

Consent

Due to the format of some test questions, it is preferable to take this survey on a computer.

Trigger Warning: This survey involves questions about misophonic triggers.

Thank you for your interest in this survey on Misophonia in the Workplace. Before beginning, you will need to read the consent form below.

I am a graduate student under the direction of Professor Cloutier in the School of Sustainability at Arizona State University and under the direction of Professor Henrik von Wehrden at Leuphana University. I am conducting a research study to find out how people with misophonia navigate whitecollar workspaces and what futures and solutions they envision.

I am inviting your participation, which will involve taking a 30–45-minute survey via Qualtrics. You have the right not to answer any question, and to stop participation at any time.

Your participation in this study is voluntary. If you choose not to participate or to withdraw from the study at any time, there will be no penalty. To participate, you must be at least 18 years old. By taking part in this study, you will help the researcher get more in-depth answers of what it is like to live with misophonia as a working adult and what changes you would like to see in the workplace. Your participation will help broaden the available knowledge about the misophonic experience and perspectives. There are no foreseeable risks or discomforts to your participation. However, this survey is not a substitute for medical advice. Please consult a medical professional with any questions you have regarding misophonia.

You will not be required to give any identifying information and your personal information will be automatically scrubbed from the results (please see this Qualtrics page on “Anonymizing Responses” for further information). This study may be used in reports, presentations, or publications. If you withdraw from this study, Qualtrics still records your survey results, but these will not be included in the analysis of the results.

At the end of the survey, you will be asked if you would like to be interviewed about misophonia in the workplace and have the option of creating a unique identifying code. Neither of these steps are required for survey completion.

If you have any questions concerning the research study, please contact me, Olivia Nienaber, at oliviamisophonia@gmail.com. My ASU supervisor Scott Cloutier can also be contacted at scott.cloutier@asu.edu. If you have any questions about your rights as a subject/participant in this research, or if you feel you have been placed at risk, you can contact the Chair of the Human Subjects Institutional Review Board, through the ASU Office of Research Integrity and Assurance, at (480) 965-6788. Please let me know if you wish to be part of the study.

By selecting “Yes” below you are agreeing to be part of the study.

Yes

No

End of Survey not Qualified

Thank you very much for your interest in this survey. It appears that due to a requirement (consent agreement, age, misophonia identity, office location, and/or work experience), you are ineligible to participate. If you have any questions about this survey or the research it is a part of, please contact the researcher oliviamisophonia@gmail.com

Intro & Screening

Anyone who meets the following conditions is welcome to take the test:

I am at least 18 years old and identify as having misophonia (professionally or self-diagnosed). I work or have worked in a white-collar job(s) in an office. The office I work or worked in is located in the United States, the United Kingdom, Canada, Australia, New Zealand, or a country in the European Union or Schengen area.

"Work(ed)" and "intern(ed)" are synonymous here.

If you have worked in offices outside of these areas or never worked in an office, but are interested in this research, please contact the researcher at oliviamisophonia@gmail.com

There are many definitions of what a **white-collar job** is. In this survey, white-collar jobs include jobs where a person usually works in an office and does not do physical labor and is not part of the service-industry. Some examples of white-collar jobs are tele-marketer, phone or computer based customer service representative, administrative assistance, accountant, consultant, engineer, researcher, and office manager or administrator, as well as people working in IT, finance, government, insurance, law, etc.

All responses will remain anonymous.

Thank you! If you have any questions, please email oliviamisophonia@gmail.com

The following 4 questions are mandatory and will be used to establish if you are eligible to take this survey.

I am 18 years old or older.*

Yes

No

I work or have worked in a white-collar job in an office setting (not exclusively work from home).*

Yes

No

I have worked in a white-collar office in one of the following areas: the United States, the United Kingdom, Canada, Australia, New Zealand, or a country in the European Union or Schengen area.*

Yes

No

I know or believe I have misophonia.*

Yes

No

Qualify

You are qualified to take this survey. Please note that some questions will specifically ask about your **current** or **most recent** white-collar job in an office while other questions will ask about your **cumulative** white-collar job experience. They are marked as such.

