

Are You a Workaholic?

by Amy Scholten, MPH

A workaholic is a person who works compulsively (on a regular basis) at the expense of other pursuits, such as social life, leisure and hobbies. The following survey has been designed to give you some insight into how well you balance your work with other areas of your life. Please keep in mind that this is a *general* assessment, not a diagnostic tool. Please see a mental health care provider for more in-depth testing.

Directions: Please read each statement carefully and select the answer that best describes your situation. Circle the letter (a, b or c) that corresponds with each answer. When finished, count your total a, b, and c answers and interpret your score at the bottom of the page.

1. During an average week, I:

- a.) Rarely or never work extra hours
- b.) Work extra hours on 1-2 days
- c.) Work extra hours on 3 or more days

2. When on vacation I:

- a.) Relax and enjoy my time completely away from work
- b.) Check my work email and phone
- c.) Often end up working because I have too much work to do

3. During lunch breaks, I:

- a.) Usually relax and have lunch by myself, or with family or friends
- b.) Often have lunch with my boss, coworkers, or clients to discuss work-related issues
- c.) Usually eat while working or skip lunch because I'm too busy with my work

4. The statement that best describes my attitude about work is:

- a.) It's a paycheck – I put in my hours and then I go home
- b.) It's very important to me, but my family and friends are just as important
- c.) It's my life. It takes priority over everything else

5. I make time for relaxation, leisure and hobbies:

- a.) At least 3 days per week
- b.) Only on my days off (for example, weekends)
- c.) Rarely, because I don't have time (due to my job)

6. My health has been impacted by my work in the following ways:

- a.) My work supports my health (my workload isn't too heavy and I have adequate time for leisure and exercise on a regular basis)
- b.) I have some difficulty finding time for leisure and exercise on a regular basis
- c.) I work so much that I have been diagnosed with stress-related illnesses (examples include: anxiety, depression, cardiovascular disease, back pain, neck and shoulder pain, chronic headaches, ulcers, skin problems, weight gain, etc)

7. Work interferes with my family or personal life:

- a.) Rarely or never
- b.) Sometimes
- c.) Almost all the time

8. After work I:

- a.) Attend to other things and don't think about my job very much
- b.) Sometimes think or worry about my job more than I should
- c.) Almost constantly obsess about my job and all that I need to do

9. My workload is:

- a.) Usually manageable – I rarely work extra hours
- b.) Sometimes heavy and sometimes requires that I work extra hours
- c.) Heavy and requires that I work extra hours frequently

10. My work style is:

- a.) Relaxed. I work at a comfortable pace and hope to meet my goals
- b.) Hard working. I'm conscientious and usually meet my goals
- c.) Driven perfectionist. No matter what it takes, I want to exceed expectations

Answer Key:

Answers	Totals	What Your Score Indicates
a		If you chose mostly a answers, or a mix of a and b answers, you probably have a reasonable work/life balance.
b		If you chose mostly b answers but no c answers , you have some periods of work/life imbalance but would not be considered a workaholic.
c		If you chose 1-2 c answers , you probably have chronic work/life imbalance and/or some behaviors that increase your risk of becoming a workaholic. If you chose 3 or more c answers , you are likely a workaholic and urgently need to take some steps to make your life more balanced.

Source:

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Biography

Amy Scholten, MPH, has a Master of Public Health in health promotion and education from the University of South Carolina and a Bachelor of Science in food and nutrition from Framingham State College. She is a freelance health writer and has taught stress management at Ithaca College in Ithaca, NY, USA.

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