

## Demographic Survey

**What is your age?**

**What is your gender?**

- ☐ Male
- ☐ Female
- ☐ Prefer not to say

**How many years have you been employed in Qatar?**

- ☐ 1 year
- ☐ 2 years
- ☐ More than 2 years

Please specify:

**Do you work full time?**

- ☐ Yes
- ☐ No

**What sector do you work in?**

- ☐ Education
- ☐ Oil and Gas
- ☐ Tourism
- ☐ Hospitality
- ☐ Food & Beverage
- ☐ Marketing
- ☐ Medical
- ☐ Construction
- ☐ Engineering
- ☐ Domestic Worker
- ☐ Information Technology
- ☐ Cosmetology (Beauty Salon, Spa)
- ☐ Finance
- ☐ Transportation
- ☐ Government
- ☐ Other

Please specify:

**What is your occupation?**

**How much time do you spend listening to music in a single day on average?**

- ☐ 10 minutes or less

- 30 minutes
- 1 hour
- Over 1 hour

### State Anxiety Scale

For each statement, select the answer which seems to describe how you are feeling right now.

		<b>Not at all</b>	<b>Somewhat</b>	<b>Moderately</b>	<b>Very much</b>
1	I feel calm	1	2	3	4
2	I feel tense	1	2	3	4
3	I am upset	1	2	3	4
4	I feel relaxed	1	2	3	4
5	I feel content	1	2	3	4
6	I am worried	1	2	3	4
7	I feel happy	1	2	3	4
8	I feel sad	1	2	3	4
9	I feel stressed	1	2	3	4
10	I feel tired	1	2	3	4
11	I feel weak	1	2	3	4
12	I feel strong	1	2	3	4
13	I feel motivated	1	2	3	4
14	I feel discouraged	1	2	3	4
15	I feel hopeful	1	2	3	4

Now that you have listened to the music track, read each statement and choose the answer which best describes how you are feeling at this moment.

		<b>Not at all</b>	<b>Somewhat</b>	<b>Moderately</b>	<b>Very much</b>
1	I feel calm	1	2	3	4
2	I feel tense	1	2	3	4
3	I am upset	1	2	3	4
4	I feel relaxed	1	2	3	4
5	I feel content	1	2	3	4
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