

Self-Endangering Work Behavior Questionnaire (SEWB) **Fragebogen zur Erfassung Interessierter Selbstgefährdung (ISG)**

Mustafić, M., Dorsemagen, C., Baeriswyl, S., Knecht, M., & Krause, A. (2022). Wie gefährden Beschäftigte ihre Gesundheit? Evidenz für Konstrukt- und Kriteriumsvalidität des Fragebogens zur Erfassung der interessierten Selbstgefährdung (ISG) [How do employees endanger their health? Evidence für construct and criterion validity of the questionnaire to assess self-endangering work behavior (SEWB)]. *Zeitschrift für Arbeits- und Organisationspsychologie*.

People deal with work demands differently. Please indicate how often you personally exhibit the following behavior.

(5-point Likert scale from 0 (never) to 4 (always)).

For analyses, ideally use the facets of SEWB separately. It is not recommended to use a total SEWB score. A computation of an extensifying and avoiding (A) factor (second-order) is possible.

Forgoing from compensation in free time

- I forgo compensatory leisure activities in favor of work.
- I forgo recreational activities (e.g., walking, sports) in favor of work.
- I forgo family activities (e.g., eating dinner together) in favor of work.
- I cancel private appointments (e.g., sports, meetings with friends) in favor of work.

(A) Lowering work quality under time pressure

- When there is time and/or performance pressure, I reduce the quality of my work.
- I work qualitatively worse than I should when working conditions require it (e.g., time pressure).
- I work qualitatively worse than I should when time is lacking.
- To cope with the amount of work, I work worse than I expect myself to do.

Working despite illness (presenteeism)

- I drag myself to work even when I'm sick.
- I show up at work despite illness.
- I work even when I am sick.
- I work the full workday/shift despite illness.

Substance use for stimulation

- I increase my performance with substances (e.g., coffee, energy drinks, stimulants).
- At the beginning of work, I consume stimulating stimulants (e.g., coffee, energy drinks, stimulants).
- During the workday, I drink stimulant drinks (e.g., coffee, energy drinks, stimulants).
- I use drinks containing caffeine and/or taurine to keep me energized at work.

Working in free time

- I read business emails on my own time.
- I take business calls on my own time.

I do additional work in my spare time.

I am available to my supervisors, co-workers, and/or customers during off hours.

(A) Permanently lowering work quality

I work in such a way that negative feedback from others occurs.

I work in such a way that negative feedback from others is expected.

I work qualitatively worse than customers and/or superiors expect from me.

With my task completion I accept negative feedback from (internal/external) customers or superiors.

Intensifying and expanding the work

I work longer hours than contractually agreed.

I work longer hours than I set out to.

I work as fast as possible.

I work on several work tasks at the same time.

(A) Faking

I gloss over information in reports/reports used to monitor performance.

When there is time and/or performance pressure, I gloss over information about the status of task completion.

I pretend to supervisors, co-workers, and/or customers that I can get the job done, even if I can't meet deadlines.

(A) Forgoing exchange at work

During work, I refrain from exchanges with my work colleagues.

During work, I do not talk to my work colleagues more than necessary.

I keep private problems that affect my performance at work to myself.

Forgoing breaks at work

I'll pass on a lunch break.

At work, I eat on the side.

I do not take short breaks at work.