**Questionnaire on your strain\* during your last voyage episode**

***ID-Nr. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ time:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***Voyage episode:*** 🞏 sea passage🞏 river/ canal passage 🞏 stay in port including mooring/ unmooring

|  |  |  |  |
| --- | --- | --- | --- |
|  | Yes, but I find it not at all  strainful\* | Yes, and I find it somewhat strainful\* | Yes, and I find it  very strainful |
| Valid for the ***last voyage episode (from ………. o’clock to ………. o’clock)***: |  |  |  |
| My workplace was characterized by |  |  |  |
| *high noise level* | 🞏 | 🞏 | 🞏 |
| *strong vibrations* | 🞏 | 🞏 | 🞏 |
| *strong ship movement* | 🞏 | 🞏 | 🞏 |
| *high temperature* | 🞏 | 🞏 | 🞏 |
| *high physical demand* | 🞏 | 🞏 | 🞏 |
| *high mental demand* | 🞏 | 🞏 | 🞏 |

\*Strain is defined as a result of the activities carried out in the respective voyage episodes; it is the effect of your job-related stress.