. In case you have pointed out the wrong question, please scratch and point out the one you want to.

If you have any doubt do not hesitate to ask for help.

**ABOUT YOU**

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- 1- Age
  - 2- Gender: Female  Male
  - 3- Marital Status: Single  Civil Partnership  Married  Divorced   
Widow(er)
  - 4- How many children do you have? 0  1  2  3  4  5 or more
  - 5- What are your children's ages? \_\_\_\_\_
  - 6- What is your level of education? \_\_\_\_\_
  - 7- In which industry did you work? \_\_\_\_\_
  - 8- How many times you had been unemployed before? \_\_\_\_\_
  - 9- For how long are you unemployed? \_\_\_\_\_
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**DEALING WITH UNEMPLOYMENT**

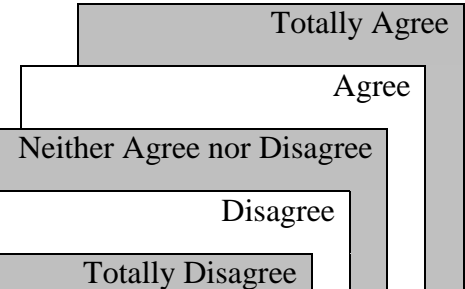
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In this section we would like to ask you to think about your health since you are unemployed, pointing out with an **X** the option that you believe is the most adequate.

|   |   |   |   |            |
|---|---|---|---|------------|
|   |   |   |   | Always     |
|   |   |   |   | Frequently |
|   |   |   |   | Rarely     |
|   |   |   |   | Never      |
| I am able to concentrate in my tasks regardless of what is happening around me. | 1 | 2 | 3 | 4          |

|   |   |   |   |   |
|---|---|---|---|---|
| I lose my sleep over worry.                 | 1 | 2 | 3 | 4 |
| I need to feel that I play a useful part.   | 1 | 2 | 3 | 4 |
| Usually I am capable of making decisions.   | 1 | 2 | 3 | 4 |
| I feel constantly under strain.             | 1 | 2 | 3 | 4 |
| For me it is hard to overcome difficulties. | 1 | 2 | 3 | 4 |
| I am able to face problems.                 | 1 | 2 | 3 | 4 |
| I am able to enjoy day-to-day activities.   | 1 | 2 | 3 | 4 |
| I feel frequently unhappy and depressed.    | 1 | 2 | 3 | 4 |
| I have been losing confidence.              | 1 | 2 | 3 | 4 |
| I am thinking about myself as worthless.    | 1 | 2 | 3 | 4 |
| I feel reasonably happy.                    | 1 | 2 | 3 | 4 |

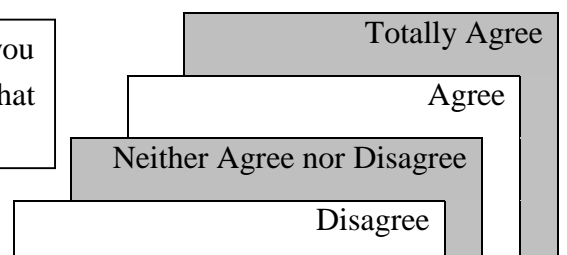
In this section we would like to ask you to think about your behaviors since you are unemployed, pointing out with an **X** the option that you believe is the most adequate.



|   |   |   |   |   |   |
|---|---|---|---|---|---|
| I am able to learn and adapt to new situations.   | 1 | 2 | 3 | 4 | 5 |
| I feel optimistic that I will find a job.   | 1 | 2 | 3 | 4 | 5 |
| I consider that in life, to every single problem there is a solution.                   | 1 | 2 | 3 | 4 | 5 |
| I believe that each problem has a positive side.  | 1 | 2 | 3 | 4 | 5 |
| Even when I have to face a bad situation, I have faith that everything will get better. | 1 | 2 | 3 | 4 | 5 |
| I am positive that I will have success in my job again.                                 | 1 | 2 | 3 | 4 | 5 |

### WHAT DRIVES ME TO LOOK FOR A JOB

In this section we would ask you to think about the way you deal with unemployment, marking with an **X** the option that you believe is the most adequate.



|  | Totally Disagree |   |   |   |   |
|--|------------------|---|---|---|---|
|  | 1                | 2 | 3 | 4 | 5 |
| I am able to adapt to change.                                | 1                | 2 | 3 | 4 | 5 |
| I have close and secure relationships.                       | 1                | 2 | 3 | 4 | 5 |
| I can deal with whatever comes my way.                       | 1                | 2 | 3 | 4 | 5 |
| Past success gives me confidence when searching for new job. | 1                | 2 | 3 | 4 | 5 |
| Usually, I see the humorous and good side of things.         | 1                | 2 | 3 | 4 | 5 |
| Coping with stress strengthens me.                           | 1                | 2 | 3 | 4 | 5 |
| I tend to bounce back after a hardship or illness.           | 1                | 2 | 3 | 4 | 5 |
| I give my best effort, no matter what.                       | 1                | 2 | 3 | 4 | 5 |
| I can achieve my goals.                                      | 1                | 2 | 3 | 4 | 5 |
| When things look hopeless, I don't give up.                  | 1                | 2 | 3 | 4 | 5 |
| Under pressure, I focus and think clearly.                   | 1                | 2 | 3 | 4 | 5 |
| I prefer to take the lead in problem solving.                | 1                | 2 | 3 | 4 | 5 |
| I think of myself as a strong person.                        | 1                | 2 | 3 | 4 | 5 |
| I can make unpopular or difficult decisions.                 | 1                | 2 | 3 | 4 | 5 |
| I can handle unpleasant feelings.                            | 1                | 2 | 3 | 4 | 5 |
| I have a strong sense of purpose.                            | 1                | 2 | 3 | 4 | 5 |
| I feel in control of my life.                                | 1                | 2 | 3 | 4 | 5 |
| I like challenges and I do not back down.                    | 1                | 2 | 3 | 4 | 5 |
| I work to attain my goals.                                   | 1                | 2 | 3 | 4 | 5 |
| I take pride in my achievements.                             | 1                | 2 | 3 | 4 | 5 |

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Thank you very much for your participation!