MatGuilt project QUESTIONNAIRE

V5 - 29/01/2025

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Dear Sir/Madam,

We would like to invite you to take part in a research project at the University of Milan on work-family balance. Your involvement is important to us, and your insights are invaluable in helping us gain a better understanding of this issue. Your participation in the research project will take approximately 20 minutes.

As it is your right to be informed about the purpose and details of the research project, and to help you make a conscious and free decision about whether to participate, we invite you to carefully read the information sheet and the privacy notice available for download here:

DOWNLOAD INFORMATION SHEET	□
DOWNLOAD PRIVACY NOTICE	□

We would like to inform you that this research project has been approved by the Ethics Committee of the University of Milan.

Thank you for your time and consideration.

Sincerely,

PI Signature

I, the undersigned _____

- Declare that I have received comprehensive explanations regarding the request to participate in the research project as outlined in the attached information sheet.
- I have also been informed of my right to withdraw from the research project at any time.
- I declare that I have read the information regarding the processing of personal data mentioned above and fully understand it. I give my consent freely and with full awareness.

Therefore, in light of the information provided to me

☐	I CONSENT	☐	I DO NOT CONSENT	To participate in the research project
☐	I CONSENT	☐	I DO NOT CONSENT	To the processing of my personal data necessary for participation in the research project.

PLACE DATE PARTICIPANT'S SIGNATURE

SECTION S - SCREENING

s1 What is your gender?

1. Man
2. Woman
3. Other (please specify): _____
4. Prefer not to say

s2 What is your date of birth? _____

s3 In which region do you live? _____

s4 What is the highest level of education you have achieved?

1. No formal education
2. Primary school
3. Lower secondary school
4. Completed secondary school
5. University degree (BA)
6. University degree (MA)
7. Post graduate degree
8. Other

s5 Which of the following describes your current employment status? Please select all that apply

1. In full time employment (or away temporarily) (employee, self-employed, working for your family business)
2. In part time employment (or away temporarily) (employee, self-employed, working for your family business)
3. In education, (not paid for by employer) even if on vacation
4. Unemployed and actively looking for a job
5. Unemployed, wanting a job but not actively looking for a job
6. Permanently sick or disabled
7. Doing housework, looking after children or other persons
8. Retired
9. Other (please specify) _____

s6 Are you a parent to at least one child aged 17 or below?

1. Yes
2. No, I'm a parent to at least one child aged 18 or above
3. No, I'm not a parent.

SECTION A – FAMILY COMPOSITION

a1 **Who do you currently live with? <u>Select all that apply</u>**

1. I live alone
2. Partner
3. Child / children (biological, adopted, stepchildren)
4. Mother and /or father
5. Partner's parents
6. Other relatives
7. Other (please specify) _____

IF a1 = 2 (LIVES WITH A PARTNER) → GO TO a3
IF a1 ≠ 2 (DOES NOT LIVE WITH A PARTNER) → GO TO a2

a2 **Are you currently in a committed relationship?**

1. Yes **→ GO TO a3**
2. No **→ GO TO a5**

a3 **What is your partner's gender?**

1. Man
2. Woman
3. Other (please specify) _____
4. Prefer not to say

a4 **Which of the following best describes the relationship status with the partner?**

1. Legally married and living together
2. In a legally registered civil union and living together
3. Living with my partner (cohabiting) - legally recognized
4. Living with my partner (cohabiting) – not legally recognized
5. Not living together
6. Other (please, specify) _____
7. Prefer not to say

a5 **Do you have children? Please include children of your own, stepchildren, adopted children, foster children.**

1. Yes **→ GO TO a6**
2. No **→ GO TO a7**

a6 **For each child, please indicate their gender, month and year of birth, whether they currently live with you (most of the time) and whether the child's father also lives in the same household.**

	Gender	Month of birth	Year of birth	Lives in the household with you (yes/ no)	Relationship to the respondent (biological, adopted, foster…)	Co-parent lives in the household with you (yes/ no)
Child 1						
Child 2						
Child 3						
Child 4						
Child 5						
Child 6						
Child 7						
Child 8						
Child 9						

