

Quality of Work Life and Mental Well-Being for Long-Term Care Staff in Nova Scotia

Qualité de la vie au travail et bien-être mental chez le personnel des soins de longue durée en Nouvelle-Écosse

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Appendix 1.

TABLE A1. Measurements and scales

Measure	Description	Cronbach's α with sample	Scale title and scoring
Physical health	Respondent perception of their physical health over the past four months	0.87	SF-8 Health Survey (Short Form 8)
Mental health	Respondent perception of their mental health over the past four months		Eight items, continuous score (0-100) based on regression algorithm from scale creators
Anxiety	Respondent feels bothered by symptoms of anxiety	0.91	GAD-7 (Generalized Anxiety Disorder-7) Seven items, total of four-point Likert scale (0-21)
Cynicism	Respondent feels as if their work does not contribute to anything	0.72	MBI GS (Maslach Burnout Inventory General Survey), short form adaptation Three items each, mean of seven-point Likert scale (0-6)
Emotional exhaustion	Respondent feels strained and exhausted emotionally	0.82	
Professional efficacy	Respondent has a sense of accomplishment in their work	0.52	
Job satisfaction	Respondent feels satisfied with their current job	0.75	MOAQ-JSS-3 (Michigan Organizational Assessment Questionnaire-Job Satisfaction Survey) with adaptation for nursing home staff Three items, mean of 5-point Likert scale (1-5)

Sources: Cammann et al. 1979; Maslach et al. 1996; Spitzer et al. 2006; Yiengprugsawan et al. 2014.