

Appendix I - Survey questions that follow the initial page including a consent form

Questions about you and your role on the farm

On your farm, roughly what portion of the total work is done by you?

- 0-25%
- 26-50%
- 51-75%
- 76-100%

Who else (if anyone) works at your farm on a regular basis? (click all that apply)

- Spouse / common law partner
- Parent
- Child
- Other family member
- Hired employee
- Other

From the list below, please click all farm chores you are responsible for on a regular basis.
(you can click multiple options)

- Feeding cows
- Pushing up feed
- Raking and bedding stalls/pack
- Cleaning milking equipment
- Fetching cows for milking
- Finances
- Health checks and treatments
- Breeding and reproduction
- Cropping
- Machine and equipment maintenance
- Calf care
- Other

Please select your age group:

- 18-29

- 30-44
- 45-54
- 55-64
- 65 or older

What is your sex?

- Male
- Female
- Choose not to respond

Please indicate your relationship status.

- Married / common law
- Single, never married
- In a relationship but not married
- Divorced
- Separated
- Widowed

To what extent do you worry about farm finances?

- Hardly at all
- Sometimes
- Quite often
- All the time

To what extent do you worry about personal finances?

- Hardly at all
- Sometimes
- Quite often
- All the time

To what extent do you worry about the time pressure to get everything done?

- Hardly at all
- Sometimes
- Quite often

All the time

Questions to assess your level of stress.

The questions in this scale ask you about your feelings and thoughts during *the last month*. In each case, you will be asked to indicate by circling *how often* you felt or thought a certain way.

In the last month, how often have you been upset because of something that happened unexpectedly?

- Never
- Almost never
- Sometimes
- Fairly often
- Very often

In the last month, how often have you felt that you were unable to control the important things in your life?

- Never
- Almost never
- Sometimes
- Fairly often
- Very often

In the last month, how often have you felt nervous and “stressed”?

- Never
- Almost never
- Sometimes
- Fairly often
- Very often

In the last month, how often have you felt confident about your ability to handle your personal problems?

- Never
- Almost never
- Sometimes
- Fairly often
- Very often

In the last month, how often have you felt that things were going your way?

- Never
- Almost never
- Sometimes
- Fairly often
- Very often

In the last month, how often have you found that you could not cope with all the things that you had to do?

- Never
- Almost never
- Sometimes
- Fairly often
- Very often

In the last month, how often have you been able to control irritations in your life?

- Never
- Almost never
- Sometimes
- Fairly often
- Very often

In the last month, how often have you felt that you were on top of things?

- Never
- Almost never
- Sometimes
- Fairly often
- Very often

In the last month, how often have you been angered because of things that were outside of your control?

- Never
- Almost never
- Sometimes
- Fairly often

Very often

In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

Never

Almost never

Sometimes

Fairly often

Very often

Questions to assess your resilience.

Please rate how you have felt over *the past month*.

Able to adapt to change:

- Not true at all
- Rarely true
- Sometimes true
- Often true
- True nearly all of the time

Can deal with whatever comes:

- Not true at all
- Rarely true
- Sometimes true
- Often true
- True nearly all of the time

Tries to see the humorous side of problems:

- Not true at all
- Rarely true
- Sometimes true
- Often true
- True nearly all of the time

Coping with stress can strengthen me:

- Not true at all
- Rarely true
- Sometimes true
- Often true
- True nearly all of the time

Tend to bounce back after illness or hardship:

- Not true at all
- Rarely true

- Sometimes true
- Often true
- True nearly all of the time

Can achieve goals despite obstacles:

- Not true at all
- Rarely true
- Sometimes true
- Often true
- True nearly all of the time

Can stay focused under pressure:

- Not true at all
- Rarely true
- Sometimes true
- Often true
- True nearly all of the time

Not easily discouraged by failure:

- Not true at all
- Rarely true
- Sometimes true
- Often true
- True nearly all of the time

Thinks of self as strong person:

- Not true at all
- Rarely true
- Sometimes true
- Often true
- True nearly all of the time

Can handle unpleasant feelings:

- Not true at all

- Rarely true
- Sometimes true
- Often true
- True nearly all of the time

Questions to assess your mental health.

Select the reply which comes closest to how you have been feeling in *the past week*.

Don't take too long over your replies: your immediate reaction to each item will probably be more accurate than a long thought out response.

I feel tense or 'wound up':

- Most of the time
- A lot of the time
- From time to time, occasionally
- Not at all

I still enjoy the things I used to enjoy:

- Definitely as much
- Not quite so much
- Only a little
- Hardly at all

I get a sort of frightened feeling as if something awful is about to happen:

- Very definitely and quite badly
- Yes, but not too badly
- A little, but it doesn't worry me
- Not at all

I can laugh and see the funny side of things:

- As much as I always could
- Not quite so much now
- Definitely not so much now
- Not at all

Worrying thoughts go through my mind:

- A great deal of the time
- A lot of the time
- From time to time, but not too often
- Only occasionally

I feel cheerful:

- Not at all
- Not often
- Sometimes
- Most of the time

I can sit at ease and feel relaxed:

- Definitely
- Usually
- Not often
- Not at all

I feel as if I am slowed down:

- Nearly all the time
- Very often
- Sometimes
- Not at all

I get a sort of frightened feeling like 'butterflies' in the stomach:

- Not at all
- Occasionally
- Quite often
- Very often

I have lost interest in my appearance:

- Definitely
- I don't take as much care as I should
- I may not take quite as much care
- I take just as much care as ever

I feel restless as I have to be on the move:

- Very much indeed
- Quite a lot
- Not very much
- Not at all

I look forward with enjoyment to things:

- As much as I ever did
- Rather less than I used to
- Definitely less than I used to
- Hardly at all

I get sudden feelings of panic:

- Very often indeed
- Quite often
- Not very often
- Not at all

I can enjoy a good book or radio or TV program:

- Often
- Sometimes
- Not often
- Very seldom

Do you wish to receive an anonymous, aggregated feedback report via email?

- Yes, I want a report emailed to me.
- No, I do not want a report emailed to me.

Do you wish to receive a \$10 Tim Hortons gift card via email?

- Yes, I do.
- No, I do not.

Please enter your email address below:

I am finished my survey and wish to submit my responses.

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