ASK ALL

a7 **Do you plan to have (additional) children…?**

	In general	In the next three years
1. Yes		
2. No		
99. Don't know		

a8 **What is your ideal number of children? _____**

a9 **How close do the following people live?**

	In the same house/building				Very far away	N/A (parents not alive or not in contact)
Mother	1	2	3	4	5	6
Father	1	2	3	4	5	6
IF a1 = 2 OR a2 =1 (HAS PARTNER)						
Mother of the partner	1	2	3	4	5	6
Father of the partner	1	2	3	4	5	6

SECTION B – CHILDREARING

INSTRUCTIONS:

- Randomize the characteristics

- Randomize the order of dimensions for each respondent.

- Randomize the order of appearance of b1 and b2

We now invite you to reflect on the concept of the ideal mother. We will show you some profiles of mothers, each consisting of seven different characteristics. With each comparison, you will see two profiles and be asked to choose between them.

Keep in mind that the profiles may differ in some but not necessarily all characteristics. In total, you will be presented with two pairs of profiles to compare. Take your time to reflect and carefully answer the two questions that will follow each comparison.

No.	Attributes	Attribute levels
1	Employment	Is a stay-at-home mom.
		Works part-time.
		Works full-time.
2	Identity	Places motherhood above any other roles.
		Considers both motherhood and work important.
3	Leisure time	Dedicates all her free time to her children.
		Finds time for herself.
4	Childcare support for children	Chooses to manage childcare herself, whether she's employed or not.
		Relies on grandparents for childcare support.
		Relies on crèche and other childcare services for support.
5	Father's role	Avoids sharing childcare with the father.
		Regularly shares childcare with the father.
6	Food preparation	Ensures her child always eats healthy and nutritious meals, whether they are homecooked or not.
		Ensures that her child consistently eats homecooked, healthy, and nutritious meals.
7	Interactive activities (mother-child)	Engages in activities such as reading together, helping with homework, and playing board games daily.
		Engages in activities such as reading together, helping with homework, and playing board games at least once a week.

b1 Which of the two profiles best represents your idea of an ideal mother?
b2 Which of the two profiles best reflects the idea of an ideal mother in the society you live in?

IF S6 = 1 (HAS CHILDREN < 17) → GO to b3
IF S6 = 2 (NO CHILDREN) → GO to b4

b3 **Parents often feel inadequacy or doubts in relation to childrearing. Below you will find statements describing some of these feelings. Please indicate the extent to which you agree or disagree with the following statements:**

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree	Refusal	
I feel that it is my fault when my child misbehaves.							
I blame myself when something bad happens to my child							
I feel bad when I am unable to take care of my child myself							
I worry that I am not exposing my child to enough educational and recreational activities							
I get worried when I am experiencing unpleasant thoughts in relation to motherhood / fatherhood such as regret, boredom, and despair							
I feel that I am a bad mother/father when I lose my patience or get angry at my child							
I feel guilty when I take time for myself, go out with friends, or engage in my hobbies							
I feel guilty when I do not earn enough money to support my child							
I worry that I am not a good enough mother / father							
I feel that I am a bad mother / father when I do not prepare a homecooked meal for my child or when I give my child fast-food							
I want to sink into the floor and disappear when my child does not behave appropriately							
I feel ashamed/judged when I get angry at my child in public							

I feel that I am constantly behind with work because of my child							Not in paid work
I feel guilty because my career suffers due to my responsibilities as a mother / father							Not in paid work
I feel guilty when my child gets sick, and I must go to work							Not in paid work
I worry I am not spending enough time with my child because of work							Not in paid work
I feel guilty when I spend time with my partner and not with my child							Does not have a partner

IF S6 = 2 (DOES NOT HAVE CHILDREN)

b4 **Parents often feel inadequacy or doubts in relation to childrearing. Below you will find statements describing some of these feelings. Now, imagine that you were a mother/father and indicate the extent to which you agree or disagree with the following statements:**