When thinking about your white-collar job(s), please **only** consider those where you worked in the United States, the United Kingdom, Canada, Australia, New Zealand, or a country in the European Union or Schengen area. For example, if your current white-collar office job is located in Japan, please answer the questions with your most recent white-collar office that was located in one of the areas mentioned above in mind.

Thank you.

Work Type

This section focuses on your white-collar job situation.
All questions are mandatory.

I am currently employed in a job that qualifies as white-collar.*

Yes

No

I am currently employed in a job that qualifies as a white-collar and work in the United States, the United Kingdom, Canada, Australia, New Zealand, or a country in the European Union or Schengen area.*

Yes

No

I currently work in an office-setting.*

If you currently work from home because of the pandemic, but otherwise would be working in an office, please select **yes**.

Yes

No

Please select the white-collar job title you **currently** have or have **most recently** had. If a job(s) is not present, please select "Other" and write in your job title or field.*

Telemarketer

Computer/Phone-based Customer Service Agent

Administrative Assistant

Accountant

Consultant

Human Resources

Office Manager

IT

Software Engineer

Website Developer

Legal Professional

Other (specify)

Working Countries Current

In what country is the workplace of your **current** white collar job located? Or in what country is the workplace of your **most recent** white-collar job located?*

Working Countries Cumulative

In which countries have you worked in a white-collar office?*

Multiple options are possible.

Australia

Austria

Belgium

Bulgaria

Canada

Cyprus

Czech Republic

Denmark

Estonia

Finland

France

Germany

Greece

Hungary

Iceland

Ireland

Italy

Latvia

Liechtenstein
Lithuania
Luxembourg
Malta
Netherlands
New Zealand
Norway
Poland
Portugal
Romania
Slovakia
Slovenia
Spain
Sweden
Switzerland
United Kingdom of Great Britain and Northern Ireland
United States of America

Stimuli

This section focuses on possible auditory stimuli or triggers in white-collar offices, your reactions to them, and their frequency. Most questions are mandatory.

When answering, please consider your **cumulative** white-collar office experience. Also, please think about your reactions to these stimuli when you were **not** using a piece of technical assistance equipment such as earplugs, headphones, etc. **and** when you were working around another person or other people.

The following four questions use a reaction categorization system developed by Vitoratou, Hayes, & Uglik-Marucha (2018). The categories "*does not bother me*", "*annoying but I can easily distract myself*", "*very annoying but tolerable (no action taken)*", "*can tolerate for a short period only (I need to leave the room soon)*", and "*cannot tolerate at all (quick reaction)*" are from the [2018 version of the tool](#).

If you are interested in this tool, please also see their [2020 paper](#).

Vitoratou, S., Hayes, C., & Uglik-Marucha, N. (2018). *S-Five: a psychometric tool for assessing misophonia*. <https://doi.org/10.31234/osf.io/fqbm3>

In an office setting, what effects do the following human produced sounds usually have on you? Please select your typical reaction to the sound if it is produced by 1 or more persons.*

	Unsure (e.g., have not experienced)	Does not bother me	Annoying but I can easily distract myself	Very annoying but tolerable (no action taken)	Can tolerate for a short period only (I need to leave the room soon)	Cannot tolerate at all (quick reaction)
Person eating with closed mouth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Person eating with open mouth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Person slurping food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Person sipping a drink	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Person chewing gum with closed mouth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Person chewing gum with open mouth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Person popping gum	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Person sucking on candy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Person clearing their throat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Person coughing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Person breathing loudly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Person sniffing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Person tapping their foot/feet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Unsure (e.g., have not experienced)	Does not bother me	Annoying but I can easily distract myself	Very annoying but tolerable (no action taken)	Can tolerate for a short period only (I need to leave the room soon)	Cannot tolerate at all (quick reaction)
Person tapping their fingers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Person drumming their nails	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In an office setting, what effects do the following human produced object sounds usually have on you? Please select your typical reaction to the sound if it is produced by 1 or more persons.*

