

A workplace well-being game intervention for health sciences librarians to address burnout

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APPENDIX E

Post-assessment of the Spencer S. Eccles Health Sciences Library Wellness Game

Please answer the following questions by circling the choice option or supplying your own written response. This information will remain anonymous. There are no incentives to complete this survey.

1. How frequently did you record your participation in the EHSL Wellness Game?

Daily / 2-3x per week / Weekly / Monthly / Once / Never

2. Did the game encourage you to express your appreciation to a colleague?

Yes / No / Unsure

*Optional: Explain:

3. Did the game encourage you to do something for your mental and/or intellectual health?

Yes / No / Unsure

*Optional: Explain:

4. Did the game encourage you to do something for your physical health?

Yes / No / Unsure

*Optional: Explain:

5. Did the game encourage you to socialize with colleagues?

Yes / No / Unsure

*Optional: Explain:

6. What did you like most about the game?

7. What did you like least about the game?



8. Do you want to play again?

Yes / No / Not sure

9. Gender:

10. Age:
