Utrecht Work Engagement Scale (Schaufeli & Bakker, 2003)

The following 17 statements are about how you feel while doing your work. Please read each statement carefully and decide how often you feel this way about your work. Indicate how often you experience this by placing a mark in the box that best describes how frequently you feel that way.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Almost  never  1  A few times  a year or less | Rarely  2  Once a month or less | Sometimes  3  A few times a month | Often  4  Once a week | Very often  5  A few times a week | Always  6  Every day |
| At work I feel bursting with energy |  |  |  |  |  |  |
| I find work full of meaning and purpose |  |  |  |  |  |  |
| Time flies when I am working |  |  |  |  |  |  |
| At work, I feel strong and vigorous |  |  |  |  |  |  |
| I am enthusiastic about work |  |  |  |  |  |  |
| When I am working I forget everything else around me |  |  |  |  |  |  |
| Work inspires me |  |  |  |  |  |  |
| When I get up in the morning I feel like going to work |  |  |  |  |  |  |
| I feel happy when I am working intensely |  |  |  |  |  |  |
| I am proud of the work that I do |  |  |  |  |  |  |
| I am immersed in my work |  |  |  |  |  |  |
| I can continue working for very long periods of time |  |  |  |  |  |  |
| To me, work is challenging |  |  |  |  |  |  |
| I get carried away when I am working |  |  |  |  |  |  |
| At work I am very resilient, mentally |  |  |  |  |  |  |
| It is difficult to detach myself from my work |  |  |  |  |  |  |
| At work I always persevere, even when things do not go well |  |  |  |  |  |  |