

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 of signalize the wrong question please scratch and point out the one you want it.

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

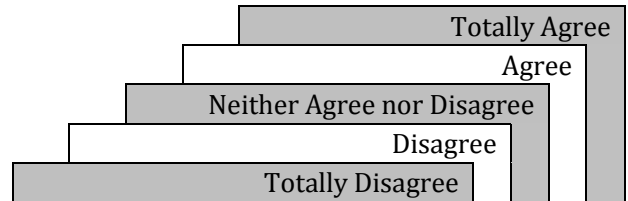
ABOUT YOU

- 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? _____

DEALING WITH UNEMPLOYMENT

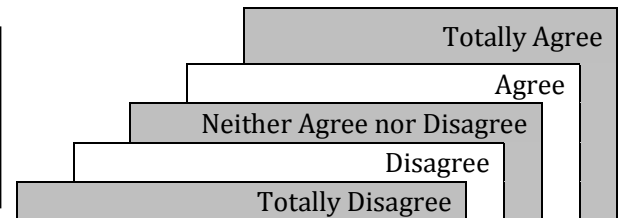
	Never	Rarely	Frequently	Always
In this section we would like to ask you to think about your health since you are unemployed, pointing out with an X the option that you believe is the most adequate.				
I am able to concentrate in my tasks regardless of what is happening around me.	1	2	3	4
I lose my sleep 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.



	1	2	3	4	5
I feel that I am capable of analyzing a problem and find out solutions.					
I feel comfortable when I speak with people out of my group of friends.					
I believe I am capable of solving problems that I never faced before.					
I believe in my competences when I face challenging situations or conditions that put me under pressure.					
I am confident that I will accomplish my goals.					
What happens in my life only depends on me.					
I am able to learn and adapt to new situations.					
I feel optimistic that I will find a job.					
I consider that in life, to every single problem there is a solution.					
I believe that each problem has a positive side.					
Even when I have to face a bad situation, I have faith that everything will get better.					
I am positive that I will have success in my job again.					
Sometimes I get stuck to my problems and I cannot see a solution.					
At this moment, I still have energy to keep fighting for my goals.					
I feel that there are several alternatives to reach my objectives.					
When I think that I did not have the success that I would like to have, I try to find ways to do better next time.					
I believe that I will find a job.					
If I establish a plan to find a job, I know that I will be focus in follow that plan.					
I believe that my willpower will help me to overcome obstacles.					
Usually, in a way or another, I can overcome difficulties.					
Generally, I face difficulties as they really are.					
In spite of losing my job, I will try to be successful at work again.					
Although I am feeling pressure to find a new job, I am still able to focus I what I really want.					
I am feeling with courage and ready to face difficulties.					
When I am feeling disappointed, I am able to recover quickly.					

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



	1	2	3	4	5
I am confident I get the success I deserve in life.					
Sometimes I feel depressed.					
When I try, I generally succeed.					
Sometimes when I fail I feel worthless.					
I complete tasks successfully.					
Sometimes, I do not feel in control of my work.					
Overall, I am satisfied with myself.					
I am filled with doubts about my competence.					
I determine what will happen in my life.					

I do not feel in control of my success in my career.	1	2	3	4	5
I am capable of coping with most of my problems.	1	2	3	4	5
There are times when things look pretty bleak and hopeless to me.	1	2	3	4	5

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

	Totally Agree				
	Agree				
	Neither Agree nor Disagree				
	Disagree				
	Totally Disagree				
My family members feel ashamed of my unemployment.	1	2	3	4	5
Being unemployed often hinders my ability to address family issues.	1	2	3	4	5
My family members have not showed interest in hearing my concerns about my unemployment status.	1	2	3	4	5
I feel that my family members have not contributed much in helping me overcome my unemployment status.	1	2	3	4	5
My family matters are not hindered by my unemployment.	1	2	3	4	5
When something related to unemployment worries me, my family understands the way I feel.	1	2	3	4	5
There are some family issues that are harder to deal with because I am unemployed.	1	2	3	4	5
My family members are only interested in seeing me finding a job and earning money as soon as possible. They do not care the kind of job that I will perform.	1	2	3	4	5
There is someone in my family that has no difficulty in taking on any responsibilities that might result from the fact of being unemployed.	1	2	3	4	5
I have some difficulty in speaking about my unemployment with my family.	1	2	3	4	5
My family shows a positive attitude towards my unemployment.	1	2	3	4	5
In case there is a family issue that I cannot solve because of my unemployment, I can rely on someone from my family to help me solve it.	1	2	3	4	5