If I were a mother/father…

	Strongly disagree	**Disagree**	**Neither agree nor disagree**	**Agree**	**Strongly agree**		
I would worry about not being a good enough mother/father							
I would worry about experiencing unpleasant thoughts in relation to motherhood / fatherhood, such as regret, boredom, and despair							
I would feel guilty about taking time for myself, going out with friends, or engaging in my hobbies							
I would worry that I do not have the necessary resources to properly support my child							
I would feel guilty about not being able to spend enough time with my child because of work							Not in paid work
I would feel bad if I were constantly behind with work because of my child							Not in paid work
I would worry that my career might suffer due to the demands of childcare							Not in paid work
I would feel guilty if I were unable to be attentive to my partner							Does not have a partner

SECTION C – FAMILY LIFE

c1 How many hours per day on average, do you spend…?

	Weekdays	Weekends
Housework (for example cooking, washing, cleaning, care of clothes, shopping, maintenance of property etc., but not including childcare or leisure activities)		
Leisure activities (time for yourself, hobbies, meeting friends, etc.)		
IF s6 = 1 Childcare (consider all activities that involve actively caring for your child(ren) such as feeding and bathing infants, reading to and playing with children, helping with homework and other school related activities, taking them to school and playdates etc.).		

c2 What kind of support do you have for housework and childcare on the majority of days?

	Paid help	Unpaid help	No help	
Housework				
Childcare				No children

IF s6 = 1

c3 On an average week, how often do you…

	Daily	Several times a week	Weekly	A few times a month	Rarely	Never
Play or do activities with your child(ren)? (e.g., play with toys, board games, puzzle games, arts and crafts, cooking or baking together, building with blocks or LEGOs)						
Participate in **cultural activities** (e.g., museum visits, watching documentaries, theater performances, art exhibitions, exploring local cultural or historical landmarks) with your child(ren)?						
Help your child(ren) with **homework**?						

Take/pick up your child(ren) to/from school, kindergarten, nursery or daycare?						

ASK EVERYONE

IF a1 = 2 (LIVES WITH PARTNER) → GO TO c4
IF a1 ≠ 2 (DOES NOT LIVE WITH PARTNER) → SKIP c4

c4 Which of the following best applies to the sharing of <u>domestic work</u> between you and your partner?

1. My partner does much more household chores than me
2. My partner does more than me
3. My partner and me share household chores equally
4. I do more household chores than my partner
5. I do much more household chores than my partner
6. Another person takes care of all household chores

SECTION D – LABOUR MARKET

RESPONDENT JOB AND WORK EXPERIENCE

IF S5 = 1 or =2 (In paid work) → GO TO d3
IF S5 ≠ 1 AND ≠2 (Not in paid work) → GO TO d1

d1 **Have you ever had a paid job?**

1. Yes → **GO TO d2**
2. No→ **GO TO d3**

d2 **In what year were you last in a paid job?**

TYPE IN YEAR _____

RESUME FOR ALL

IF s6 = 1 (HAS CHILDREN <17) →GO TO d3

d3 **What was your employment status <u>a year before</u> your first child was born?**

1. I worked full-time
2. I worked part-time
3. I was not working for pay
4. Other: please specify _____
5. No answer

RESUME FOR ALL
IF S5 = 1 or =2 (In paid work) → GO TO d4
IF S5 ≠ 1 AND ≠2 (Not in paid work) → GO TO d11

d4 **Which of the following best describes your employment sector?**

1. Public sector
2. Private sector
3. Self-employed
4. Other (please specify) _____
5. No answer

d5 **Do you have a work contract of…**

1. Unlimited duration
2. Limited duration
3. I have/had no contract
4. Other (please specify) _____
5. No answer

d6 **What is your current occupation?**

1. Technical and professional professions such as: doctor - teacher - engineer - artist - accountant
2. High-level administrators such as: banker - large company executive - senior public official - union executive
3. Clerical professions such as: secretary - clerk - office manager - accountant
4. Sales professions such as: sales manager - store owner - salesperson - insurance agent
5. Service professions such as: restaurant owner - policeman - waiter - janitor - barber - armed forces
6. Skilled laborers such as: foreman - mechanic - printer - miller - electrician
7. Semi-skilled workers such as: bricklayer - bus driver - factory worker - carpenter - sheet metal worker - baker
8. Unskilled workers such as: laborer - porter - unskilled laborer
9. Agricultural worker such as: farmer - farm laborer - tractor driver - fisherman
10. Other

d7 **In your main job, do you have any responsibility for supervising the work of other employees?**

