

## QUESTIONNAIRE 3



CODE:

### EFFECTS OF PARTICIPATION IN THE WORKFORCE PROJECT

1. Are you content with the delivery of the Project in general?

- Yes
- No
- A little

2. Was participation within the Project beneficial to you maintaining your general health and wellbeing?

- Yes
- No

3. Did you gather all the information you needed in order to be able to improve your health and wellbeing particularly during your working hours within the micro-business that you work for?

- None of the information
- A little of the information
- Some of the information
- Most of the information
- All of the information

4. How many litres of water do you consume per day currently after gathering detailed information about the advised amount?

- 0.5 litres
- 1 litre
- 1.5 litres
- 2 litres
- 2+ litres

5. How often do you consume alcohol after gaining knowledge regarding how disadvantageous alcohol consumption can be to your physical and mental health?

- Every day
- 3 to 5 times a week
- Only on weekends
- On special occasions

6. Would you consider yourself to be more knowledgeable in regards to the negative impacts of alcohol consumption on your health?

- Yes
- No

7. Are you more aware of the negative impacts that smoking cigarettes can have on your health?

- Yes
- No

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8. On average, how many calories do you consume per day after thorough information on calorie intake?

- Below average (1,500 calories)
- Average (2,000-2500 calories)
- Above average (2500+ calories)

9. Have you accessed the 'Healthy Weight Calculator' available to you on the NHS website before to find out if you are a healthy weight?

- Yes
- No

10. Are you more aware of how exercising daily can positively impact your health and wellbeing overall?

- Yes
- No

11. Are you more knowledgeable in regards to health and wellbeing issues?

- Yes
- No

12. Are you aware of the healthcare services available within your area?

- Yes
- No

13. Have you been able to take the 'How Are You Quiz' on the NHS website?

- Yes
- No

14. Have you taken the Online Heart Age Test on the NHS website before to find out the risk of getting heart disease or stroke?

- Yes
- No

15. How knowledgeable are you now about mental health related issues after the delivery of the Project?

- Sufficient
- Satisfactory
- Good
- Very Good
- Excellent

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16. Do you believe that the Project met its aim in enlightening you regarding how you can improve your overall physical and mental health?

- Yes  
 No

17. What is your overall rating for the delivery of the Project on a scale of 1 - 5?

- 1  
 2  
 3  
 4  
 5

18. Has this Project positively impacted you and will you be changing your lifestyle in order to live a healthier and happier life with the advice you have been given?

- Yes  
 No

19. What went well within the Project? What could be done again?  
Please specify below.

20. What did not go well within the Project? What do you suggest could be done differently to improve this for future Projects?  
Please specify below.