



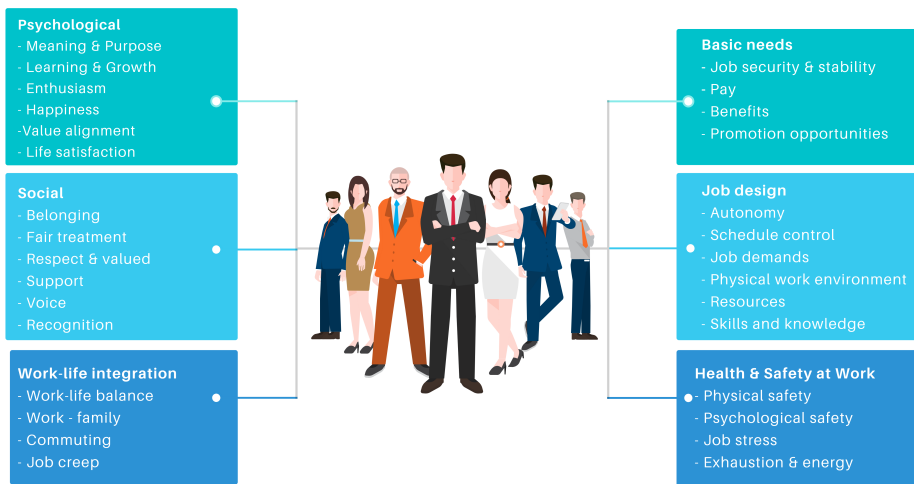
Thriving from Work Questionnaire

The Thriving from Work Questionnaire provides a comprehensive measure of work-related well-being. Developed using a rigorous systematic study design, the questionnaires have been found to be reliable and valid across a range of settings and sectors.

Thriving from Work is the state of positive mental, physical, and social functioning in which workers' experiences of their work and working conditions enable them to thrive in their overall lives, contributing to their ability to achieve their full potential in their work, home, and community.

There are three questionnaires with different applications for both research and practice that are now available for public use:

- Short-form (8-items) instrument
- Long-form (30 -items) instrument across six domains
- Evaluation Check-list (87-items) across six domains and 36 attributes of Thriving from Work



These instruments measure the extent to which workers, worker groups, or organizations, are thriving. The long-form can additionally provide greater insight into how workers are thriving across six domains of work-related wellbeing: psychological and emotional well-being from work, social well-being at work, basic needs for thriving from work, experience of work and job design, work-life integration, and health and physical and mental well-being from work. The evaluation checklist can be used as a well-being check, providing important diagnostic information that can be used to direct organizational interventions and organizational health and safety initiatives. Versions of the questionnaire have been translated into Spanish (Peru and Mexico validation), Haitian Creole, Portuguese, Vietnamese, Chinese (traditional and simplified).

To learn more about the Thriving from Work Questionnaires, please scan the QR code below or contact the Thriving Workers, Thriving Workplaces Study Lead, Dr. Susan Peters (sepeters@hsph.harvard.edu).

Peters SE, Sorensen G, Katz JN, Gundersen DA, Wagner GR. Thriving from Work: Conceptualization and Measurement. *International Journal of Environmental Research and Public Health*. 2021; 18(13): 7196. doi: 10.3390/ijerph18137196.