1. Yes → **GO TO d8**
2. No → **GO TO d10**

d8 **How many other employees do you supervise?**

1. 1-9
2. 10-24
3. 25 or more
4. Prefer not to answer

d9 **Regardless of your basic or contracted hours, how many hours do you normally work per week in your main job, including any paid or unpaid overtime?**

TYPE IN HOURS _____

Between 0 and 168 hours

d10 **There are different working time regulations. Please, look at the following statements and answer regarding <u>your main job</u> using a scale from 1 to 5.**

	1	2	3	4	5	
Not at all flexible						Very flexible
I never work from home						I always work from home
I never work evenings and nights						I always work evenings and nights
I never work in the weekends						I always work in the weekend

WORK VALUES AND CAREER IMPORTANCE

ASK ALL

d11 **To what extent do you agree or disagree with the following statements?**

	Disagree strongly	Disagree	Neither agree nor disagree	Agree	Agree strongly
To fully develop your talents, you need to have a job	1	2	3	4	5
Work is a duty towards society	1	2	3	4	5
The main goal of work is to earn money	1	2	3	4	5
The goal of work is to fulfill professional goals and ambitions	1	2	3	4	5

d12 **Imagine that you are offered a job that has a very high income, great career prospects and is very interesting for you. Would you accept this job if….**

	Definitely yes	Probably yes	Unsure	Probably no	Definitely no
It required working evenings and weekends.	1	2	3	4	5
It entailed very long working hours.	1	2	3	4	5
It required a lot of travelling, sometimes at short notice.	1	2	3	4	5
It required a very long commute.	1	2	3	4	5
It included working overtime at short notice.	1	2	3	4	5
It required moving to a different city.	1	2	3	4	5

PARTNER'S JOB AND EDUCATION

IF a1 = 2 OR a2 = 1 (HAS PARTNER)

d13 **What is the highest level of education your partner has achieved?**

1. No formal education
2. Primary school
3. Lower secondary school
4. Completed secondary school
5. University degree (BA)
6. University degree (MA)
7. Post graduate degree
8. Other
9. Don't know / Prefer not to answer

d14 **Which of the following describes your partner's current employment status? Please select all <u>that apply</u>**

1. In full time employment
2. In part time employment
3. Self-employed
4. Unemployed and actively looking for a job
5. Unemployed, wanting a job but not actively looking for a job, permanently sick or disabled
6. Doing housework, looking after children or other persons
7. Retired
8. In education, (not paid for by employer) even if on vacation

IF d14 = 1 or 2 (PARTNER WORKS) → GO TO d15
IF d14 ≠ 1 or ≠ 2 (PARTNER DOES NOT WORK) → GO TO d21

d15 **Does your partner have a work contract of…**

1. Unlimited duration
2. Limited duration
3. No contract
4. Other (please specify):_____
5. Don't know / Prefer not to answer

d16 **What is your partner's current occupation?**

1. Technical and professional professions such as: doctor - teacher - engineer - artist - accountant
2. High-level administrators such as: banker - large company executive - senior public official - union executive
3. Clerical professions such as: secretary - clerk - office manager - accountant
4. Sales professions such as: sales manager - store owner - salesperson - insurance agent

