

## Digital technologies and healthcare workers' wellbeing - Final

### Digital technology and healthcare workers' wellbeing

This questionnaire is part of a PhD research project at Kristiania University College Oslo, Norway, with the aim of investigating degree of impacts of digital technologies on employee well-being and job satisfaction.

#### Risks and Benefits:

There are no known risks associated with this study. The benefits include contributing to knowledge that may help improve employee well-being and the relevant organizational strategies.

#### Your Privacy:

All data will be automatically anonymized in Nettskjema, a secure Norwegian online survey platform, and the researchers will not have access to personally identifiable information. Kristiania University College is the responsible institution for data management, and the data will be stored on Kristiania's servers in secured and locked areas. After the research project ends in January 2027, the anonymized data will not be deleted, as it may be reused for other research purposes, such as verification or teaching. The duration and purpose of reuse will be carefully considered and controlled.

#### Regarding Statements:

There are no right or wrong answers, and you will respond on a 7-Point Likert Scale from *Strongly disagree* to *Strongly agree*. Some statements may seem similar, but they contain nuances that are important for the subsequent analysis. The survey can be completed on both PC and mobile devices. This will take about 7 minutes.

#### Voluntary Participation:

Participation in this study is voluntary, and you may withdraw at any time without any consequences. By selecting "next," you give your consent to participate in the study.

#### Contact information:

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***By selecting "next," you consent to participate in the study.***

### Please select the sector you work in from the options below:

Healthcare sector

Others

### Please specify your sector

*This element is only shown when the option 'Others' is selected in the question 'Please select the sector you work in from the options below:'*

### Experience with Digital Technologies in Daily Work

**Please indicate your level of agreement with each statement, considering the digital technologies you use most frequently in your daily work.**

Example of such digital technologies are:

Electronic Health Records (EHRs)

Telemedicine platforms

Health Information Exchanges (HIEs)

Clinical Decision Support Systems (CDSS)

Patient Portals  
Mobile Health Apps  
Wearable Health Devices

**1. I am often distracted by unnecessary features in the digital technologies I use for my job.**

Strongly Disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**2. Poor user interface design in digital tools often reduces my productivity in daily work.**

Strongly Disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**3. The software I use at work often includes unnecessary features, making it harder to use effectively for my main tasks.**

Strongly Disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**4. The software applications I use at work are often slow or prone to freezing, which disrupts my productivity.**

Strongly Disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**5. I am often distracted by the excessive information available to me through digital technologies for making decisions.**

Strongly Disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**6. I find that I am overwhelmed by the amount of information I have to process on a daily basis.**

Strongly Disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**7. Usually, there is too much information to synthesize in order to make decisions.**

Strongly Disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**8. My work demands have increased due to digital technologies.**

Strongly Disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**9. The digital technologies at my job requires a lot from me.**

Strongly Disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**10. My work tasks have increased due to digital technologies.**

Strongly Disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**Please indicate your level of agreement with each statement, considering the digital technologies you use most frequently in your daily work.**

**1. The technology support team is available at work when I need it.**

Strongly disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**2. Our information technology support team are helpful.**

Strongly disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**3. My organization's technology support team respond promptly to my technical challenges.**

Strongly disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**4. My technology department teaches me to solve problems.**

Strongly disagree  
Disagree  
Somewhat disagree  
Neutral

Somewhat agree

Agree

Strongly agree

**5. My organisation's technology support team updates me on issues and solutions.**

Strongly disagree

Disagree

Somewhat disagree

Neutral

Somewhat agree

Agree

Strongly agree

**Use and importance of Digital Technologies in fulfilling daily responsibilities at work**

**How often do you use digital tools in your daily work tasks?**

1. Never

2. Rarely

3. Occasionally

4. Frequently

5. Many times per day

**Necessity of Digital Tools**

How necessary are digital tools for performing your daily tasks?

1. Not necessary

2. Slightly necessary

3. Moderately necessary

4. Very necessary

5. Indispensable

**Please indicate to what extent do you disagree or agree with the following statements.**

**My job allows me...**

**1. To make my own decisions about how to schedule my work.**

Strongly disagree

Disagree

Somewhat disagree

Neutral

Somewhat agree

Agree

Strongly agree

**2. To plan how I do my work.**

Strongly disagree

Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**3. To use my personal initiative or judgment in carrying out the work.**

Strongly disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**4. To make a lot of decisions on my own.**

Strongly disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**5. Significant autonomy in making decisions.**

Strongly disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**The following items address your wellbeing at work.**

**Please indicate to what extent do you disagree or agree with the following statements.**

**At work,...**

**1. I find myself learning often**

Strongly disagree  
Disagree  
Somewhat disagree

Neutral  
Somewhat agree  
Agree  
Strongly agree

**2. I continue to learn more as time goes by at work.**

Strongly disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**3. I see myself continually improving at work.**

Strongly disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**4. I am not learning at work.**

Strongly disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**5. I am developing a lot as a person through my work.**

Strongly disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**6. I feel alive and vital.**

Strongly disagree  
Disagree

Somewhat disagree

Neutral

Somewhat agree

Agree

Strongly agree

**7. I have energy and spirit**

Strongly disagree

Disagree

Somewhat disagree

Neutral

Somewhat agree

Agree

Strongly agree

**8. I do not feel very energetic**

Strongly disagree

Disagree

Somewhat disagree

Neutral

Somewhat agree

Agree

Strongly agree

**9. I feel alert and awake.**

Strongly disagree

Disagree

Somewhat disagree

Neutral

Somewhat agree

Agree

Strongly agree

**Please indicate to what extent do you disagree or agree with the following statements.**

**1. I am looking forward to each new day**

Strongly disagree

Disagree

Somewhat disagree

Neutral

Somewhat agree

Agree

Strongly agree

**2. I find real enjoyment in my job.**

Strongly disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**3. I like my job better than the average person.**

