

APPENDIX A

Questionnaire in English Survey of Awareness of Sick Building Syndrome (SBS): A Case Study of the Office Workers in Silom Area

This questionnaire is a part of a research paper in partial fulfillment of the requirements for the degree of Master of Arts in English for Careers, Language Institute, Thammasat University. This questionnaire is used to explore the degree of awareness of Sick Building Syndrome of the office workers in Silom area. All information will be treated confidentially and used for the study only. Your cooperation in answering this questionnaire is highly appreciated.

The questionnaire will be divided into five parts as follows:

- Part I: General information of the respondents
 - Part II: Awareness of the causes of Sick Building Syndrome
 - Part III: Awareness of the symptoms of Sick Building Syndrome
 - Part IV: Awareness of the prevention of Sick Building Syndrome
 - Part V: The respondents' suggestions or comments
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Instruction: Please tick ✓ in the space provided to answer the following questions.

Part 1: General Information

1. Gender 1. Male 2. Female
2. Age 1. Under 25 years 2. 26 - 30 years
 3. 31 – 35 years 4. 36 – 40 years
 5. 41 – 50 years 6. 51 years or over
3. Education 1. Under Bachelor's Degree 2. Bachelor's Degree
 3. Master's Degree 4. Higher or others (please specify).....
4. Occupation 1. Self-employed/Business Owner 2. Governmental
 3. State Enterprise Employee 4. Private Employee
5. Working Period 1. Under 3 years 2. 4 – 6 years
 3. 7 – 9 years 4. 10 years or over
6. Have you experienced discomfort when working long hours in the buildings? 1. Yes 2. No
7. Do you have any background knowledge of SBS? 1. Yes (please specify the source)
 2. No

Part 2: Awareness of the causes of Sick Building Syndrome

The causes of Sick Building Syndrome	The degree of awareness				
	Very good (5)	Good (4)	Moderate (3)	Little (2)	No (1)
A lot of persons sharing a work area					
Poor ventilation systems and a lack of air circulation					
Room temperature too cold or too hot					
Humidity too dry or too moist					
Inappropriate lighting: too bright or too dim					
Newly renovated or painted buildings and furniture					
No regular room, carpet or office material cleaning					
Working long hours in front of a computer					
Working location near a photocopying machine, fax machine, or printer					
Job characteristics relating to documents or secretarial work					
Smoking room near working location					
Work stress and job dissatisfaction					

Part 3: Awareness of the symptoms of Sick Building Syndrome

The groups of symptoms of Sick Building Syndrome	The degree of awareness				
	Very good (5)	Good (4)	Moderate (3)	Little (2)	No (1)
Eye symptoms					
Eye irritation					
Dry eyes					
Burning					
Redness					
Blurred vision					
Nasal symptoms					
Runny nose					
Congestion					
Sneezing					
Throat and respiratory tract symptoms					
Dry throat					
Dry cough					
Sore throat					
Breathing difficulties					
Skin Problems					
Dry skin					
Itchy skin or skin rashes					
Aches and pains					
Headache					
Backache					
Muscle pain					
Other symptoms					
Lethargy					
Nausea or dizziness					
Loss of concentration					

Part 4: Awareness of the prevention of Sick Building Syndrome

The prevention of Sick Building Syndrome	The degree of awareness				
	Very good (5)	Good (4)	Moderate (3)	Little (2)	No (1)
Undergo a regular physical check-up					
Regularly exercise					
Always clean and dust desks, computers, and keyboards					
Adjust the sitting position appropriately					
Use computer monitor radiation filters					
Exercises legs, arms and hands while sitting for hours in front of a computer					
Put a plant next to a desk to release oxygen and absorb harmful pollutants and toxin from the air					
Avoid stress					
Stay away from the newly renovated area					
Avoid smoking					
Demand checks of the heating, ventilating and air-conditioning system of the buildings					

Part 5: Other Suggestions

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Thank you for your kind cooperation