

## Annex 1 - Applied and Validated Version of the HOWS Scale

### Assessment of the behavior of the individual at Work in Home Office (HO) during the social isolation imposed by the pandemic of (COVID-19)

Questionnaire to assess the impact on people who started to work in the Home Office (HO) during social isolation and to identify their perspectives regarding the permanence in this type of work after the period of the referred isolation imposed by the pandemic of the new Coronavirus (COVID - 19). The survey will be available for access in the period from 6/1/20 to 7/15/20.

HO activities are configured when their work activities performed in a company or as a self-employed person or as a self-employed person or in non-formal work on the streets, started to be done at home during the period of social isolation.

We invite volunteers aged 18 to 70 to participate in this online survey about work in the Home Office (HO) during the isolation period, regardless of professional profile, as long as they are not in face-to-face work or in a hybrid home office (part of the time company and part at home) could not participate. There are 10 questions that will require about 5 minutes to answer.

We guarantee the anonymity of the volunteer who will contribute to the Delete Laboratory - Digital Detox and Conscious Use of Technologies of the Institute of Psychiatry (IPUB) of the Federal University of Rio de Janeiro (UFRJ) in the construction of appropriate strategies for the understanding of human behavior to new times of the digital world and well-being in times of crisis.

#### Identification - Sex

Female  
 Male

#### Identification - Age range

18 a 25  
 26 a 33  
 34 a 41  
 42 a 49  
 50 a 57  
 58 a 65  
 66 a 70

#### Answer Options

Note: The abbreviation **HO** in the questions stands for **Home Office**

Choose only one of the answer options, which are worth:

**No = 0**

**Yes, a little = 1**

**Yes, a lot = 2**

At the end, add up your points and you will be able to get the results of your answers and see if your perspective to continue in Home Office work after the end of the period of social isolation is Low, Medium or High.

Your responses can be edited and printed, if desired.

#### Questions:

1. Have you ever worked, albeit occasionally, in an HO system before social isolation?
2. Did you have to make many adaptations to your work system to make it accessible in HO during isolation?
3. Did you adapt your furniture aiming at a Digital Ergonomics (postures and furniture) suitable to work in HO (physical space, table, Internet, ambient lighting, support for monitors and seats suited to your physical conditions)?
4. Do you feel comfortable, in general terms, at work in HO?
5. Did you notice physical and / or emotional changes at work in HO?
6. Did you notice improvements in your productivity working in HO?
7. Have you had your domestic activities impacted by working in HO?

8. Were you able to maintain an HO work routine and stick to your schedule during the isolation period?
9. Do you consider it viable to maintain your professional activity in HO definitely after the pandemic?
10. Do you consider that work in HO is a permanent solution for most professional activities?

## Results

The sum of points obtained with your answers will indicate what range of results you are in. The higher the score, the better adapted you are to the Home Office, which may be a viable alternative to work after the end of social isolation.

**0 to 6 points: LOW PERSPECTIVE** - The experience in Home Office did not seem comfortable to you and may not be a positive alternative for your professional life. The most suitable for your profile would be to return to face-to-face work after the end of social isolation.

**7 to 13 points: AVERAGE PERSPECTIVE** - Your coexistence in Home Office demonstrated an intermediate position for the adoption of this way of working, requiring an evaluation of the aspects with less adaptation to this way of working, for proposition of improvements, in case it is intended to adopt this system after the end of social isolation.

**14 to 20 points: HIGH PERSPECTIVE** - Your adaptation to the Home Office system was relatively easy, and this type of work may become definitive in your professional life after the end of social isolation.

The Delete Laboratory/ IPUB / UFRJ team thanks you for your participation.

For more information and guidance on the excessive use of technologies in everyday life and for digital addiction treatments, just contact us at the addresses:

E.mail: grupodelete@gmail.com or annaluciaking@gmail.com

Facebook: Delete - Digital detox and conscious use of technologies

For guidance on organizational, physical and psychological implications related to work in the Home Office, just contact the Delete team professionals via emails: luciolage@msn.com (organizational) marianking@gmail.com (physical) annaluciaking@gmail.com (psychological).