	I don't know (e.g., have not encountered)	Does not bother me	Annoying but I can easily distract myself	Very annoying but tolerable (no action taken)	Can tolerate for a short period only (I need to leave the room soon)	Cannot tolerate at all (quick reaction)
Person tapping a pen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Person clicking a pen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Person typing on the keyboard	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Person typing on the keyboard with long fingernails	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Person using a type writer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Person clicking their computer mouse	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Person texting/typing on their phone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Person rustling newspaper	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In an office setting, what effects do the following machine or technology produced sounds usually have on you? Please select your typical reaction to the sound if it is produced by 1 or more persons.*

	I don't know (e.g., have not encountered)	Does not bother me	Annoying but I can distract myself	Very annoying but tolerable (no action taken)	Can tolerate for a short period only (e.g., I need to leave the room soon)	Cannot tolerate at all (e.g., leave the room immediately, quick reaction that can include verbal aggression)
Analogue ticking clock/watch with only minute and hour hands	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Analogue ticking clock/watch with second, minute, and hour hands	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fax machine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Printer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Air conditioner ticking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ceiling fan ticking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If there are any sound triggers not mentioned, please list them here and indicate your typical reaction(s).

	Annoying but I can distract myself	Very annoying but tolerable (no action taken)	Can tolerate for a short period only (e.g., I need to leave the room soon)	Cannot tolerate at all (e.g., leave the room immediately, quick reaction that can include verbal aggression)
Other (specify) <input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Annoying but I can distract myself	Very annoying but tolerable (no action taken)	Can tolerate for a short period only (e.g., I need to leave the room soon)	Cannot tolerate at all (e.g., leave the room immediately, quick reaction that can include verbal aggression)
Other (specify) <input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other (specify) <input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Cumulatively, how do any of these triggering sounds or auditory stimuli make you feel when you are in the workplace? If a feeling is missing, please select other and specify. Multiple options are possible and click all that apply.*

Angry

Anxious

Sad

Scared

Distracted

Stressed

Aroused

Other (specify)

How often do you or did you encounter the triggers that are only tolerable for short time in your **current** or **most recent** white-collar office?*

4-7 times a week

2-3 times a week

Once a week

Rarely or Never

Coping Mechanisms

The following question asks about how you manage or cope with your misophonia in white-collar offices. Please consider your **cumulative** white-collar office experience.

When a stimuli I find particularly distressing is present at work, I have...*

Multiple answers are possible

Worn headphones/earpods

Worn earplugs

Plugged my ears with my fingers

Left my desk for a break

Left the office for the rest of the day

Moved workspaces for the rest of the day

Moved workspaces permanently

Meditated at my desk

Other (specify)

Other (specify)

Optional: During a break away from my desk, I have...

Multiple answers are possible.

Meditated

Taken a walk

Practiced yoga

Gone to the bathroom

Called a friend or family member

Called a mental health professional

Other (specify)

Other (specify)

Misophonia in the Workplace

The following questions are about misophonia awareness in the workplace. Please consider your **cumulative** white-collar office experience.

Colleague here means someone in the office who has similar or less status than you in the office.

If you have never worked in an office with someone who has a position above yours (upper management) or that has a human resources department/manager (HR), please select "Not Applicable."

I have informed a colleague of my misophonia.*

Yes

No

I have informed human resources of my misophonia.*

Yes

No

Not applicable

I have informed upper management of my misophonia.*

Yes

No

Not applicable

I have asked a colleague(s) or someone in upper management to stop or lessen a sound-producing behavior I find triggering.*

Yes

No

Optional: When I asked a colleague or someone in upper management to stop or lessen a sound-producing behavior I find triggering, I informed them of my misophonia or told them I had a condition.

