

Anexo 1. Instrumento original

APPENDIX A Initial 31 Items from Existing Scales

Item	Source
1. After work, I come home too tired to do some of the things I'd like to do.	Gutek et al. (1991); Stephens and Sommer (1993)
2. I feel I have more to do than I can comfortably handle.	Duxbury et al. (1992)
3. My work keeps me from my family activities more than I would like. ^a	Duxbury et al. (1992); Stephens and Sommer (1993, 1996)
4. On the job I have so much work to do that it takes away from my personal interests. ^a	Gutek et al. (1991)
5. I feel physically drained when I get home from work.	Duxbury et al. (1992); Stephens and Sommer (1993)
6. The tensions and anxieties I feel from my family and work responsibilities often become so great that my efforts to cope suffer.	Stephens and Sommer (1993)
7. My family/friends dislike how often I am preoccupied with my work while I am at home.	Gutek et al. (1991); Duxbury et al. (1992); Stephens and Sommer (1993)
8. I feel emotionally drained when I get home from work.	Duxbury et al. (1992)
9. The demands of my job make it difficult for me to maintain the kind of relationship with my spouse and children that I would like. ^a	Duxbury et al. (1992); Stephens and Sommer (1993, 1996)
10. My work takes up time that I'd like to spend with family/friends. ^a	Frone et al. (1992a); Gutek et al. (1991); Stephens and Sommer (1993, 1996)
11. I feel I have to rush to get everything done each day.	Duxbury et al. (1992)
12. My work often interferes with my family responsibilities. ^a	Frone et al. (1992a)
13. Because my work is so demanding, at times I am irritable at home.	Duxbury et al. (1992); Stephens and Sommer (1996)

14. I'm often too tired at work because of the things I have to do at home. ^a	Gutek et al. (1991)
15. I feel I don't have enough time for myself.	Duxbury et al. (1992)
16. It is difficult for me to relax when I am away from my work. ^a	Stephens and Sommer (1993)
17. My personal demands are so great that it takes away from my work. ^a	Gutek et al. (1991); Duxbury et al. (1992); Stephens and Sommer (1993)
18. I often bring work home to do on the evenings and weekends. ^a	Stephens and Sommer (1993)
19. I generally do not seem to have enough time to fulfill my potential both in my career and as a spouse or parent.	Stephens and Sommer (1993, 1996)
20. My superiors and peers dislike how often I am preoccupied with my personal life while at work. ^a	Gutek et al. (1991); Duxbury et al. (1992)
21. My personal life takes up time that I'd like to spend at work. ^a	Frone et al. (1992a); Gutek et al. (1991); Stephens and Sommer (1993)
22. The time I must devote to my job keeps me from participating equally in household responsibilities and activities. ^a	Stephens and Sommer (1993, 1996)
23. My family life often interferes with my responsibilities at work. ^a	Frone et al. (1992a)
24. I am <i>not</i> able to act the same way at home as I do at work. ^a	Stephens and Sommer (1993, 1996)
25. The problem-solving approaches I use in my job are not effective in resolving problems at home. ^a	Stephens and Sommer (1993, 1996)
26. I act differently in responding to interpersonal problems at work than I do at home. ^a	Stephens and Sommer (1993, 1996)
27. Behavior that is effective and necessary for me at work would be counterproductive at home. ^a	Stephens and Sommer (1993, 1996)
28. The things I do that make me effective at work do not help me to be a better parent and spouse. ^a	Stephens and Sommer (1993, 1996)
29. What works for me at home does not seem to be effective at work as well, and vice versa. ^a	Stephens and Sommer (1993, 1996)
30. In order for me to succeed at work, I must be a different person than I can be at home. ^a	Stephens and Sommer (1993)
31. I often feel the strain of attempting to balance my responsibilities at work and home.	Stephens and Sommer (1993, 1996)

Fuente: Extraído de (Carlson, Kacmar y Williams, 2000)