

## **APPENDIX A**

### **Questionnaire in English**

#### **Opinions of People Working the Nightshift toward Ill-Health Effects**

This questionnaire is a part of a research paper as a partial fulfillment of the requirements for a Master's Degree of Arts in English for Careers at the Language Institute, Thammasat University. This questionnaire is designed to find out the opinions of people working the nightshift toward the ill-health effects caused by working the nightshift, to gather the opinions of people working the nightshift toward approaches used to gain effective sleep when working the nightshift, and to find out why people chose to work the nightshift. Your responses will be strictly kept confidential in order to protect privacy and used only for the research purposes. Your participation in answering this questionnaire is highly appreciated.

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This questionnaire is divided into 6 parts:

- Part I: General Information
- Part II: Opinions toward Ill-Health Effects
- Part III: Opinions toward Approaches Used to Gain Effective Sleep
- Part IV: Sleep Behavior
- Part V: Opinion toward Nightshift Duty
- Part VI: Opinions and Suggestions

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Thank you for your time and generosity.

**Part I: General Information**

Instructions: Please read the following statements and mark ✓ in the appropriate box

1. Sex:
 

<input type="checkbox"/> Male	<input type="checkbox"/> Female
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2. Status:
 

<input type="checkbox"/> Single	<input type="checkbox"/> Married
<input type="checkbox"/> Separated	<input type="checkbox"/> Divorced
  
3. Age (Please specify): \_\_\_\_\_
  
4. Education:
 

<input type="checkbox"/> None	<input type="checkbox"/> Primary School
<input type="checkbox"/> High School	<input type="checkbox"/> Vocational
<input type="checkbox"/> Diploma	<input type="checkbox"/> Bachelor's degree
<input type="checkbox"/> Master's degree	<input type="checkbox"/> Doctorate
  
5. Your current occupation (Please specify): \_\_\_\_\_
  
6. Average income per month:
 

<input type="checkbox"/> less than 10,000	<input type="checkbox"/> 20,001 – 30,000
<input type="checkbox"/> 10,001 – 20,000	<input type="checkbox"/> more than 30,000
  
7. How long have you been working the nightshift? (Please specify)
 

\_\_\_\_\_year(s) \_\_\_\_\_ month(s)
  
8. What types of nightshift do you work on?
  - Rotating every ..... day(s)
  - Rotating every ..... week(s)
  - Rotating every ..... month(s)
  - Permanent nightshift
  
9. Start working at \_\_\_\_\_ End at \_\_\_\_\_
  
10. Have you attended any training courses about how to look after yourself when working the nightshift?
  - Never
  - Yes, \_\_\_\_\_time(s)

## Part II: Opinions toward Ill-Health Effects

Instructions: Use the following scale to complete this questionnaire.

5 Strongly agree

4 Agree

3 Neutral

2 Disagree

1 Strongly disagree

Please read the following statements and mark ✓ in the box that matches to what extent you agree that working the nightshift .....

	<b>Statement</b>	<b>5</b> Strongly agree	<b>4</b> Agree	<b>3</b> Neutral	<b>2</b> Disagree	<b>1</b> Strongly disagree
11	...increases <b>risk of sleep disorders</b> , such as insomnia, narcolepsy, sleep apnea, circadian rhythm sleep disorder, and shift lag syndrome					
12	...increases <b>fatigue</b>					
13	...increases <b>stress</b>					
14	...increases <b>risk of cancer</b>					
15	...increases <b>risk of heart problems</b> , such as cardiovascular disorders; ischemic heart disease, coronary artery disease, and hypertension					
16	...increases <b>risk of gastrointestinal disorders</b> , such as constipation, colitis, gastroenteritis, gastritis, peptic ulcers, intestinal diseases, and peritonitis					
17	...increases <b>risk of digestive disorders</b> , such as indigestion, heartburn, stomach discomfort, frequent stomach aches, and esophageal diseases					
18	...increases <b>risk of metabolic disorders</b>					
19	...increases <b>risk of neurological disorders</b> , such as headaches, migraines, and epilepsy					
20	...increases <b>risk of menstrual disorders</b>					

### Part III: Opinions toward Approaches Used To Gain Effective Sleep

Instructions: Use the following scale to complete this questionnaire.

- 5 Strongly agree
- 4 Agree
- 3 Neutral
- 2 Disagree
- 1 Strongly disagree

Please read the following statements and mark ✓ in the box that matches to what extent you agree with the following statements.

	<b>Statement</b>	<b>5</b> Strongly agree	<b>4</b> Agree	<b>3</b> Neutral	<b>2</b> Disagree	<b>1</b> Strongly disagree
21	Getting bright light at night helps you to regulate the sleep-wake cycle.					
22	Being exposed to sunlight before going to bed makes it more difficult to fall asleep					
23	Sleeping in dark and cool room helps you sleep better.					
24	Ear plugs and eye pads help you gain effective sleep.					
25	Taking a 45-minute nap during the night helps you sleep better during the day.					
26	Doing exercise every day helps you sleep deeper.					
27	Beer makes you gain good sleep.					

### Part IV: Sleep Behavior

Instructions: Please read the following questions and mark ✓ in the appropriate box.

	<b>Question</b>	<b>YES</b>	<b>NO</b>
28	Do you experience sleep problems when working the nightshift?		
29	Do you go to bed at the same time every day?		
30	Do you watch TV or use the computer before you go to bed?		
31	Do you sleep in on the weekends?		

32. On average, how many hours do you sleep when you work the nightshift?  
(Please specify) \_\_\_\_\_

**Part V: Opinion toward Nightshift Duty**

Instructions: Please read the following statements and mark ✓ in the appropriate box.

33. Why did you choose to work the nightshift?
- Nighttime atmosphere
  - More benefits
  - More money
  - It's part of the job responsibilities
  - Others (please specify) \_\_\_\_\_
34. What do you think working the nightshift affects you?
- ...increases health problems
  - ...makes the time for social activities different than others
  - ...disrupts family relationships
  - Others (please specify) \_\_\_\_\_

**Part VI: Opinions and Suggestions**

35. In your opinion, what are negative effects of working the nightshift?

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36. What negative health effects do you encounter when working the nightshift?

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37. When working the nightshift, what do you do to gain effective sleep?

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