

# Questionnaire

## Demographics

Your age:

Your gender:

- ① Male ② Female

Your registered permanent residence:

- ① Rural ② Urban

Your level of education:

- ① Junior high school and below ② High school ③ Junior college & university

Your marital status:

- ① Unmarried ② Married ③ Divorced & widowed

## Job attributes

Your work platform:

- ① Online platforms ② Agency companies ③ Self-employed

What type of employment do you have:

- ① Part-time ② Full-time

Do you have social insurance:

- ① Yes ② No

What is your monthly income(yuan):

- ① less than RMB 3999 ② RMB 4000-7999  
③ RMB 8000-11999 ④ more than RMB12000

How many years have you been working:

- ① less than 1 year ② 1-2 years ③ 2-3 years ④ 3-4 years ⑤ more than 4 years

How many hours do you work per day:

- ① less than 4 hours ② 4-8 hours ③ 8-12 hours ④ more than 12 hours

## Substance use

Do you currently drink alcohol (within one month):

- ① Yes, drink every day ② Yes, drink only on some days ③ No, do not drink

Do you currently smoke cigarettes (within one month):

- ① Yes, smoke every day ② Yes, smoke only on some days ③ No, do not smoke

## Job-related Uncertainty stress

Here are different stressors that people often face in everyday life. For each situation, please specify your level of stress.

	No Stress felt	A little stressed	Somewhat stressed	Quite stressed	Extremely stressed

1. Working plans are frequently disrupted by uncontrollable events, exemplified by the impact of the COVID-19 pandemic.					
2. The salary system is unreasonable, and the work income is unstable.					
3. Customer needs are diverse, and feedback and evaluations from customers are unpredictable.					
4. Work colleagues change frequently, and there is a lack of stable communication with both peers and customers.					
5. There is no fixed workplace, and the work environment is complicated and unfamiliar.					
6. The rapid development of intelligent technology poses the constant risk of unemployment.					
7. Imperfect industry regulations make it challenging to safeguard personal rights.					
8. Feeling confused about the future career development.					

## Emotional exhaustion

Please evaluate and judge your work-related experiences and reactions based on your actual feelings and experiences, using the descriptions below.

	Never	A few times a year or less	Once a month or less	A few times a month	Once a week	A few times a week	Daily
1. I feel emotionally drained by my work.							
2. I feel used up by the end of the day.							
3. I feel fatigued when I have to get up in the morning to face another day on the job.							
4. Working with people all day is really a strain for me.							
5. I feel 'burned out' from my work.							