Yes

No

Optional: The person(s) adjusted their behavior (lessened or stopped producing the noise)...

Always

Most of the time

About half the time

Sometimes

Never

Optional: If you would like, you can use this space to reflect on your experience of telling someone in your office about your misophonia.

Misophonia and Workplace Behavior

How true are these statements in regard to your **cumulative** white-collar office experience and your misophonia?* All questions are mandatory.

Because of my misophonia,...

	Definitely true	Probably true	Probably false	Definitely false
I have left a job	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have left a career	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Definitely true	Probably true	Probably false	Definitely false
I have missed days of work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have not applied for certain jobs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have not considered certain occupations possible	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have turned down job offers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have refused promotion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have sought promotion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have refused job relocation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have sought job relocation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have changed my shift/work time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have moved to another workspace	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have not interacted with my colleagues as much as I would like	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have not participated in group building activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have actively avoided a certain colleague(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate to what degree you agree or disagree with the following statements.

I worry or have worried that misophonia limits my white-collar job/career prospects.*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

When thinking about **any kind of work** (white collar, blue collar, etc.), I worry or have worried that misophonia limits my job/career prospects.*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

Office Design

This next set of questions will focus on the layout of offices you have worked in and your experience and opinions of them. Some questions will ask about your **cumulative white-collar work experience**, while others will ask about your **current or most recent white-collar job**.

Please consider your **cumulative** white-collar office experience and select the office layout(s) that most resembles those of workspaces you personally work or have worked in. For example, if you work in a shared office, but your boss works in a private office, only select "shared office".*

Multiple answers are possible.

Pictures sourced from Pexels.

Open office with low or high partitions (e.g. cubicles)



Open office (without different room types)



Open office with different room types (e.g., Activity-based-working, breakout rooms , meditation or quiet areas, workpods, etc.)



Private Office



Shared office with 2-4 people



Other (please specify)

What office layout type does your **current** or **most recent** white-collar job have?*

If your office has multiple layout types but could not be categorized as an "open office with different rooms" (for example private offices for upper management, but open office for employees with lower status), please select the office layout type that most closely reflects the space you usually work in.

Open office with low or high partitions

Open office without different rooms

Open office with different rooms

Private office

Shared office (with 2-4 others)

Other (please describe)

Based on my **cumulative** white-collar office experience, I have found that certain kind of office layouts are more difficult to work in due to my misophonia (with regards to

auditory stimuli).*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

Optional: Which office layout have you found most difficult to work in?

Open office with low or high partitions

Open office without different rooms

Open office with different rooms

Private office

Shared office (with 2-4 others)

Other (specify)

The office layout type I most enjoy or think I would most **enjoy** working, especially in regards to my misophonia, in is...*

Open office with low or high partitions

Open office without different rooms

Open office with different rooms

Private office

Shared office (with 2-4 others)

The office layout type I find or think I would find **most distressing** to work in with regards to my misophonia is...*

Open office with low or high partitions

Open office without different rooms

Open office with different rooms

Private office

Shared office (with 2-4 others)

Optional: Please briefly describe the reasons for your last two selections (most enjoyable and most distressing office layout type).

Work from Home

The following questions ask about your work from home experience.

If you have never worked from home in your **current** or **most recent** white-collar job, please select **Not applicable**

Before Covid-19, I was allowed to work from home by my **current** or **most recent** employer,...*

Whenever I wanted

Most of the time

About half the time

Sometimes

Only for special reasons

Never

In terms of my misophonia, I find working from home **more enjoyable and productive** than working in the office*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

Not applicable

If possible, I would like to work from home almost exclusively because of my misophonia*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

Not applicable

Equipment

The following questions center around equipment often suggested for misophonia management and coping by misophonia websites and materials.

Some sections deal with your **current** or **most recent** white-collar job, while others ask about your **cumulative** white-collar office experience.