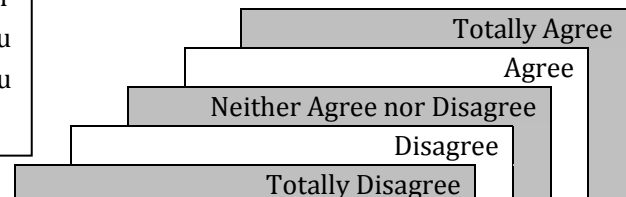
WHAT DRIVES ME TO LOOK FOR A JOB

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 Agree				
	Agree				
	Neither Agree nor Disagree				
	Disagree				
	Totally Disagree				
I am able to adapt to change.	1	2	3	4	5
I have close and secure relationships.	1	2	3	4	5
Fate or God can help in finding a job.	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
Things happen for a reason.	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
I know where and who to turn to for help.	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 am not easily discouraged by failure.	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
Usually, I have to act on a hunch.	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
I know that I can overcome my current financial difficulties.	1	2	3	4	5
I have friends I can confide in.	1	2	3	4	5
I am someone that view change as a challenge.	1	2	3	4	5
Inability to deal with death or illness.	1	2	3	4	5
Accept changes to body due to age.	1	2	3	4	5
Can get through difficult times.	1	2	3	4	5
Rely on family in tough times.	1	2	3	4	5
I am capable to adapt to a job with different conditions than my previous job.	1	2	3	4	5
Belief in myself gets me through difficulties.	1	2	3	4	5
Do not follow through with plans.	1	2	3	4	5
I have influence over what happens to me.	1	2	3	4	5
Spiritual beliefs give me hope during loss.	1	2	3	4	5

In this section we would like to ask you to think about your need of satisfaction and frustration that you feel while you are unemployed, marking with an **X** the option that you believe is the most adequate.



I feel a sense of choice and freedom in the things I undertake.	1	2	3	4	5
Most of the things I do feel like "I have to".	1	2	3	4	5
I feel that the people I care about also care about me.	1	2	3	4	5
I feel excluded from the group I want to belong to.	1	2	3	4	5
I feel confident that I can do things well.	1	2	3	4	5
I have serious doubts about whether I can do things well.	1	2	3	4	5
I feel that my decisions reflect what I really want.	1	2	3	4	5
I feel forced to do many things I would not choose to do.	1	2	3	4	5
I feel connected with people who care for me, and for whom I care.	1	2	3	4	5
I feel that people who are important to me are cold and distant towards me.	1	2	3	4	5
I feel capable at what I do.	1	2	3	4	5
I feel disappointed with many of my performances.	1	2	3	4	5
I feel my choices express who I really am.	1	2	3	4	5

I feel pressured to do too many things.	1	2	3	4	5
I feel close and connected with other people who are important to me.	1	2	3	4	5
I have the impression that people I spend time with dislike me.	1	2	3	4	5
I feel competent to achieve my goals.	1	2	3	4	5
I feel insecure about my abilities.	1	2	3	4	5
I feel I have been doing what really interests me.	1	2	3	4	5
My daily activities feel like a chain of obligations.	1	2	3	4	5
In experience a warm feeling with the people I spend time with.	1	2	3	4	5
I feel the relationship I have are just superficial.	1	2	3	4	5
I feel I can successfully complete difficult tasks.	1	2	3	4	5
I feel like a failure because of the mistakes I make.	1	2	3	4	5

In this section we would like to ask you to think about what drives you to look for a job, marking with an X the option that you believe is the most adequate.

	Totally Agree						
	Agree						
	Somewhat Agree						
	Neither Agree nor Disagree						
	Somewhat Disagree						
	Disagree						
	Totally Disagree						
I do not search, because I feel that I am losing my time.	1	2	3	4	5	6	7
I feel that do not worth to exert effort in search for a job.	1	2	3	4	5	6	7
I do not know why I search for a job, it is useless.	1	2	3	4	5	6	7
To have the approval of the people around me (family, friends).	1	2	3	4	5	6	7
Because other will respect me more.	1	2	3	4	5	6	7
To avoid being criticize by others.	1	2	3	4	5	6	7
Essentially to earn money.	1	2	3	4	5	6	7
To reach more security and predictability in my life.	1	2	3	4	5	6	7
To prove myself that I can do it.	1	2	3	4	5	6	7
Because make me feel more proud of myself.	1	2	3	4	5	6	7
Because if I did not search, I will feel ashamed.	1	2	3	4	5	6	7
Because if I did not search, I will feel bad about myself.	1	2	3	4	5	6	7
Because I consider important to exert effort in searching for a job.	1	2	3	4	5	6	7
Because exert effort in searching for a job is related with my personal values.	1	2	3	4	5	6	7
Because exert effort in searching for a job has a personal meaning for me.	1	2	3	4	5	6	7
Because I know that will be good for me to find a job.	1	2	3	4	5	6	7
Because when I am working, I feel more fulfilled.	1	2	3	4	5	6	7
Because when I am working, my life has more meaning.	1	2	3	4	5	6	7
Because working is interesting and rewarding.	1	2	3	4	5	6	7

Thank you very much for your participation!