Strongly disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**4. Most days I am enthusiastic about my job.**

Strongly disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**Wellbeing - The following items address your general wellbeing**

**For each statement below, please indicate which answer best describes your present disagreement or agreement with each statement.**

**1. I tend to be influenced by people with strong opinions.**

Strongly disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**2. In general, I feel I am in charge of the situation in which I live.**

Strongly disagree  
Disagree  
Somewhat disagree

Neutral  
Somewhat agree  
Agree  
Strongly agree

**3. In many ways, I feel disappointed about my achievements in life.**

Strongly disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**4. I think it is important to have new experiences that challenge how you think about yourself and the world.**

Strongly disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**5. Maintaining close relationships has been difficult and frustrating for me.**

Strongly disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**6. I live life one day at a time and don't really think about the future.**

Strongly disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**7. When I look at the story of my life, I am pleased with how things have turned out.**

Strongly disagree

Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**8. I sometimes feel as if I've done all there is to do in life.**

Strongly disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**9. I have confidence in my own opinions, even if they are contrary to the general consensus**

Strongly disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**Please indicate to what extent do you disagree or agree with the following statements.**

**1. I have not experienced many warm and trusting relationships with others.**

Strongly disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree  
Strongly agree

**2. The demands of everyday life often get me down.**

Strongly disagree  
Disagree  
Somewhat disagree  
Neutral  
Somewhat agree  
Agree

Strongly agree

**3. For me, life has been a continuous process of learning, changing, and growth.**

Strongly disagree

Disagree

Somewhat disagree

Neutral

Somewhat agree

Agree

Strongly agree

**4. People would describe me as a giving person, willing to share my time with others.**

Strongly disagree

Disagree

Somewhat disagree

Neutral

Somewhat agree

Agree

Strongly agree

**5. I gave up trying to make big improvements or changes in my life a long time ago.**

Strongly disagree

Disagree

Somewhat disagree

Neutral

Somewhat agree

Agree

Strongly agree

**6. Some people wander aimlessly through life, but I am not one of them.**

Strongly disagree

Disagree

Somewhat disagree

Neutral

Somewhat agree

Agree

Strongly agree

**7. I like most aspects of my personality.**

Strongly disagree

Disagree

Somewhat disagree

Neutral

Somewhat agree

Agree

Strongly agree

**8. I judge myself by what I think is important, not by what others think.**

Strongly disagree

Disagree

Somewhat disagree

Neutral

Somewhat agree

Agree

Strongly agree

**9. I am quite good at managing the responsibilities of my daily life.**

Strongly disagree

Disagree

Somewhat disagree

Neutral

Somewhat agree

Agree

Strongly agree

**Please indicate to what extent do you disagree or agree with the following statements?.**

**1. I tend to bounce back quickly after hard times.**

Strongly disagree

Disagree

Somewhat disagree

Neutral

Somewhat agree

Agree

Strongly agree

**2. I have it easy making it through stressful events.**

Strongly disagree

Disagree

Somewhat disagree

Neutral

Somewhat agree

Agree

Strongly agree

**3. It does not take me long to recover from a stressful event.**

Strongly disagree

Disagree

Somewhat disagree

Neutral

Somewhat agree

Agree

Strongly agree

**4. It is easy for to get back up when something bad happens.**

Strongly disagree

Disagree

Somewhat disagree

Neutral

Somewhat agree

Agree

Strongly agree

**5. I usually come through difficult times with little trouble.**

Strongly disagree

Disagree

Somewhat disagree

Neutral

Somewhat agree

Agree

Strongly agree

**6. I tend to get over setbacks quickly.**

Strongly disagree

Disagree

Somewhat disagree

Neutral

Somewhat agree

Agree

Strongly agree

Lastly, we would like to ask you a few background questions.

**Please indicate the highest educational degree you have obtained.**

High School Diploma or Equivalent

Associate Degree

Bachelor's Degree

Master's Degree

Doctoral or Professional Degree (e.g., MD, DO, DNP, PhD)

**Please indicate your occupational role within your healthcare organisation.**

Physician

Nurse  
Paramedic  
Administration  
Other

**Please indicate your leadership role or staff responsibilities.**

No Leadership Role/No Staff Responsibilities  
Entry-Level Staff  
Team Leader  
Department Manager  
Executive Leadership  
Other

**Please indicate your current employment type.**

Full-Time  
Part-Time  
Per Diem  
Temporary/Contract  
Casual/Seasonal  
Other

**Please indicate the type of organization where you currently work**

Public Organisation  
Private Organisation  
Non-Profit Organization  
Academic Medical Center  
Other

**Please indicate your work experience within healthcare sector.**

0-5 years  
6-12 years  
13-20 years  
20+ years

**Please indicate your employment tenure within your current organisation.**

0-5 years  
6-12 years  
13-20 years  
20+ years

**Gender**

Woman  
Man  
Non-binary / other

**If you have any additional comments about the questions or the topic in the questionnaire, please write them here.**

Please use the following completion code to register your completion in the Prolifics:  
**C1NIM2TV**