In the workplace, a business' **official** policy sometimes does not align with its **unofficial** policy or how rules are enforced, the attitudes and practices of management and fellow coworkers, etc. For example, official policy may state that wearing jeans at the office is not allowed, but for a variety of reasons, the rule is not enforced and jeans are socially acceptable and "allowed" at work. Alternatively, an employee may be allowed to come in anytime before 9:00am officially, but may be compelled to come in before 8:00am due to the unofficial policy.

The following questions ask you about the official and unofficial policies of your **current** or **most recent white-collar job**.

If you **don't know** your office's or upper management's official policy, then select "unsure if I'm" in the "official policy" row. If you **don't know** if your office's unofficial policy, then select "unsure if I'm" in the "unofficial policy" row.

Please complete the sentence below by filling in the " _____ " space with one of the four options:

At the office, while working...

I am ____ allowed to use headphones/earpods not associated with work tasks, such as telemarketing*

	unsure if I'm	Never	Sometimes	Always
Official Policy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unofficial Policy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I am ____ allowed to wear earplugs*

	unsure if I'm	Never	Sometimes	Always
Official Policy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unofficial Policy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I am ____ allowed to use a white noise machine*

	unsure if I'm	Never	Sometimes	Always
Official Policy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unofficial Policy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I am ____ allowed to wear ear defenders or ear muffs*

	unsure if I'm	Never	Sometimes	Always
Official Policy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unofficial Policy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I am ____ allowed to put up my own desk partition*

	unsure if I'm	Never	Sometimes	Always
Official Policy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unofficial Policy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Optional: I have been allowed officially or unofficially to use other pieces of equipment.
Please specify below

Optional: I have *not* been allowed officially or unofficially to use other pieces of equipment. Please specify below

Please consider your **cumulative** white-collar office experience when responding to these next statements.

I have or had a job where one of or some of these pieces of equipment were given to at least most/all workers in similar positions.*

Yes

No

I have or had a a job where one of or some of these pieces of equipment were given to me because I specifically requested it/them.*

Yes

No, because I have never requested any equipment associated with misophonia

No, because my request was not fulfilled

When I requested it/them, I said I had misophonia or a sound-sensitivity condition.

Yes

No

When I requested it/them, I said I had misophonia or a sound-sensitivity condition.

Yes

No

The reason given for why my request was not fulfilled was:

I have bought one of or some of these pieces of equipment to use almost exclusively during working hours.*

Yes

No

Optional: I received some financial compensation by my workplace later.

Yes

No, because I never requested financial compensation

No, because my request was not fulfilled

Has a job you have or had ever changed workplace equipment because of or partially because of your or other people's misophonia?*

For example, switched to different kinds of keyboards, gotten rid of clocks, installed workpods, etc.

Yes

No

I don't know

Optional: Please specify what changes were made

Policy

The next questions ask you to think about your **feelings** about and/or **wishes** for your **current** or **most recent** white-collar job's official policies.

If you do not know the official policies, please select "I don't know".

I feel my workplace has **easily understandable policies** regarding mental health.*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly Disagree

I don't know

I wish my workplace had **policies** regarding mental health that were **easier to understand**.*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

I feel my workplace has **easily understandable policies** regarding disabilities or impairments.*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

I don't know

I wish my workplace had **policies** regarding disabilities or impairments that were **easier to understand**.*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

I feel my workplace's policies protect employee mental health.*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

I don't know

I wish my workplace's policies protected employee mental health more.*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

I feel my workplace has **flexible policies** in regards to **which hours** I work and/or how many breaks I take.*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

I don't know

I wish my workplace had **policies that were more flexible** in regards to **which hours** I work and/or how many breaks I take.*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

I feel my workplace has **flexible policies** in regards to **where** I work (e.g., can work in different places in the office, work from home [not Covid related]).*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

