

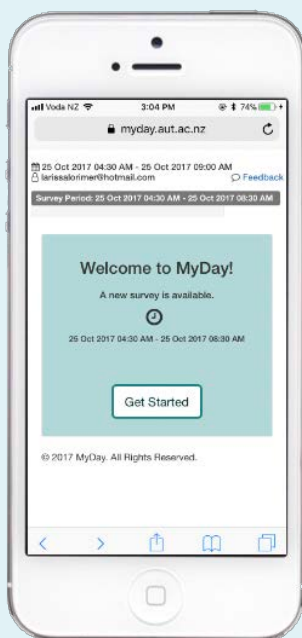
The MyDay survey

An **online survey** is administered three times over a week. Each survey takes 7-10 minutes to complete.

MyDay asks the following questions...

- ✓ **What did you do today?**
- ✓ **How long did you spend on it?**
- ✓ **How did you feel doing it?**

...and uses these questions to measure the quality of the day.



How does it work?

1. The client uploads a list of email addresses to a secure portal. *These are immediately encrypted.*
2. The MyDay team sends invitation to participate, and an incentive.
3. Employees volunteer to participate, sign informed consent and complete a baseline survey.
4. Over the next week, they are surveyed about their workdays.
5. The MyDay team analyse data and generate insights. *Personal data is destroyed.*
6. The client receives a report on findings.

Make It Yours

The MyDay team are interested in collaborating with agencies and educators to measure experienced wellbeing at work.

For more information about the MyDay survey, contact myday@aut.ac.nz



MyDay

Measuring wellbeing is the first step toward improving it



ANONYMOUS



QUICK



RESEARCH-LED

What questions can MyDay help to answer?

- Are some tasks **universally liked or disliked** by your employees?
- How do an individual's feelings about tasks **vary across time**?
- How do feelings about tasks **vary between employees**?
- What characteristics of individuals and work-places **best predict how people feel** about their tasks?
- What impact does the daily experience have on overall job **satisfaction, productivity and intention** to quit?

A pilot study

550 Junior Doctors from Wessex

35% Response Rate

251 MyDay surveys from 117 respondents

19% have childcare duties

Average age

29

57% Female



49% Foundation Year 1 or 2



52% Single

Preliminary findings

Tasks where respondents felt most **enjoyment**

1. Taking a break
2. Learning activities
3. Theater
4. Non-clinical admin
5. Ward round

Tasks where respondents felt most **frustrated**

1. Paperwork
2. Clinical activities
3. Work related travel
4. Ward round
5. Patient related activities

Tasks where respondents felt most **capable**

1. Ward round
2. Taking a break
3. Paperwork
4. Patient related activities
5. Non-clinical admin

Tasks where respondents felt most **impatient**

1. Work related travel
2. Paperwork
3. Ward round
4. Clinical activities
5. Patient related activities

*Clinical activities include tasks such as taking bloods, responding to bleeps

*Patient related activities include tasks such as taking patient history, talking to patient's family

^Non-clinical admin includes tasks such as updating rota, audits

The study also finds that time of day really matters.

These show the intensity of tiredness, happiness and feeling worried over 24 hours.