5. Service professions such as: restaurant owner - policeman - waiter - janitor - barber - armed forces
6. Skilled laborers such as: foreman - mechanic - printer - miller - electrician
7. Semi-skilled workers such as: bricklayer - bus driver - factory worker - carpenter - sheet metal worker - baker
8. Unskilled workers such as: laborer - porter - unskilled laborer
9. Agricultural worker such as: farmer - farm laborer - tractor driver - fisherman
10. Other
11. Don't know / Prefer not to answer

d17 **In their main job, does your partner have any responsibility for supervising the work of other employees?**

1. Yes → **GO TO d18**
2. No → **GO TO d19**

d18 **How many other employees do they supervise?**

1. 1-9
2. 10-24
3. 25 or more
4. Don't know / Prefer not to answer

d19 **Regardless of basic or contracted hours, how many hours does your partner normally work per week, including any paid or unpaid overtime?**

TYPE IN HOURS _____

Between 0 and 168 hours

99. I do not know

d20 **There are different working time regulations. Please, look at the statements and answer regarding <u>your partner's main job</u> using a scale from 1 to 5.**

	1	2	3	4	5	
Not at all flexible						Very flexible
They never work from home						They always work from home
They never work evenings and nights						They always work evenings and nights
They never work in the weekends						They always work in the weekends

ASK ALL

d21 **Considering all sources of income, between you and your partner, who has the higher income?**

1. I have a much higher income
2. I have a higher income
3. We have about the same income
4. My partner has a higher income
5. My partner has a much higher income
6. Don’t know / Prefer not to answer

SECTION E – ATTITUDES AND SUBJECTIVE WELL-BEING

ASK ALL

e1 **On a scale from 0 to 10, where 0 is "completely dissatisfied" and 10 is "completely satisfied", all things considered how satisfied are you these days with your:**

	Completely dissatisfied										**Completely satisfied**	**N/A**
Life overall	0	1	2	3	4	5	6	7	8	9	10	99
Family life	0	1	2	3	4	5	6	7	8	9	10	99
Work	0	1	2	3	4	5	6	7	8	9	10	99
Work-life balance	0	1	2	3	4	5	6	7	8	9	10	99
Relationship with partner	0	1	2	3	4	5	6	6	8	9	10	99

e2 In politics people sometimes talk of "left" and "right". Where would you place yourself on this scale, where 0 means the left and 10 means the right?

Left	0	1	2	3	4	5	6	7	8	9	10	**Right**

98. Does not place herself/himself
99. No answer

e3 Regardless of whether you belong to a particular religion, how religious would you say you are?

Not at all religious	0	1	2	3	4	5	6	7	8	9	10	**Very religious**	**NA**

e4 To what extent do you agree or disagree with the following statements?

	Disagree strongly	Disagree	Neither agree nor disagree	Agree	Agree strongly
Overall, men make better business executives than women do	1	2	3	4	5
Overall, men make better political leaders than women do	1	2	3	4	5
Having a career is more important for a man than it is for a woman	1	2	3	4	5

SECTION F– SOCIO-DEMOGRAPHIC CHARACTERISTICS

f1 **Were you born in Italy?**

1. Yes → **GO TO f2**
2. No → **GO TO f3**

f2 **In which region were you born? _____**

GO TO f4

f3 **In which country were you born? _____**

ASK ALL

f4 **Which of the following phrases best describes the area where you live?**

1. A big city
2. The suburbs or outskirts of a big city
3. A town or a small city
4. A country village
5. A farm or home in the countryside
6. Other (please specify)_____

f5 **Which of the following descriptions comes closest to how you feel about your household's income nowadays?**

1. Living comfortably on present income
2. Coping on present income
3. Finding it difficult on present income
4. Finding it very difficult on present income

f6 **What is the highest level of education your mother has achieved?**

1. No formal education
2. Primary school
3. Lower secondary school
4. Completed secondary school
5. University degree (BA)
6. University degree (MA)
7. Post graduate degree
8. Other
9. Don't know / Prefer not to answer

f7 **When you were 14 years old, was your mother working for pay?**

1. Yes, full-time
2. Yes, part-time
3. No, she did not have a paid job
4. Other (please specify)_____
5. Don't know/don't remember

f8 **How many siblings were there in the household when you were growing up?** N = _____