I don't know

I wish my workplace had **policies that were more flexible** in regards to **where** I work (e.g., can work in different places in the office, work from home [not Covid related]).*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

I feel my workplace has **an open atmosphere** in regards to talking about mental health conditions.*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

I wish my workplace had **a more open atmosphere** in regards to talking about mental health conditions.*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

I feel my workplace has **an open atmosphere** in regards to talking about disabilities or impairments.*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

I wish my workplace had **a more open atmosphere** in regards to talking about disabilities or impairments.*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

I feel comfortable going to HR to talk about my misophonia.*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

I would want to go to HR to talk about my misophonia.*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

I would want people in my office to be understanding if I told them about my misophonia.*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

Opinions

This last set of mandatory questions are about your opinions on what white-collar offices should do in general.

I think when it does not interfere with completing the basic tasks of the job or following security protocols, white-collar offices should...

have flexible policies in terms of what personal sound lessening equipment people can use at work (earplugs, headphones, etc.).*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

have flexible policies in terms of where people can work in the office (e.g., moving desks, finding different work rooms).*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

have flexible policies in terms of where people can work from (e.g., home, cafes, etc).*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

have flexible policies in terms of when people can take short breaks.*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

ban certain behaviors in work areas during work hours (e.g., gum chewing, eating).*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

have flexible policies in terms of when people work in office or at home.*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

have designated quiet places for employees to use.*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

have sound sensitivity questions and considerations during ergonomic assessments.*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

ban certain personal items from the workplace (e.g., long fake nails, dangling jewelry, analogue clocks).*

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

Feelings about misophonia

This and the next set of questions are **optional**. If you do not wish to answer them, you may skip to the last section (Demographics).

If someone at work asked me about misophonia,...

I would feel comfortable saying misophonia is a neurological condition.

Extremely comfortable

Somewhat comfortable

Neither comfortable nor uncomfortable

Somewhat uncomfortable

Extremely uncomfortable

I would feel comfortable saying misophonia is a disability.

Extremely comfortable

Somewhat comfortable

Neither comfortable nor uncomfortable

Somewhat uncomfortable

Extremely uncomfortable

I would feel comfortable saying misophonia is an impairment.

Extremely comfortable

Somewhat comfortable

Neither comfortable nor uncomfortable

Somewhat uncomfortable

Extremely uncomfortable

I would feel comfortable saying misophonia is a mental health condition.

Extremely comfortable

Somewhat comfortable

Neither comfortable nor uncomfortable

Somewhat uncomfortable

Extremely uncomfortable

If you would like, you can explain any or all of your choices from this set of questions.

Demographics

Thank you for your patience and participation. We have come to the last mandatory section, Demographics.

How old are you? (Years)*

18-29

30-39

40-49

50-59

60-69

70 or older

Prefer not to answer

What gender do you identify as?*

Male

Female

Non-binary

Other (specify)

Prefer not to answer

Which one of the following best describes your current employment status?*

Employed full time

Employed part time

Self-employed/Freelancer

Unemployed looking for work

Unemployed not looking for work

Retired

Student

Disabled

Prefer not to answer

Comments

Optional: If there is anything you feel was not mentioned or that you would like to elaborate on, please use this space to do so.

Interested

Optional: Would you be interested in taking part in a brief interview about misophonia in the workplace?

If so, please select "Yes" below and you will be redirected to a short survey at the end of this one.

Yes

No

Thank you for your interest. If you would like, you can create a unique identifier for your results that the researcher can use to better inform her interview questions before the scheduled interview. If an interview is not scheduled, the researcher will not know your identifier. You can also chose to not give the interviewer your identifier before the interview.

The code should follow this format and all letters should be capitalized:

1. First two letters of birth month
2. First two letters of middle name (if none, use XX)
3. Number of siblings (represented by a number)

Example:

1. January ---- JA
2. Elizabeth Rachel Smith ---- RA
3. No siblings ----- 0

Code: JARA0

Powered by Qualtrics