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The Total Workload Questionnaire

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7.41: TOTAL WORKLOAD QUESTIONNAIRE, THE.

AUTHORS: Mardberg, Lundberg, and Frankenhaeuser.

VARIABLE: The combined load of paid work and unpaid duties, mostly related to home and family.

DESCRIPTION: Self-report questionnaire covering a broad range of aspects of (perceiving) the work situation including caring for children and other persons and household tasks. Its 134 specific questions refer to the following areas: general background, job characteristics, perception of job characteristics, household, child care, other duties, the total work situation, other aspects of total workload. Respondents are asked about how they feel about certain aspects of their workload by rating their experiences at 7-point scales from, *e.g.*, *Not at all* to *Very demanding*, or *Not at all* to *Very interesting*.

SAMPLE: Mardberg, Lundberg, and Frankenhaeuser (1991) intended the scale to be used in samples of women and men with dual roles: worker and parent.

RELIABILITY: Internal consistency: The internal reliability of the various indices of work aspects, obtained after factor analysis, ranged from .70 to .92, except one (Social contacts) which had an alpha below .70 (Mardberg, Lundberg, & Frankenhaeuser, 1990) in a study among 356 female and 509 male white-collar workers. In 12 cases, the coefficient alphas were higher for men, in 6 cases higher for women, and in 2 cases similar for both sexes. However, the sex differences in alpha values were small.

VALIDITY: Convergent: A satisfactory convergent validity is demonstrated by several studies (Lundberg, 1996; Lundberg & Frankenhaeuser, 1999) showing that TWL-scores correlate positively with psychophysiological measures indicating load and stress.

LOCATION: Mardberg, B., Lundberg, U., & Frankenhaeuser, M. (1991). The total workload of parents employed in white-collar jobs: Construction of a questionnaire and a scoring system. *Scandinavian Journal of Psychology*, 32, 233-239. **For more details:** Mardberg, B., Lundberg, U., & Frankenhaeuser, M. (1990). The total workload of male and female white-collar workers: Construction of a questionnaire and a scoring system. *Reports from the Department of Psychology, Stockholm University, Sweden*, No.714.

COMMENT: The TWL is a valuable tool for measuring relevant aspects of total work load and perceived total work load (including care and household) of men and women with multiple roles. Results showing correlations between total work load as measured by the TWL and elevated psychophysiological levels indicate

the meaningfulness of the scale. Regarding the various subscales, it seems worthwhile to do some further validation studies.

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