

GM@W Initial Scan

What is GM@W?

Guarding Minds @ Work (GM@W) is a unique, evidence-based, comprehensive set of resources designed to effectively assess and address psychological health and safety in the workplace. **A psychologically healthy and safe workplace is one that promotes employees' psychological well-being and actively works to prevent harm to employee psychological health due to negligent, reckless or intentional acts.**

You are being asked to complete this survey because your workplace is undertaking a review of its psychological health and safety. **Employee input is a critical component of this review.**

Survey Instructions: This survey contains 6 statements about common work experiences. Please indicate whether you strongly agree, agree, disagree or strongly disagree with each statement.

When responding to these statements, please keep the following in mind:

- Answer based on **your own personal experiences** in your **current** job.
- Choose the answer that is true **most of the time**.
- This survey is concerned with your **thoughts, opinions and feelings**. If you are unsure of an answer, please select the option that you believe is **most likely to be true**.

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Please note: Your answers are anonymous and individual responses will be kept confidential.

	Strongly Agree	Agree	Disagree	Strongly Disagree
I am satisfied with the amount of involvement I have in decisions that affect my work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel I am well rewarded (in terms of praise and recognition) for the level of effort I put out for my job.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In the last six months, too much time pressure at work has caused me <u>no</u> worry, “nerves” or stress.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In the last six months, I have experienced <u>no</u> worry, “nerves” or stress from mental fatigue at work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am satisfied with the fairness and respect I receive on the job.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My supervisor supports me in getting my work done.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>