APPENDIX A: SEMI-STRUCTURED INTERVIEW GUIDE

QUESTION 1:
Describe in as much detail possible how you experience your working environment.

QUESTION 2:
Are there anything about your work that you find hard to cope with, that you find stressful?
Tell me about it.

QUESTION 3:
How do you get along with your colleagues at work?

QUESTION 4:
How do you spend your time when you're away from home?

QUESTION 5:
Tell me about an incident at work when you experienced stress.

QUESTION 6:
How has your work schedule affected your social life?

QUESTION 7:
How has your work schedule affected your physical health?

QUESTION 8:
How do you experience your work schedule?

QUESTION 9:
Describe a typical day/night at work?
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<th>GENDER</th>
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REFERENCES:


