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**Appendices of the thesis:**

Farming Struggles and Triumphs:

Investigating the impact of a unique working environment  
on farming family well-being.

Submitted by

Connar Jo MCSHANE BPsych (Hons)

in December 2011

For the degree of Doctor of Philosophy

in the Department of Psychology,

School of Arts & Social Sciences

James Cook University

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## Appendix A

### INFORMATION SHEET

## JAMES COOK UNIVERSITY

TOWNSVILLE Queensland 4811 Australia Telephone: (07) 4781 4111

### **Farming struggles and triumphs: The effects of a unique business environment**

You are invited to take part in a research project about the farming business structure, the issues that farming families find are important, identify effective coping strategies, and outline unique characteristics of the farming family and their lifestyle. These variables are important to identify due to the decline in the number of farming families in Australia. This is important to maintain as farming is a primary industry. By identifying appropriate coping strategies, issues of the most concern, and the benefits of the farming lifestyle, the results of this study can possibly assist those who are in the industry to remain and also encourage new entrants to the industry. The study is being conducted by **Connar McShane** and will contribute to the **PhD research project** in the **Department of Psychology** at James Cook University.

If you are happy to be involved in the study, you will be invited to be interviewed. The interview, with your consent, will be audio-taped, and should only take approximately 1 hour of your time. The interview will be conducted at a pre-arranged venue and time of your choice.

Taking part in this study is completely voluntary and you can stop taking part in the study at any time without explanation or prejudice. You may also withdraw any unprocessed data from the study.

There are no risks associated with the study, but if you do feel upset or distressed in any way, please advise the researcher and you will be referred to someone who can help you. The researcher will provide the contact details (**of an appropriate counselling service**) for you.

Your responses and contact details will be strictly confidential. The data from the study will be used in research publications including journals and may be presented at conference. You will not be identified in any way in these publications and presentations.

If you have any questions about the study, please contact **Connar McShane and A/Prof Frances Quirk**.

**Chief Investigator:**  
**Connar McShane**  
**Department of Psychology**  
**James Cook University**  
**Phone:** [REDACTED]  
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**Supervisor:**  
**Name: A/Prof Frances Quirk**  
**School: Department of Psychology**  
**James Cook University**  
**Phone:** [REDACTED]  
**Mobile:** [REDACTED]  
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**INFORMED CONSENT FORM**

CHIEF INVESTIGATOR	<b>Connar McShane</b>
PROJECT TITLE:	<b>Farming struggles and triumphs: The effects of a unique business environment</b>
SCHOOL	<b>Department of Psychology</b>

I understand the aim of this research study is to investigate the farming business structure, identify issues that farming families find are important, identify effective coping strategies, and outline unique characteristics of the farming family and their lifestyle. I consent to participate in this project, the details of which have been explained to me, and I have been provided with a written plain language statement to keep.

I understand that my participation will involve an audio recorded interview and I agree that the researcher may use the results as described in the plain language statement.

I acknowledge that:

- any risks and possible effects of participating in the *interview* have been explained to my satisfaction;
- taking part in this study is voluntary and I am aware that I can stop taking part in it at any time without explanation or prejudice and to withdraw any unprocessed data I have provided;
- that any information I give will be kept strictly confidential and that no names will be used to identify me with this study without my approval;

*(Please tick to indicate consent)*

<b>I consent to be interviewed</b>	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
<b>I consent for the interview to be audio taped</b>	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No

<b>Name:</b> <i>(printed)</i>	
<b>Signature:</b>	<b>Date:</b>

**Demographics**

Participant family ID: ...

Respondent: ....

C1 = ....

C2 = ....

1) Sex				
	R 1	R 2	R 3	R 4
a) Male				
b) Female				

2) Age group				
	R 1	R 2	R 3	R 4
a) 18-29				
b) 30-45				
c) 45-60				
d) 61+				

3) Marital Status				
	R 1	R 2	R 3	R 4
a) Single				
b) In a Relationship				
c) De Facto				
d) Married				
e) Divorced				

4) Length of Relationship				
	R 1	R 2	R 3	R 4
a) >18 months				
b) 2-5 years				
c) 5-10 years				
d) 10-20 years				
e) 20years+				

5) Number of Children				
	R 1	R 2	R 3	R 4
a) 0				
b) 1-2				
c) 3-4				
d) 5+				

6) Produce Type	
a) Sugar-Cane	
b) Grain	
c) Horticulture	
d) Livestock	
e) Cropping	
f) Organic	

7) Employment Position				
	R 1	R 2	R 3	R 4
a) Farm Owner				



b) Farm Manager				
c) Farm Hand				
d) Homemaker				
e) Off-farm Job				

8) Number of Years of Farming			
R 1	R 2	R 3	R 4

9) Intergenerational Farm	
a) Yes	
b) No	

10) Medical History	Current Medical Conditions?	Currently taking any prescribed medicine?
Respondent 1		
Respondent 2		
Respondent 3		
Respondent 4		

--	--	--

11) Mental Health History	
Respondent 1	
Respondent 2	
Respondent 3	
Respondent 4	

12) Currently taking prescription medicine for mental health?		Is this medicine being taken in conjunction with seeing a mental health professional?	
a) Yes			
b) No			

### **Semi-Structured Interview**

What we are first going to chat about is each of your roles and responsibility around the farm and the home.

Conducted with all family members present

#### Work-home interface

- 1) Could you tell me what each of your main roles or responsibilities are in the business and the family?
- 2) Can you tell me the roles that you have in the business and family (specifically what are your day to day duties)?
- 3) Can you tell me the roles that you have in the family (specifically what are your day to day duties)?
- 4) Does anyone else in the family help out on the farm (e.g. children, other relatives)? What do they do when they help out?
- 5) If you think about the major roles that you have in the farm and the home, how much of your time is put into each (farm, home) – do you spend more time in one role than another, is there one you are more involved with?
- 6) Can you think of anything that helps or hinders the jobs that you have to do around the home or the farm?

Now I would like to move on to some questions about concerns that you may have.

#### Stressors

- 7) Could you think of at least 5 things that you find a great concern?
- 8) Why do you think these things concern you? What is it about them?
- 9) What are the things that you find the most stressful most often/from day to day?
- 10) What things can you think of that either increases or decreases your stress levels?

Ok, so the issues that we are going to discuss now centre around overcoming challenges.

#### Coping

- 11) When you do find things are getting a bit stressful, what are the things you do to cope? How do you get through it?
- 12) Can you give me an example?

- 13) When faced with a challenge, how does the family work together to overcome it?
- 14) Give an example of family coping?

#### Lifestyle

- 15) How did you start out in farming?
- 16) What is it about being a farmer/farming family that makes you continue in this industry?
- 17) What do you think is important in life? What values or principles do you hold important?
- 18) Could you tell me what are some positive and negative aspects of the farming lifestyle?

Now what I have some further questions relating to the areas we just talked. Though the intention is to address them separately, we can answer the questions together if you rather. If we do answer them separately, I can assure you that the answers you give me will remain confidential and I will not share them.

Conducted separately

#### Work-Home Interface

- 1) How satisfied are you with your roles as a (e.g. farmer, father, husband)? Are there any roles/responsibilities that you would like to change or do differently?
- 2) How satisfied are you with your partners fulfilment of duty and roles? Is there anything you would like your partner to change or do differently?
- 3) Do you think it is easier or harder from a business and a family perspective to be a part of an intergenerational farming business? Why?

#### Stressors and Coping

- 4) Are there any stressors you experience that your partner is unaware of or does not consider as important?
- 5) How well do you think you cope with stress and in what ways?
- 6) How well do you think your partner copes with stress and in what ways?

#### Lifestyle

- 7) How satisfied would you say you are with your life at the moment and is there anything you would change if you could?
- 8) How satisfied do you think that your partner is with their life at the moment and is there anything you think they would change if they could?
- 9) What does it mean to you to be a farmer (or part of a farming family)?
- 10) What is your idea of what a farmer should be – how do you think farmers should behave and conduct themselves?
- 11) What do you think other peoples idea of what a farmer should be is – how do you think other people view how farmers should behave and conduct themselves?

Is there anything else you would like to add? Were there any questions you think were not addressed and are important? Were there any questions you thought were not good or was difficult to understand?

## Appendix B

### List of items generated from interview content.

- **Work-Home Interface**
  - *Work roles*
    - Volunteer Work
    - Supplementary Worker
    - Responsible for Majority
    - Physical Work
    - Managing Employees
    - Managerial or Administrative Work
    - Government or Program Collaboration
    - Final Decision
    - External Work
    - Environmental Conservation
    - Ensuring Satisfaction (of family and self)
    - Educational Programs
    - Collaborate With Family or Business Partners
  - *Interruption of Duties*
    - Workload
    - Weather
    - Unreliable Services
    - Unreliable Access to Communication
    - Unpredictability of Duties
    - Time Limitations
    - Things Go Wrong
    - Succession Issues
    - Sharing Machinery, Equipment, Systems
    - Recreational
    - Phone Calls
    - Others Errors
    - Other Farm Duties
    - Old or Unreliable Machinery or Equipment
    - Office Duties
    - Issues Surrounding Employees
    - Intergenerational Issues
    - Inexperience
    - Holiday Increases Workload
    - Health
    - Financial Limitations
    - Fatigue or Lack of Sleep
    - Farm Priority
    - Family Health
    - Family Commitments
    - External Work
    - External Rules and Regulation
    - Enthusiasm
    - Educational Courses
    - Distance from Services
    - Distance from Children
    - Coping with Stress, Refocusing
    - Continuous Work Demands
    - Children Moved Away
    - Assisting Others
- **Intergenerational Farming**
  - *Good Idea*
    - Younger Generation has External Experience or Education
    - Trust and Accept Others Decisions

- Separate Families (Run as One)
- Respect Each Generation
- Paid Wages
- Open and Honest Communication
- Older Generation Steps Back
- No Pressure
- Loyalty
- Less Emphasis on Farm Sentimental Value
- Less Children (Inheritance Conflicts)
- Inheritance or Financial Assistance
- Good Succession Plan
- Good Relationships
- Gain Experience from Family
- Enough Land to Accommodate
- Ease Workload (Financial Benefit)
- Decision Equity
- Continued Generations
- Common Goal
- Commitment
- Clear Roles
- Central Management
- Business Meetings
- Balance
- Adaptable (willing to change)
- *Bad Idea*
  - Working with Extend Family Worse
  - Wives or In-Laws
  - Unreliability of Family
  - Uneven Workload
  - Uneducated and Inexperienced
  - Succession Issues
  - Quality of Work
  - Pressure on Next Generation
  - Older Generation Differences and Remaining
  - Lack of Independence
  - Jealousy and Favouritism
  - Financial Issues
  - Dual Roles
  - Differential Treatment as a Worker
  - Different Ideas
  - Conflict
  - Children Not Financially Independent
  - Children (Number, more than one)
- *Home Roles*
  - Responsible of Majority
  - Outside Duties
  - House Duties
  - Help Each Other
  - Financial Contribution
  - Ensuring Satisfaction (of family and self)
  - Child Caring and Family Duties
- *Employees or Workers*
  - Family employees or workers
  - External Employee or worker
- *Assistance with Duties*
  - Well-Rested, Focused
  - Turning off Phone
  - Technology and Equipment
  - Sharing Workload
  - Professional or Employed Help

- Prioritise
  - Pride in Land and Product
  - Practical
  - Planning
  - Perseverance
  - Neighbours or Friends
  - Multi-Skilled
  - More Time
  - More Control in Markets
  - Management Skills
  - Location (e.g.access to services)
  - Less External Work
  - Intergenerational Farm (Experience Gained, Workload)
  - Good Weather
  - Flexibility in Work
  - Financial Security or Cash Flow
  - Feedback (Business Meetings)
  - Family Help (Financial Benefit)
  - Experience and Education
  - Enthusiasm or Motivation
  - Ease of Communication
  - Determination
  - Commitment
  - Children in Care (Professional or Family)
  - Adaptable and Diversify
- **Stressors**
    - *Secret Stressors*
    - *Main Stressors*
    - Workload
    - Workers
    - Work Effort-Reward Margin
    - Wildlife
    - Weather and Climate Concerns
    - Urban Encroachment
    - Unvalued Industry or Commodity
    - Time Pressures
    - Technology
    - Succession Issues
    - Social Isolation
    - Sharing Equipment or Machinery
    - Selling Farm
    - Retirement Issues
    - Recreational Time Cut by Farm Commitment
    - Quality of Crop and Land
    - Providing for Family
    - Poor Farming Practices
    - Pests
    - Partner Conflict
    - Paperwork
    - On-Farm Work Risk
    - Old and unreliable Machinery and Equipment
    - Old and Negative Attitudes (Farmers)
    - Negative Lifestyle Effects on Family [Psychological]
    - Negative and Unfair Perceptions and Targeting
    - Market Issues
    - Land Prices
    - Lack of Sleep
    - Lack of Family Time
    - Lack of Control
    - Isolation



- Intergenerational Issues
- Inputs Price Increase
- Health or Death Effects on Farm Future
- Health concerns
- Government (or organisation) Regulations (Impractical, Restrictive)
- Future of Industry
- Financial Income
- Farm Sustainability
- Family Welfare
- Family Satisfaction
- Family Pressures
- External Work
- Environmental and Wildlife Concerns
- End of Generation
- Economic Stability
- Distance from Farm
- Distance from Children or Family
- Cost-Profit Margin
- Continuous Work Demands
- Chemical Use
- Changes in Business and Industry Structures
- Age
- Access and Reliability of Services
- *Increases of Stress*
  - Workload
  - Workers
  - Work Enthusiasm
  - Weather or Climate
  - Urban Encroachment
  - Unvalued Industry or Commodity
  - Unpredictable Duties
  - Travel
  - Time Limitations
  - Things Go Wrong
  - Technology
  - Talking About Stressors
  - Sharing Equipment or Machinery
  - Phone Calls
  - Paperwork
  - Others Errors
  - On-Farm Work Risk
  - Older Generation Pressures and Conflict
  - Old or Unreliable Machinery or Equipment
  - Neglect of other Duties
  - Negative or Unfair Portrayal or Targeting
  - Market Issues
  - Lack of Sleep
  - Lack of Control
  - Intergenerational Issues
  - Inter-Family Conflict
  - Input Cost Increase
  - Inexperience
  - Heat and Exhaustion
  - Health
  - Government Rules and Regulations
  - Financial Income
  - Farm Sustainability
  - Family Welfare
  - Family Satisfaction
  - External Work

- Exhaustion Brought on by Effects of Stress
  - Disorganised
  - Crop or Animal Welfare
  - Cost-Profit margin
  - Continuous Work Demand
  - Conflicting with Partner
  - Community Gossip and Harassment
  - Chemical Use
  - Age
  - Access and Reliability of Services
- *Daily Hassles*
  - Workload
  - Workers
  - Wild life
  - Weather and Climate Issues
  - Unreliable Communication Technology
  - Travel
  - Time Limitations
  - Things Go Wrong (farm inconveniences)
  - Technology
  - Sharing Equipment or Machinery
  - Retirement Issues
  - Pests
  - Personal Time
  - Personal Relationships
  - Paperwork
  - Others Errors
  - On-Farm Work Risk
  - Old and Unreliable Machinery and Equipment
  - Neglect of Other Duties
  - Negative and Unfair Perceptions and Targeting
  - Lack of Sleep
  - Lack of Control
  - Isolation
  - Intergenerational Issues
  - Inputs Price Increase
  - Ignored, Not Listened to
  - Health
  - Government Rules and Regulations
  - Financial Income
  - Fatigue or lack of energy
  - Family Satisfaction
  - Family Management
  - External Work
  - Distance from Family
  - Crop or Animal Welfare
  - Continuous Work Demand
  - Children Welfare
  - Age
  - Access to Health Services
  - Access and Reliability of Services
- **Coping Strategies**
  - *Individual Coping*
    - Worrier
    - Work-Family Separate
    - Well Rested
    - Talk to someone else
    - Talk to Partner
    - Take Opportunity to Relax:
      - Watch TV

- Taking in Surroundings
- Socialising
- Social Drinking
- Riding
- Reading
- Professional Help
- Music
- Lie down or sleep
- Holiday
- Golf
- Fishing
- Family time
- Exercise
- Crocheting, needle-point, sewing
- Contributing or Community Work
- Computer or Internet
- Being outside (including gardening)
- Alone Time - Meditation
- Alcohol
- Socialising
- Social Drinking
- Share Workload
- Resist Stress
- Resilient
- Religious Beliefs
- Recognise Achievements
- Professional Help
- Problem-Solving
- Prioritise
- Previous Experiences
- Practical and Rational
- Positivity
- Planning
- Perspective
- Perseverance
- One Step At a Time
- Not Alone
- Meditation, Progressive Relaxation
- Life Satisfaction
- Laugh at Yourself
- Job Satisfaction
- How Quickly Things Can Turn Around
- Having Help or Giving Help
- Having Control of Situation
- Good Weather
- Go With the Flow
- Get Angry and Yell
- Fatigue and Tiredness
- Family Communication
- Exercise
- Escape Situation (Walk away, get away)
- Don't take it out on each other
- Don't Sleep Well
- Different View (surroundings)
- Denial
- Compartmentalise
- Community
- Committed
- Awareness

- Appreciate
  - Animals
  - Alcohol, Drugs, Chocolate
  - Adaptable
  - Accept Responsibility
  - Accept Control Level
- *Family Coping*
  - Work-Family Balance
  - Trust
  - Talk with Partner
  - Talk to Someone Else
  - Take Opportunity to Relax:
    - Visit Friends
    - Visit Family
    - Taking in Surroundings
    - Sport
    - Socialising
    - Riding
    - Reading
    - Music
    - Holiday
    - Fishing
    - Family Outings
    - Community
  - Socialising
  - Social Drinking
  - Share Workload
  - Resist Stress
  - Religious Beliefs
  - Problem-Solving
  - Prioritise
  - Previous Experience
  - Positivity
  - Planning
  - Perspective
  - Perseverance
  - One Step at a Time
  - Not Alone
  - No Dependants
  - Neighbours
  - Go With the Flow
  - Family Time
  - Exercise (Go for a Walk)
  - Escape Situation
  - Don't take it out on each other
  - Confront
  - Compromise
  - Community-connectedness
  - Awareness
  - Ask for Help
  - Alcohol
  - Adaptable
  - Accept Control Level
- *Coping Abilities*
- **Lifestyle Elements**
  - *Values*
    - Work Ethic
    - Trust
    - Taking Responsibility
    - Sustainable Farming

- Supporting Each Other
- Respect
- Resilience
- Religion
- Providing for Children
- Prosperity
- Pride in Land and Product
- Positive
- Open Mind
- Neighbours
- Loyalty
- Love
- Integrity
- Honesty
- Help, giving and Receiving
- Health
- Hard Working
- Good Relationships
- Good Person
- Future Generations
- Friends
- Freedom
- Financial Security
- Farming Knowledge (multi-skilled)
- Family
- Fairness
- Environment Care
- Enjoy your Work
- Enjoy Life, Happiness
- Education and Experience
- Determination
- Considerate
- Compassion
- Community (connectedness and contribution)
- Communication
- Commitment
- Christian Values
- Balance
- Adaptable
- Achievement
- Accept Circumstances
- *Good Aspects of Lifestyle*
  - Wouldn't do anything else
  - Wildlife
  - Variability in Work
  - Surroundings of Location
  - Small Farm
  - Self-Sufficient (can live off farm)
  - Relaxing and Easy-going Atmosphere
  - Reap Rewards of Hard Work
  - Privacy
  - Pride and Value in Ownership
  - Own Boss
  - Open Spaces
  - Learn Lots of Skills
  - How Quickly Things Turn Around
  - Health Benefits
  - Good for Childhood
  - Good Family and Marriage Relationships
  - Freedom

- Flexibility
  - Everything
  - Enjoy Work
  - Direct Contribution
  - Country Values
  - Control over duties
  - Control Access to Water
  - Connection to Land
  - Community Connectedness
  - Challenge of Work
- *Bad Aspects of Lifestyle*
  - Work Effort-Reward Balance
  - Wildlife (snakes)
  - Weather and Climate
  - Urban Encroachment
  - Unvalued Industry or Commodity
  - Unpredictability of Duties and Priorities
  - Travel
  - Time Restrictions
  - Tied to farm
  - Technology
  - Rural-Urban Dissonance
  - Repetitiveness of Certain Duties
  - Poor Farming Practices
  - Not Having the Kids on Farm
  - Negative Urban Perception
  - Negative Impacts on Family (psychological)
  - Market Control
  - Loss or Lack of Community Connectedness
  - Loss of Farming Knowledge
  - Limited Family Time
  - Limitations to Diversify
  - Lack of Social Opportunities
  - Lack of Skill Recognition
  - Lack of Control [legislation etc]
  - Isolation from Health Services
  - Intergenerational Issues
  - Inputs Costs
  - Income-Effort Difference
  - Income Issues
  - Hard Family Life (Financial Pressure)
  - Feeling Excluded
  - Farm Workplace Injury
  - Farm Takes Priority
  - External Work (due to lack of income)
  - Emotional Strain of Crop or Animal Death
  - Distance from Kids
  - Continuous Work Demand
  - Communication Problems and unreliability
  - Closeness of Workers
  - Chemical Drift or Pollution
  - Age Prevents Success
  - Access and Reliability of Services
- **Life and Work Satisfaction**
  - *Satisfaction with Roles*
  - *Satisfaction with Life*
  - *Partner Perception*
  - *Dissatisfaction with Roles*
  - *Dissatisfaction with Life*
- **Idea of Farmer**

- *Successful Farmer*
  - Understand Product (like animals etc)
  - Think Things Through
  - Sustainable Farming
  - Share Workload
  - Self-Respect
  - Respect Environment, land, wildlife
  - Respect
  - Resilient
  - Recognise Achievements
  - Progressive
  - Pride in Product or Land
  - Positive
  - Perseverance
  - Patient
  - Optimistic
  - Open Mind
  - Multi-Skilled
  - Modesty, Humble
  - Manage for Future
  - Honest
  - Health and Strength
  - Hard Working
  - Good Personal Relationships
  - Good Location (access to services)
  - Good Communicators
  - Fight for Rights
  - Ethically
  - Enthusiasm
  - Enjoy Your Work
  - Endurance
  - Education or Experience
  - Determination
  - Cope with Stress
  - Community Contribution
  - Common Sense
  - Committed
  - Clear Roles
  - Caring
  - Business Skills
  - Be of One Mind
  - Ask for Help or Advice
  - Appreciation (what you have)
  - Adaptable
  - Accept Limitations (keep it simple)
- *Outside Perspectives on Farming*
  - Whingeing
  - Wealthy
  - Unvalued industry and commodity
  - Uneducated
  - Romantic View
  - Receive Government Handouts
  - No Respect for Farmers
  - Negative View
  - Lack of Recognition of Contribution
  - Jealous of Farming Life
  - In the Middle of NoWhere
  - Hard Working
  - Do not understand farming life
  - Destroy Environment

- Becoming More Aware
  - Admiration
- *Identification with Farming*
  - Who I Am
  - What I Always Wanted
  - Tradition
  - Successful Businessman
  - Sharing Success and Failure
  - Pride in Produce
  - Pride in Ownership
  - Own Boss
  - Opportunity
  - Nothing
  - Means A Lot
  - Lifestyle
  - Keep Busy
  - It's For Family
  - It's a Job
  - Hard Work
  - Ethics
  - Environmentally Conscious
  - Enjoy Work
  - Down to Earth
  - Don't Know
  - Control over Day
  - Contribution (to industry, community)
  - Being Multi-Skilled
- *Commitment to Farming*
  - Wouldn't Want to Leave
  - Who I am
  - Vital Industry
  - Too Old to Change
  - Too Much Debt
  - Surrounding Environment
  - Stay for Children's Future
  - Stable Job Future
  - Sentimental Value
  - Rewarding Long term Work
  - Reluctance to Disappoint Previous Generation
  - Pride or Value of Ownership
  - Pride in Product Outcome
  - Positive Lifestyle Elements
  - Optimistic
  - Not Everything in Life
  - More Recreational Time (retirement)
  - Keeping Busy
  - It's A Job
  - Here with Partner
  - Hard Family Life
  - Good for Children (Skill building)
  - Financially Bound {can't afford to leave}
  - Financial Benefits
  - Farmers are Delusional
  - Enjoy Work
  - Enjoy Challenge
  - Encourage Children to Have Options
  - Don't want to retire
  - Contribution to People
  - Autonomy
  - Animals



- **Farming History**
  - Took Over Family Farm
  - Sold Up Family Farm
  - Not from Farming Family
  - No Experience or Education
  - Married into Farming
  - Manage Property
  - In Partnership (Currently or Past)
  - Grew up Working Farm
  - Farming for Lifestyle
  - Experience other Work
  - Educational Courses
  - Children used to Help
  - Bought Farm
  - Born on Farm
  - Always wanted to be a farmer

## Appendix C

### Demographic Questions

The following questions ask **general informative questions about yourself**.

Some questions are concerning intergenerational farming, this type of farming is similar to family farming but multiple generations of a family work the same business, for example, older generation (parents, uncles/aunts), younger generation (grown children), and same generation (siblings or cousins).

Please indicate your response by circling the relevant option. If your response requires you to circle more than one option please do so.

*For example, for Question 10, if your produce type is beef and some broadacre crops, please circle both options.*

1. Sex
  - a. Female
  - b. Male
2. Age Group
  - a. 18-29
  - b. 30-45
  - c. 46-60
  - d. 61-75
  - e. 76+
3. State or Territory
  - a. QLD
  - b. NSW
  - c. VIC
  - d. SA
  - e. WA
  - f. TAS
  - g. NT
  - h. ACT
4. State or Territory Location
  - a. North
  - b. North-East
  - c. North-West
  - d. West
  - e. Central
  - f. South
  - g. South-West
  - h. South-East
5. Marital Status
  - a. Single
  - b. In a Relationship
  - c. De Facto
  - d. Married
  - e. Divorced
6. Length of Relationship
  - a. >18 months
  - b. 2-5 years
  - c. 5-10 years
  - d. 10-20 years
  - e. 20 years +
7. Number of Children
  - a. 0
  - b. 1-2
  - c. 3-4
  - d. 5+
8. Number of Financially Dependent Children
  - a. 0
  - b. 1-2
  - c. 3-4
  - d. 5+

9. Number of Children Living at Home
- a. 0
  - b. 1-2
  - c. 3-4
  - d. 5+
10. Produce Type
- a. Broadacre Crops
  - b. Rice
  - c. Sugar
  - d. Cotton
  - e. Wine Grapes and Wine
  - f. Horticulture
  - g. Wool
  - h. Sheep Meat
  - i. Beef
  - j. Pig Meat
  - k. Poultry
  - l. Dairy
  - m. Other (please specify)  
.....
11. Business Structure
- a. Family Business with Unpaid Family Employees
  - b. Family Business with Paid Family Employees
  - c. Family Business with Paid External Employees
  - d. Intergenerational Business with Unpaid Family Employees
  - e. Intergenerational Business with Paid Family Employees
  - f. Intergenerational Business with Paid External Employees
  - g. Non-Family Business with Paid Employees
  - h. Other (please specify)  
.....
12. Employment Position
- a. Owner
  - b. In an Intergenerational Business
  - c. Manager
  - d. Family Employee (Not official partner or manager of business)
  - e. Homemaker
  - f. Primary Family Caretaker
  - g. Off-Farm Job
  - h. Other (please specify)  
.....
13. Number of Years in the Farming Industry
- a. Whole Life, Grew up on the Farm
  - b. 1-5 years
  - c. 5-10 years
  - d. 10-20 years
  - e. 20+ years
14. Number of Years Owning a Farm or in a Farming Family Business
- a. 1-5 years
  - b. 5-10 years
  - c. 10-20 years
  - d. 20+ years
15. Are You Currently in an Intergenerational Farm?
- a. Yes
  - b. No
16. Have You Ever been in an Intergenerational Farm?
- a. Yes
  - b. No

17. In the past 2 years, have you experienced any major medical problems, for example injury or disease? Please specify.

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18. In the past 2 years, have you taken any prescribed medication for your physical health? Please Specify.

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19. In the past 2 years, have you experienced any issues with your mental health? Please specify.

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20. In the past 2 years, have you seen a mental health professional? Please specify.

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21. In the past 2 years, have you taken any prescribed medication for your mental health? Please specify.

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## Farming Family Work-Home Interface Scale

The following statements refer to the **things you find help you complete your roles and responsibilities**. Please indicate on the first scale the degree to which the statement applies (**A**) to you, and on the second scale how important (**I**) you think this statement is.

*The rating scale for the degree to which the statement applies (A) to you is as follows:*

- 0 Does not apply to me at all
- 1 Applies to me to some degree, or some of the time
- 2 Applies to me to a considerable degree, or a good part of time
- 3 Applies to me very much, or most of the time

*The rating scale for how important (I) you think this statement is, is as follows:*

- 0 Not important at all
- 1 Important to some degree
- 2 Important to a considerable degree
- 3 It is very important

1	I think being adaptable and willing to diversify is helpful.	A	0	1	2	3	
		I	0	1	2	3	
2	I think being committed to what you are doing is helpful.	A	0	1	2	3	
		I	0	1	2	3	
3	I think my determination helps me complete my roles and responsibilities.	A	0	1	2	3	
		I	0	1	2	3	
4	I think being able to persevere through tough times is helpful.	A	0	1	2	3	
		I	0	1	2	3	
5	I find being well-rested and focused is helpful in completing my roles and responsibilities.	A	0	1	2	3	
		I	0	1	2	3	
6	I think having enthusiasm or motivation for the work is helpful.	A	0	1	2	3	
		I	0	1	2	3	
7	I think being practical is helpful.	A	0	1	2	3	
		I	0	1	2	3	
8	I think having pride in your land and product helps you get through your roles and responsibilities.	A	0	1	2	3	
		I	0	1	2	3	
9	I find planning helpful to complete all my responsibilities and roles.	A	0	1	2	3	
		I	0	1	2	3	

10	I find prioritising all my responsibilities and roles helpful, completing the most important first.	A 0	1	2	3
		I 0	1	2	3
11	I find delegating duties to employed professionals such as agronomists, accountants, and contractors, helpful in managing my responsibilities and roles.	A 0	1	2	3
		I 0	1	2	3
12	I think having good management skills is helpful.	A 0	1	2	3
		I 0	1	2	3
13	I find having business meetings where I receive feedback about my performance and the farm's performance is helpful.	A 0	1	2	3
		I 0	1	2	3
14	I think having some sort of experience or education is helpful.	A 0	1	2	3
		I 0	1	2	3
15	I think being multi-skilled is helpful.	A 0	1	2	3
		I 0	1	2	3
16	I think having flexibility in my work is helpful.	A 0	1	2	3
		I 0	1	2	3
17	I think if I had financial security or cash flow it would be helpful.	A 0	1	2	3
		I 0	1	2	3
18	I find it helps me complete my responsibilities and roles when the weather is good.	A 0	1	2	3
		I 0	1	2	3
19	If I had to spend less time on my off-farm job it would be helpful.	A 0	1	2	3
		I 0	1	2	3
20	It would be helpful if I had more time.	A 0	1	2	3
		I 0	1	2	3
21	I find the location of the farm is helpful in terms of being closer to town and its services.	A 0	1	2	3
		I 0	1	2	3
22	If there was more control in the markets, in terms of prices of product, it would help with the completion of my roles and responsibilities.	A 0	1	2	3
		I 0	1	2	3
23	If there was more control in the markets, in terms of regulation of foreign products, it would help with the completion of my roles and responsibilities.	A 0	1	2	3

		<b>I</b>	0	1	2	3
24	I find technology and equipment is helpful.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
25	I find turning off the phone helps me complete my other responsibilities and roles.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
26	Having the children put into day care, whether it is with a family member or a professional, is helpful for me.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
27	Ease of communication between immediate or intergenerational family members helps me complete my roles and responsibilities.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
28	I find being in an intergenerational business helpful as I always have others to share the workload.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
29	I find being in an intergenerational business helpful as I have access to the experience and education of others in the business.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
30	I find having family help out is beneficial as there is no exchange of money or extra paperwork to deal with.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
31	I find having family help out is beneficial because they know what they are doing.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
32	I think knowing I can rely on neighbours and friends if I need them is helpful.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
33	I find sharing my workload with others is helpful.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3

If there is anything else that you think should have been included in this section, or if you have any further comments, please comment in the space provided below.

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The following statements refer to **the things you find interrupt the completion or management of your roles and responsibilities**. Please indicate on the first scale the degree to which the statement applies (**A**) to you, and on the second scale how important (**I**) you think this concern is.

*The rating scale for the degree to which the statement applies (A) to you is as follows:*

- 0 Does not apply to me at all
- 1 Applies to me to some degree, or some of the time
- 2 Applies to me to a considerable degree, or a good part of time
- 3 Applies to me very much, or most of the time

*The rating scale for how important (I) you think this statement is, is as follows:*

- 0 Not important at all
- 1 Important to some degree
- 2 Important to a considerable degree
- 3 It is very important

1	I find having to assist others is an interruption.	A	0	1	2	3
		I	0	1	2	3
2	My continuous work demand interferes with the completion of my other roles and responsibilities.	A	0	1	2	3
		I	0	1	2	3
3	The unpredictability of my duties often affects the completion of my roles and responsibilities.	A	0	1	2	3
		I	0	1	2	3
4	I find the duties I have in the office interrupts my other duties.	A	0	1	2	3
		I	0	1	2	3
5	I find other farm duties often interrupt a current farm duty that I am attending to.	A	0	1	2	3
		I	0	1	2	3
6	I find that the farm taking priority affects the completion of my other roles and responsibilities.	A	0	1	2	3
		I	0	1	2	3
7	I find having too much to do for one person affects the completion of my duties and responsibilities.	A	0	1	2	3
		I	0	1	2	3
8	I find having to attend education courses, programs, and meetings for the farm and business an interruption to other responsibilities.	A	0	1	2	3
		I	0	1	2	3
9	I find my off-farm work or volunteer work an interruption to other duties.	A	0	1	2	3
		I	0	1	2	3
10	I find if there is intergenerational tension or conflict it affects the completion of my roles and responsibilities.	A	0	1	2	3
		I	0	1	2	3



11	I find having to deal with conflict and tensions involved in succession planning an interruption to my duties.	A 0	1	2	3
		I 0	1	2	3
12	I find having my children move away has affected my completion of my roles and responsibilities.	A 0	1	2	3
		I 0	1	2	3
13	The distance I am from my children, in terms of time taken for travel and visiting, interrupts effective management of my duties.	A 0	1	2	3
		I 0	1	2	3
14	I find family commitments can interrupt or interfere with completion of other responsibilities and roles.	A 0	1	2	3
		I 0	1	2	3
15	I find my recreational activities or commitments interrupt the completion of my roles and responsibilities.	A 0	1	2	3
		I 0	1	2	3
16	When I am planning to go on holiday, it affects the completion of some roles and responsibilities because my workload is increased if I want to go away.	A 0	1	2	3
		I 0	1	2	3
17	Health issues within the family affect the completion of my other roles and responsibilities.	A 0	1	2	3
		I 0	1	2	3
18	If my personal health is poor then it affects the completion of my roles and responsibilities.	A 0	1	2	3
		I 0	1	2	3
19	I find having to recover and refocus from stressful situations affects my other roles and responsibilities.	A 0	1	2	3
		I 0	1	2	3
20	I find having a lack of enthusiasm for certain responsibilities and roles affects my completion of them.	A 0	1	2	3
		I 0	1	2	3
21	I find that being fatigued and not having enough sleep affects my other roles and responsibilities.	A 0	1	2	3
		I 0	1	2	3
22	When I get home from work I am often too frazzled to participate in family activities/responsibilities.	A 0	1	2	3
		I 0	1	2	3
23	I am often so emotionally drained when I get home from work that it prevents me from contributing to my family.	A 0	1	2	3
		I 0	1	2	3
24	Due to all the pressures at work, sometimes when I come home I am too stressed to do the things I enjoy.	A 0	1	2	3

		<b>I</b>	0	1	2	3
25	Due to stress at home, I am often preoccupied with family matters at work.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
26	Because I am often stressed from family responsibilities, I have a hard time concentrating on my work.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
27	Tension and anxiety from my family life often weakens my ability to do my job.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
28	I find being inexperienced in some duties affects the completion of them.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
29	I find government rules and regulations an interruption to other responsibilities.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
30	I find local organisations control over my day-to-day running of the farm interferes with the effective completion of my roles and responsibilities.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
31	I find being financially limited affects the completion of my roles and responsibilities.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
32	I find the weather interrupts the completion of my duties.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
33	I find I am often interrupted by old or unreliable machinery and equipment as it breaks down.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
34	I find sharing equipment, machinery, or systems an interruption to the completion of my roles and responsibilities.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
35	I find phones calls are an interruption.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
36	The unreliable access to communication services (phone service, internet connections) interrupts the completion of my roles and responsibilities.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
37	The unreliability of services (access to mechanics, town services) interrupts the completion of my roles and responsibilities.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3

38	I find an interruption is when things go wrong on the farm, in the home, or in the business.	A 0	1	2	3
		I 0	1	2	3
39	I find other peoples errors interrupts my duties as I have to attend to their mistakes.	A 0	1	2	3
		I 0	1	2	3
40	I find having unreliable employees an interruption.	A 0	1	2	3
		I 0	1	2	3
41	I find not being able to find employees an interruption.	A 0	1	2	3
		I 0	1	2	3
42	Not having enough time to complete my duties is an interruption.	A 0	1	2	3
		I 0	1	2	3
43	My work keeps me from my family activities more than I would like.	A 0	1	2	3
		I 0	1	2	3
44	The time I must devote to my job keeps me from participating equally in household responsibilities and activities.	A 0	1	2	3
		I 0	1	2	3
45	I have to miss family activities due to the amount of time I must spend on work responsibilities.	A 0	1	2	3
		I 0	1	2	3
46	The time I spend on family responsibilities often interferes with my work responsibilities.	A 0	1	2	3
		I 0	1	2	3
47	The time I spend with my family often causes me not to spend time in activities at work that could be helpful to my career.	A 0	1	2	3
		I 0	1	2	3
48	I have to miss work activities due to the amount of time I must spend on family responsibilities.	A 0	1	2	3
		I 0	1	2	3
49	The problem-solving behaviours I use in my job are not effective in resolving problems at home.	A 0	1	2	3
		I 0	1	2	3
50	Behaviour that is effective and necessary for me at work would be counterproductive at home.	A 0	1	2	3
		I 0	1	2	3
51	The behaviours I perform that make me effective at work do not help me to be a better parent and spouse.	A 0	1	2	3

- |    |  |          |   |   |   |   |
|----|--|----------|---|---|---|---|
|    |  | <b>I</b> | 0 | 1 | 2 | 3 |
| 52 | The behaviours that work for me at home do not seem to be effective at work.                   | <b>A</b> | 0 | 1 | 2 | 3 |
|    |  | <b>I</b> | 0 | 1 | 2 | 3 |
| 53 | Behaviour that is effective and necessary for me at home would be counterproductive at work.   | <b>A</b> | 0 | 1 | 2 | 3 |
|    |  | <b>I</b> | 0 | 1 | 2 | 3 |
| 54 | The problem-solving behaviour that works for me at home does not seem to be as useful at work. | <b>A</b> | 0 | 1 | 2 | 3 |
|    |  | <b>I</b> | 0 | 1 | 2 | 3 |

If there is anything else that you think should have been included in this section, or if you have any further comments, please comment in the space provided below.

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The following statements refer **to the level of commitment you feel and why you are committed to farming**. Please indicate on the first scale the degree to which the statement applies (**A**) to you, and on the second scale how important (**I**) you think this concern is.

*The rating scale for the degree to which the statement applies (A) to you is as follows:*

- 0 Does not apply to me at all
- 1 Applies to me to some degree, or some of the time
- 2 Applies to me to a considerable degree, or a good part of time
- 3 Applies to me very much, or most of the time

*The rating scale for how important (I) you think this statement is, is as follows:*

- 0 Not important at all
- 1 Important to some degree
- 2 Important to a considerable degree
- 3 It is very important

1	I really enjoy working with animals.	A 0 1 2 3
		I 0 1 2 3
2	I enjoy the challenge of the farm.	A 0 1 2 3
		I 0 1 2 3
3	I enjoy the work on the farm.	A 0 1 2 3
		I 0 1 2 3
4	I like to keep busy and there is always something to do on the farm.	A 0 1 2 3
		I 0 1 2 3
5	I like that the work is rewarding in the long-term, in that a job I do now I can still see the benefits of six months later.	A 0 1 2 3
		I 0 1 2 3
6	I like the financial benefits of being a part of a farming family or business.	A 0 1 2 3
		I 0 1 2 3
7	I like watching my product grow and get satisfaction from a good product.	A 0 1 2 3
		I 0 1 2 3
8	I like the autonomy, in that I can do what I want when I want, within reason.	A 0 1 2 3
		I 0 1 2 3
9	I like being a land owner, this is my little part of the world.	A 0 1 2 3
		I 0 1 2 3
10	I like improving the land and having pride in its appearance.	A 0 1 2 3

		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
11	I like the surrounding environment and landscape of my location.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
12	I like the positive lifestyle elements of the farming life.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
13	I think being part of a farming family is good for the children as they gain a lot of skills.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
14	Being a farmer means being a successful businessman.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
15	I think being a part of a farming family or business is about being optimistic for the future.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
16	I think that farming has a stable job future.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
17	I think that farming is a vital industry, it will always be needed.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
18	I like that farming contributes to people in general.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
19	I don't want to retire.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
20	Farming is who I am.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
21	I wouldn't want to leave the farm.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
22	I would like to retire.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
23	I think farming is not everything in life.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>

24	I am here on the farm because my partner is here.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
25	I am financially bound to the farm, I cannot afford to leave at present.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
26	I am in too much debt to leave the farm at present.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
27	I am too old to change, I wouldn't be able to get work anywhere else.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
28	I stay for the children's future so they can benefit from the farm in some way.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
29	I stay in the business because of the sentimental value of the farm.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
30	I don't want to disappoint the previous generation if I fail and have to sell up.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
31	For me it's tradition.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
32	I think it's just a job.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
33	I would like more recreational time for myself and my partner.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
34	I think it is a hard family life.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
35	I do not encourage my children to go into farming.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
36	I think farmers are unrealistically optimistic.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3

If there is anything else that you think should have been included in this section, or if you have any further comments, please comment in the space provided below.

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The following statements are **concerned with issues of intergenerational farming and the factors which make intergenerational farming more difficult**. This type of farming is similar to family farming but multiple generations of a family work the same business, for example, older generation (parents, uncles/aunts), younger generation (grown children), and same generation (siblings or cousins). **Please only complete this section if you are currently or have previously been involved in intergenerational farming**. Please indicate on the first scale the degree to which the statement applies (**A**) to you, and on the second scale how important (**I**) you think this concern is.

*The rating scale for the degree to which the statement applies (A) to you is as follows:*

- 0 Does not apply to me at all
- 1 Applies to me to some degree, or some of the time
- 2 Applies to me to a considerable degree, or a good part of time
- 3 Applies to me very much, or most of the time

*The rating scale for how important (I) you think this statement is, is as follows:*

- 0 Not important at all
- 1 Important to some degree
- 2 Important to a considerable degree
- 3 It is very important

1.	It is more difficult when there is more than one child who either wishes to take part in the business or will expect monetary compensation.	A 0 1 2 3
		I 0 1 2 3
2.	It is more likely to work if there are fewer children as this limits the conflict and tension which would arise over inheritance issues.	A 0 1 2 3
		I 0 1 2 3
3.	If the property is big enough to accommodate and allow all its members potential financial security, it is more likely to work.	A 0 1 2 3
		I 0 1 2 3
4.	It is more difficult when the working adult children on the farm are not financially independent from the farm – they are not paid wages and do not own anything.	A 0 1 2 3
		I 0 1 2 3
5.	There are financial issues in terms of wages and equal share in property, which makes it more difficult.	A 0 1 2 3
		I 0 1 2 3
6.	It is more likely to work if the members are paid wages.	A 0 1 2 3
		I 0 1 2 3
7.	There are financial issues in terms of the next generation inheriting debt.	A 0 1 2 3
		I 0 1 2 3
8.	It is more difficult when there is a difference in the quality of work between family members.	A 0 1 2 3
		I 0 1 2 3
9.	If there is a difference or perceived difference in workload among family members it is more difficult.	A 0 1 2 3

		I	0	1	2	3
10	If members have an equal say in what happens on and the direction of the farm and business, it is more likely to work.	A	0	1	2	3
		I	0	1	2	3
11	It is more likely to work if each generation is respected for their own experiences, education, and strengths.	A	0	1	2	3
		I	0	1	2	3
12	When a family member is either inexperienced or uneducated in farming practices it is more difficult.	A	0	1	2	3
		I	0	1	2	3
13	If the younger generation first has external work or education experience before permanently entering the intergenerational business, it is more likely to work.	A	0	1	2	3
		I	0	1	2	3
14	It is a bad idea as the family can be unreliable in their commitment and quality of work.	A	0	1	2	3
		I	0	1	2	3
15	If the younger generation first has external work or education experience before permanently entering the intergenerational business, it is more likely to work.	A	0	1	2	3
		I	0	1	2	3
16	When there is conflict between members of the intergenerational business, it is more difficult.	A	0	1	2	3
		I	0	1	2	3
17	If the members have good existing relationships it is more likely to work.	A	0	1	2	3
		I	0	1	2	3
18	If there is open and honest communication between family members it is more likely to work.	A	0	1	2	3
		I	0	1	2	3
19	When the members have different ideas about the direction of the farm or simple farming practices, it is more difficult.	A	0	1	2	3
		I	0	1	2	3
20	It is more likely to work if each member has common goals, they all agree generally with the direction of the farm.	A	0	1	2	3
		I	0	1	2	3
21	It is more likely to work if the older generation steps back and allows the younger generation to make their own choices.	A	0	1	2	3
		I	0	1	2	3
22	If there are business meetings where members openly discuss what they have done and where they want to go with the farm, it is more likely to work.	A	0	1	2	3
		I	0	1	2	3

2c	It does not work when the family member is treated differently from a normal worker.	A 0	1	2	3
		I 0	1	2	3
2d	It is more difficult with family members having dual roles; you are not just the boss you are the father or mother, you are not just the worker you are the son or daughter.	A 0	1	2	3
		I 0	1	2	3
2e	It is more likely to work when there are clear roles and each member understand what they are responsible and not responsible for.	A 0	1	2	3
		I 0	1	2	3
2f	It does not work as there is jealousy amongst siblings in terms of perceived favouritism.	A 0	1	2	3
		I 0	1	2	3
2g	It is more difficult as there is a lack of independence for family partners - you cannot do whatever you want with the farm, everyone else has to be consulted first.	A 0	1	2	3
		I 0	1	2	3
2h	If there is central management, so all members have their responsibilities but there are one or two members who manage the business, it is more likely to work.	A 0	1	2	3
		I 0	1	2	3
2i	It is more likely to work if the members live as separate families, in separate homes, but the farm is run as one business.	A 0	1	2	3
		I 0	1	2	3
3c	It is more difficult when the business involves extended family members (cousins, uncles, aunts) and not just immediate family members (father, mother, sons, daughters).	A 0	1	2	3
		I 0	1	2	3
3l	It is more difficult when the older generation continues to remain on the farm as they will not relinquish full control to the younger generation and are constantly making suggestions on farming practices and direction.	A 0	1	2	3
		I 0	1	2	3
3m	It does not work when the next generation is or perceives pressure to continue the family farm even though they do not wish to be farmers.	A 0	1	2	3
		I 0	1	2	3
3n	If there is no pressure on the next generation to continue to remain on the farm it is more likely to work.	A 0	1	2	3
		I 0	1	2	3
3o	It is more difficult when a family member marries as there is not an immediate acceptance of the new partner amongst other family members.	A 0	1	2	3
		I 0	1	2	3
3p	It does not work when a family member marries and the new member is not committed to the family business.	A 0	1	2	3
		I 0	1	2	3
3q	If there is loyalty among family members it is more likely to work.	A 0	1	2	3

		<b>I</b>	0	1	2	3
37	It is more difficult when there is not a clear succession plan in place.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
38	If there is a good and clear succession plan in place it is more likely to work.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
39	If members are adaptable and are willing to change the traditional structure and methods of the farm to suit and benefit family members, it is easier.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
40	If members can trust and accept decisions made by other members it is more likely to work.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
41	It is more likely to work if there is less emphasis on the sentimental value of the farm and more focus on what would benefit the family members.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
42	If there is a balance between work on the farm and family time, it is easier.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
43	It is a good idea as the next generation is without major financial pressure due to inheritance of the property or receiving financial assistance from the previous generation.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
44	It is a good idea as the new member can gain the experiences and knowledge acquired by other family members.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
45	It is a good idea as it eases the workload without the problems associated with finding external employees, limits paperwork, and is financially beneficial.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
46	It is a good idea as it continues the generations, with the farm remaining in the family, and the years of hard work were not for nothing.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3

If there is anything else that you think should have been included in this section, or if you have any further comments, please comment in the space provided below.

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## Farming Family Stressor-Coping Scale

The following statements are about **major concerns that you may be experiencing in general**. Please indicate on the first scale the degree to which the statement applies (**A**) to you, and on the second scale how important (**I**) you think this concern is.

*The rating scale for the degree to which the statement applies (A) to you is as follows:*

- 0 Does not apply to me at all
- 1 Applies to me to some degree, or some of the time
- 2 Applies to me to a considerable degree, or a good part of time
- 3 Applies to me very much, or most of the time

*The rating scale for how important (I) you think this statement is, is as follows:*

- 0 Not important at all
- 1 Important to some degree
- 2 Important to a considerable degree
- 3 It is very important

1	I am not concerned that the distance I am from town makes it difficult to get parts and supplies.	A 0 1 2 3	I 0 1 2 3
2	I am not concerned that the distance I am from town makes it difficult to get people to come out for work.	A 0 1 2 3	I 0 1 2 3
3	The isolation of the property from help, services, family, and friends, isn't concerning for me.	A 0 1 2 3	I 0 1 2 3
4	I am concerned that because of the farm my partner doesn't get enough social opportunities	A 0 1 2 3	I 0 1 2 3
5	I am concerned that because of the farm I don't get enough social opportunities.	A 0 1 2 3	I 0 1 2 3
6	It worries me that I don't get enough sleep.	A 0 1 2 3	I 0 1 2 3
7	My age stops me from doing work like I used to.	A 0 1 2 3	I 0 1 2 3
8	I am concerned about my own health.	A 0 1 2 3	I 0 1 2 3
9	I am concerned about the health of a family member.	A 0 1 2 3	I 0 1 2 3

		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
10	I am concerned about what will happen to the farm if my partner falls ill or dies.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
11	I am concerned about the health, welfare, and safety of my family.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
12	It doesn't worry me that my children and family live so far away from me.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
13	Trying to keep up with family duties and responsibilities is not stressful for me.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
14	Though sometimes my children can be quite demanding, I do not find this stressful.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
15	I am concerned about ensuring that my family is happy and satisfied.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
16	I am concerned about conflicting, arguing, and fighting with my partner.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
17	I am concerned about whether or not I can provide sufficiently for my family.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
18	I am concerned about the impact that the farming lifestyle has on the well-being of my family.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
19	The limited time I have to spend with my family is not concerning.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
20	Though my family or recreational time is often cut short by farming commitments, this is not a concern of mine.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
21	I am not concerned about whether or not my partner will retire.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
22	I am concerned about having to retire as I have to sell the property - but I don't want to leave.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>

23	I am concerned about retirement because I enjoy keeping busy.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
24	I am concerned about how we will survive financially when we retire.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
25	I am concerned about having to sell the farm as I want to stay.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
26	I am concerned about selling the farm because we might not get enough money for it.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
27	It is concerning to consider whether or not the farm is sustainable and will remain so in the future.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
28	I am not concerned that I am the last generation on this farm and that my children don't want to or cannot take over the business when I retire.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
29	Succession planning is not stressful to me.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
30	I am not concerned about how I am going to pass the farm onto my children and how I am going to divide the asset.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
31	I am concerned about the future I have with the family farm as I don't know what mum and dad are planning to do with it.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
32	Working with family members in an intergenerational business is concerning.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
33	Difficulties in obtaining workers is a concern for me.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
34	The quality of workers is a concern of mine.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
35	Though I have too much work for one person, I can't afford to hire anyone to help me.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
36	It is concerning that I never seem to have enough time to complete duties.	<b>A</b> 0	1	2	3

		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
37	I feel I have too much to do for one person.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
38	I feel like the work on the farm is never-ending, always demanding, so that I get very little break.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
39	The amount of paperwork that has to be completed in the farming business is not stressful for me.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
40	Working with old and unreliable machinery and equipment is not concerning to me.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
41	I am not concerned about the noise level around machinery.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
42	I am concerned about the risk of injury that is involved in farm work.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
43	I am concerned about the amount of chemicals used in the industry.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
44	I am concerned when using chemicals as it might be affecting mine and my family's health.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
45	I am concerned when I have to use chemicals because of the impact it has on the environment.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
46	I am concerned about the impact on the environment of farming practices.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
47	I am concerned about the health and impact on the wildlife of farming practices.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
48	Dangerous wildlife, such as snakes, is not concerning for me.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
49	I am concerned about the impact of pests and the harm they may cause my crop or livestock (e.g., weeds, pigs, rats, dogs, etc).	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>



50	I am not concerned about the quality of my crop and land.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
51	I am concerned about other farmers who don't do the right thing and have poor farming practices.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
52	I am unconcerned about the old and negative attitudes of traditional conventional farming.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
53	I am not concerned about the future of the primary industry and what is going to happen to farming.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
54	I am concerned that farming and primary producing is becoming less about producing good and necessary products and more about making money and land value.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
55	I am concerned that the public does not value the industry enough.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
56	I feel that the Government doesn't care about primary production.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
57	I am not concerned about the negative attitude of the Australian public and organisations towards the farming population.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
58	I think it is unfair that the farming industry is being targeted by the Government, other organisations, and the public over issues such as environmental impact.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
59	Government legislation and rules can be very stressful.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
60	Other organisations' interference and control over the way I run my business is concerning.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
61	I am not concerned about constructions and building development taking over farming land.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
62	It is concerning that I have to share equipment or machinery with others and therefore have to work to a schedule.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
63	I find the lack of control I have over the success of my business and the production of my produce concerning.	<b>A</b> 0	1	2	3

		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
64	I am not concerned about water supply and irrigation.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
65	Climate change is a concern for me.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
66	Lack of control associated with weather is not concerning me.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
67	Market control and its effect on our product and income is a concern for me.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
68	The price mark-up in supermarkets does not concern me.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
69	I am concerned about the amount of foreign products in the market.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
70	Having to go to off-farm work is stressful for me.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
71	I am concerned that the farm does not bring in sufficient income.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
72	Repayment of my farm loans is not concerning for me	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
73	I find our financial situation concerning.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
74	I am not concerned about the current financial crisis and economic stability.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
75	I find it concerning that the cost-profit margin in farming is getting smaller.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
76	I am concerned about the increase of price of inputs and how that would affect my income and product quality (e.g., fuel, fertiliser, chemicals, etc).	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>

77	The price of land is not concerning for me.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
78	I find it concerning that the financial return does not match the hard work that is put into producing the product.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
79	The constant change in technology is a concern to me as it is increasingly expensive.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
80	The constant change in technology is a concern for me as it is increasingly difficult to understand.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3

If there is anything else that you think should have been included in this section, or if you have any further comments, please comment in the space provided below.

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The following statements are about **the daily hassles or concerns that you may be experiencing in general**. Please indicate on the first scale the degree to which the statement applies (**A**) to you, and on the second scale how important (**I**) you think this concern is.

*The rating scale for the degree to which the statement applies (A) to you is as follows:*

- 0 Does not apply to me at all
- 1 Applies to me to some degree, or some of the time
- 2 Applies to me to a considerable degree, or a good part of time
- 3 Applies to me very much, or most of the time

*The rating scale for how important (I) you think this statement is, is as follows:*

- 0 Not important at all
- 1 Important to some degree
- 2 Important to a considerable degree
- 3 It is very important

1	I find it's a hassle to get services (such as mechanics, agronomists, product transport trucks) out to the property.	A 0 1 2 3
		I 0 1 2 3
2	The distance from shops and services is not a hassle for me.	A 0 1 2 3
		I 0 1 2 3
3	Having unreliable communication technology, such as phone reception and internet service, is a daily hassle for me.	A 0 1 2 3
		I 0 1 2 3
4	Isolation from people and services is a daily hassle for me.	A 0 1 2 3
		I 0 1 2 3
5	I find it a daily concern the distance and limited access myself and my family has to health services.	A 0 1 2 3
		I 0 1 2 3
6	I am concerned about my age as it now restricts what I can do on the farm daily.	A 0 1 2 3
		I 0 1 2 3
7	I am not concerned daily about my own health.	A 0 1 2 3
		I 0 1 2 3
8	The health of my partner, and/or my family is a daily concern for me.	A 0 1 2 3
		I 0 1 2 3
9	I am not worried daily about the welfare of my partner or family working on the farm though there is a high risk of injury as it can be a dangerous job.	A 0 1 2 3
		I 0 1 2 3
10	My partner not being able to sleep, or able to get enough sleep, is a daily concern for me.	A 0 1 2 3
		I 0 1 2 3

11	Not being able to sleep, or able to get enough sleep, is a daily concern for me.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
12	Feeling exhausted and having no energy is a daily hassle for me.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
13	I am concerned daily about the safety and welfare of my children.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
14	The distance I am from my family is not a daily concern for me.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
15	It is a daily hassle running around after the family, organising and making sure everyone else is organised.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
16	It is not a daily concern for me whether or not my family is happy and satisfied.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
17	It is a daily concern feeling like my family or partner does not listen to me and ignores what I say.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
18	Maintaining personal relationships does not worry me on a daily basis.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
19	Not having enough personal time, free from work and responsibilities, is a daily concern of mine.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
20	My partner not having enough personal time, free from work and responsibilities, is a daily concern of mine.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
21	Having limited time to get things done is a daily hassle for me.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
22	Having too much to do in too little time is a daily concern for me.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
23	I am not worried daily that I have too much work for one person.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
24	It is a daily hassle for me when jobs are duties are neglected and should be done but more important jobs always take precedent.	<b>A</b> 0	1	2	3

		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
25	The continuous work demand is not a daily hassle for me.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
26	It is a daily concern when my workload is increased or interrupted due to other people's errors.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
27	Having to deal with employees is a daily hassle for me.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
28	Not having reliable employees is a daily hassle for me.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
29	I don't find it a daily concern the lack of available workers.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
30	Tension created through working on an intergenerational farm is a daily concern for me.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
31	The older generation's control in the in the family business is not a daily concern for me.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
32	When I am going to retire is a daily concern for me.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
33	If my partner will want to retire is a daily concern for me.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
34	If I will have enough money to live on when I retire is a daily concern for me.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
35	I am not concerned daily about our financial income and situation.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
36	The increase in costs or current cost of inputs (such as fertiliser, fuel, chemicals, transport, living expenses, etc) is a daily concern for me.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
37	It is not a daily hassle that I have to go to my off-farm job.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>

38	Having to travel to work is a daily hassle for me.	<b>A 0</b>	1	2	3
		<b>I 0</b>	1	2	3
39	The lack of control I have over the success of my business, how I conduct my business, and the welfare of my produce is a daily concern to me (brought on by weather, government, external forces).	<b>A 0</b>	1	2	3
		<b>I 0</b>	1	2	3
40	Having to share equipment or machinery with other farms is a daily hassle for me.	<b>A 0</b>	1	2	3
		<b>I 0</b>	1	2	3
41	It is a daily hassle trying to run a successful business when I have to work around government rules and regulations, which at times can be restrictive and impractical.	<b>A 0</b>	1	2	3
		<b>I 0</b>	1	2	3
42	I am not concerned daily with the negative perceptions the public, media, and government have on the farming industry.	<b>A 0</b>	1	2	3
		<b>I 0</b>	1	2	3
43	The unfair targeting of the public, media, and government on the farming industry is a daily concern to me.	<b>A 0</b>	1	2	3
		<b>I 0</b>	1	2	3
44	It is not a hassle for me to change my plans daily according to weather conditions.	<b>A 0</b>	1	2	3
		<b>I 0</b>	1	2	3
45	Changing climate conditions is a daily concern for me.	<b>A 0</b>	1	2	3
		<b>I 0</b>	1	2	3
46	It is a daily hassle working with old machinery or equipment as they can be unreliable and possibly break down.	<b>A 0</b>	1	2	3
		<b>I 0</b>	1	2	3
47	It is a daily hassle having to watch out for wild life, such as snakes.	<b>A 0</b>	1	2	3
		<b>I 0</b>	1	2	3
48	When things go wrong on the farm is a daily hassle for me.	<b>A 0</b>	1	2	3
		<b>I 0</b>	1	2	3
49	It is not a daily hassle for me if things go wrong in the home or with the family.	<b>A 0</b>	1	2	3
		<b>I 0</b>	1	2	3
50	Pest control is a daily concern of mine.	<b>A 0</b>	1	2	3
		<b>I 0</b>	1	2	3
51	The effect that pests have on my crop or livestock is a daily concern of mine.	<b>A 0</b>	1	2	3

		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
52	I have daily concerns about the welfare, quality and health of my livestock or crop.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
53	I find it's not a hassle to get services (such as mechanics, agronomists, product transport trucks) out to the property.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>

If there is anything else that you think should have been included in this section, or if you have any further comments, please comment in the space provided below.

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The following statements refer to **things that might increase your stress levels**. Please indicate on the first scale the degree to which the statement applies (**A**) to you, and on the second scale how important (**I**) you think this concern is.

*The rating scale for the degree to which the statement applies (A) to you is as follows:*

- 0 Does not apply to me at all
- 1 Applies to me to some degree, or some of the time
- 2 Applies to me to a considerable degree, or a good part of time
- 3 Applies to me very much, or most of the time

*The rating scale for how important (I) you think this statement is, is as follows:*

- 0 Not important at all
- 1 Important to some degree
- 2 Important to a considerable degree
- 3 It is very important

1	I am more stressed when I have difficulty accessing services, such as mechanics, parts and supplies, or transport.	A 0 1 2 3
		I 0 1 2 3
2	I don't become increasingly stressed when the community is gossiping or harassing me.	A 0 1 2 3
		I 0 1 2 3
3	My stress levels increase when the community is gossiping or harassing my family.	A 0 1 2 3
		I 0 1 2 3
4	It is not more stressful when I am disorganised.	A 0 1 2 3
		I 0 1 2 3
5	I am more stressed when I realise I am not enthusiastic about some of my work.	A 0 1 2 3
		I 0 1 2 3
6	I become more stressed when I don't get enough sleep.	A 0 1 2 3
		I 0 1 2 3
7	It is more stressful when I get exhausted from prolonged stress.	A 0 1 2 3
		I 0 1 2 3
8	When I talk about what is stressing or concerning me, my stress levels increase.	A 0 1 2 3
		I 0 1 2 3
9	Though my age prevents me from doing duties, it does not increase my stress levels.	A 0 1 2 3
		I 0 1 2 3
10	When I consider my personal health, I become more stressed.	A 0 1 2 3
		I 0 1 2 3

11	When I consider the health of my family and partner, I become more stressed.	A 0	1	2	3
		I 0	1	2	3
12	I become more stressed when my partner or family members are working on the farm as some duties are dangerous and they are at risk of being injured.	A 0	1	2	3
		I 0	1	2	3
13	Though my work on the farm involves dangerous duties as I am at risk of being injured, this does not increase my stress levels.	A 0	1	2	3
		I 0	1	2	3
14	When I think about my family's health and safety I become more stressed.	A 0	1	2	3
		I 0	1	2	3
15	When I think that my family may not be satisfied or happy, my stress levels increase.	A 0	1	2	3
		I 0	1	2	3
16	I do not become more stressed when my partner and I are fighting or conflicting.	A 0	1	2	3
		I 0	1	2	3
17	I become more stressed when there is conflict or tension occurring between families (e.g. my family and my brother's family).	A 0	1	2	3
		I 0	1	2	3
18	I do not become more stressed when there is conflict or tension between the others in the family business or intergenerational business.	A 0	1	2	3
		I 0	1	2	3
19	I become more stressed when there is conflict or tension with the older generation remaining on the family farm.	A 0	1	2	3
		I 0	1	2	3
20	When I feel like the older generation of farmers is pressuring me, it increases my stress levels.	A 0	1	2	3
		I 0	1	2	3
21	My stress levels are not increased if I am conflicting with the older generation.	A 0	1	2	3
		I 0	1	2	3
22	When I think the farm may not continue to be sustainable, my stress levels increase.	A 0	1	2	3
		I 0	1	2	3
23	I am not more stressed when I consider the lack of steady financial income.	A 0	1	2	3
		I 0	1	2	3
24	It is more stressful when I consider our financial situation.	A 0	1	2	3

		I	0	1	2	3
25	When I never seem to get a profit to match the costs I put into the farm, my stress levels increase.	A	0	1	2	3
		I	0	1	2	3
26	I become more stressed when I consider the cost of inputs and the increases in the cost of those inputs that have or are occurring.	A	0	1	2	3
		I	0	1	2	3
27	When I feel like I have no control over my product or profits, my stress levels increase.	A	0	1	2	3
		I	0	1	2	3
28	I do not become more stressed when I consider the market's control over prices.	A	0	1	2	3
		I	0	1	2	3
29	I become more stressed when I consider the cheap foreign products on the market, which is difficult for me to compete with.	A	0	1	2	3
		I	0	1	2	3
30	It does not bother me when the government announces more legislation and rules that will affect our farming practices.	A	0	1	2	3
		I	0	1	2	3
31	When certain Government policies interfere with the success of the business, my stress levels increase.	A	0	1	2	3
		I	0	1	2	3
32	When certain Government policies interfere with the success of everyday duties, my stress levels increase.	A	0	1	2	3
		I	0	1	2	3
33	When farmers are negatively portrayed by the media, public or government, it increases my stress levels.	A	0	1	2	3
		I	0	1	2	3
34	When farmers are unfairly targeted by the media, public or government, it increases my stress levels.	A	0	1	2	3
		I	0	1	2	3
35	It does not bother me when it is apparent that the government, media, and public do not seem to have any value in the industry or its commodities.	A	0	1	2	3
		I	0	1	2	3
36	When urban lifestyle and development encroaches onto farming land, I become more stressed.	A	0	1	2	3
		I	0	1	2	3
37	My stress is increased when the weather affects the progress of my product.	A	0	1	2	3
		I	0	1	2	3

38	My stress is increased when climate change starts to affect my business and quality of product.	A 0	1	2	3
		I 0	1	2	3
39	It does not bother me when issues arise from my off-farm job.	A 0	1	2	3
		I 0	1	2	3
40	When I have to go to my off-farm job I become more stressed.	A 0	1	2	3
		I 0	1	2	3
41	My stress levels are increased when I have to travel to work.	A 0	1	2	3
		I 0	1	2	3
42	I do not become increasingly stressed when I have to travel through towns and cities.	A 0	1	2	3
		I 0	1	2	3
43	I become more stressed when I have to share equipment and machinery with other farmers because I can't do what I want when I want.	A 0	1	2	3
		I 0	1	2	3
44	My stress levels are not increased if I have to share equipment and machinery with other farmers as they may not take proper care of the equipment and machinery.	A 0	1	2	3
		I 0	1	2	3
45	When workers or employees prove to be unreliable, my stress levels are increased.	A 0	1	2	3
		I 0	1	2	3
46	When I can't get any employees or people to help with the farm work, I become more stressed.	A 0	1	2	3
		I 0	1	2	3
47	When workers or employees do the wrong thing and don't follow instruction, I become more stressed.	A 0	1	2	3
		I 0	1	2	3
48	It does not bother me if I have to attend to other peoples' mistakes.	A 0	1	2	3
		I 0	1	2	3
49	I become more stressed when other duties that need to be done are neglected due to more important duties always taking precedence.	A 0	1	2	3
		I 0	1	2	3
50	I do not become more stressed when I am dealing with other people who are inexperienced.	A 0	1	2	3
		I 0	1	2	3
51	When I am doing jobs or duties that I am inexperienced in, it increases my stress levels.	A 0	1	2	3

		I 0	1	2	3
52	I am more stressed when my work never seems to end, and it is constantly demanding my time.	A 0	1	2	3
		I 0	1	2	3
53	Though the unpredictability of my jobs and duties means I can't plan anything with friends or family, this doesn't bother me.	A 0	1	2	3
		I 0	1	2	3
54	I become more stressed when I have too much work for one person.	A 0	1	2	3
		I 0	1	2	3
55	I become more stressed when I have too much to do in too little time.	A 0	1	2	3
		I 0	1	2	3
56	It doesn't bother me if I don't have enough time to complete my duties and responsibilities.	A 0	1	2	3
		I 0	1	2	3
57	When things go wrong on the farm, home, or business I become more stressed.	A 0	1	2	3
		I 0	1	2	3
58	My stressed is increased when I get phone calls because it increases my workload.	A 0	1	2	3
		I 0	1	2	3
59	Though phone calls interrupt what I am doing, this doesn't bother me.	A 0	1	2	3
		I 0	1	2	3
60	My stress is increased when I have to do paperwork as it can be a big job.	A 0	1	2	3
		I 0	1	2	3
61	My stress is increased when I have to do paperwork because it is a job I don't enjoy.	A 0	1	2	3
		I 0	1	2	3
62	My stress levels are not increased when I work with highly technological equipment or machinery though it can be difficult to understand.	A 0	1	2	3
		I 0	1	2	3
63	My stress levels are increased when I have to work with highly technological equipment or machinery as I cannot fix the problem myself.	A 0	1	2	3
		I 0	1	2	3
64	When I am working with machinery or equipment and it breaks down, my stress levels increase.	A 0	1	2	3
		I 0	1	2	3

65	I am not increasingly stressed when I am working with old machinery or equipment though it is unreliable.	A 0 1 2 3
		I 0 1 2 3
66	When I have to use chemicals, I am more stressed due to the potential effects to my health.	A 0 1 2 3
		I 0 1 2 3
67	When I have to use chemicals, I am more stressed due to the potential effects on my family's health.	A 0 1 2 3
		I 0 1 2 3
68	When I have to use chemicals, the potential effect on the environment does not make me more stressed.	A 0 1 2 3
		I 0 1 2 3
69	When something endangers the health and quality of my crop or livestock, I become more stressed.	A 0 1 2 3
		I 0 1 2 3

If there is anything else that you think should have been included in this section, or if you have any further comments, please comment in the space provided below.

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The following statements refer to **the strategies that you may use to cope with stress or stressful situations**. Please indicate on the first scale the degree to which the statement applies (**A**) to you, and on the second scale how important (**I**) you think this statement is.

*The rating scale for the degree to which the statement applies (A) to you is as follows:*

- 0 Did not apply to me at all
- 1 Applied to me to some degree, or some of the time
- 2 Applied to me to a considerable degree, or a good part of time
- 3 Applied to me very much, or most of the time

*The rating scale for how important (I) you think this statement is as follows:*

- 0 Not important at all
- 1 Important to some degree
- 2 Important to a considerable degree
- 3 It is very important

1	I usually find it best to accept what I do and do not have control over.	A 0 1 2 3
		I 0 1 2 3
2	I accept responsibility and face the issue.	A 0 1 2 3
		I 0 1 2 3
3	I try and adapt to the new circumstances.	A 0 1 2 3
		I 0 1 2 3
4	I think about all the things I do have and I have an appreciation for them.	A 0 1 2 3
		I 0 1 2 3
5	I am aware of the effects of stress and therefore can monitor my stress levels.	A 0 1 2 3
		I 0 1 2 3
6	I can cope with all the stress because I really enjoy my work and have a lot of job satisfaction.	A 0 1 2 3
		I 0 1 2 3
7	If I am getting a little stressed I put my problems in perspective and think of those who are not as fortunate as me.	A 0 1 2 3
		I 0 1 2 3
8	I like to have a positive attitude and a positive outlook.	A 0 1 2 3
		I 0 1 2 3
9	I find looking back at what I've done and recognising my achievements helps me to keep going.	A 0 1 2 3
		I 0 1 2 3
10	I find the community, with its networks and groups, very helpful when dealing with stress.	A 0 1 2 3

		<b>I</b>	0	1	2	3
11	I like to go to the pub or have a drink with my friends to cope with stress.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
12	I like to visit friends, family, or socialise in general when I am stressed.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
13	I don't get stressed, so I'm usually fine.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
14	My Faith or religious beliefs help me through the tough times.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
15	I don't sleep very well if I am stressed.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
16	I tend to be a worrier and can't let problems go.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
17	I cope better if I am refreshed and well rested.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
18	If the weather is good, I find it easier to cope.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
19	I cope better if I have some control over the outcome or situation.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
20	If I've got too much to do and I'm stressed, I share my workload with my partner or family.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
21	I cope with stress better when there is open communication within the family.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
22	I know I can rely on someone to help me when it's needed because I help others.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
23	I find that knowing I'm not alone and other people are going through the same thing is helpful for me.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3



24	I have an alcoholic beverage to help me calm down and relax.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
25	I eat comfort food, such as chocolate, to help calm me.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
26	I take some form of drug other than alcohol to help me relax.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
27	I think having a good laugh at yourself is helpful.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
28	I find watching animals is soothing.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
29	I like to get away to a different view, some location where the scenery is completely different from home.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
30	I find exercise, such as going for walks, helps me cope with stress.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
31	I like to meditate or purposefully make myself relax.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
32	I don't let stress get to me.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
33	I will yell and get angry at myself for my mistakes or the object that caused my frustration (e.g., broken machinery) but I won't take my stress out on the family.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
34	I usually get angry and yell at my partner or family if I am stressed.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
35	I walk away from the situation to stop from becoming too stressed.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
36	I admit to myself that I can't deal with it, and give up trying.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
37	I say to myself "this isn't real".	<b>A</b> 0	1	2	3

		<b>I</b>	0	1	2	3
38	I focus on dealing with this problem and, if necessary, let other things slide a little.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
39	I force myself to wait for the right time to do something.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
40	I find it is best just to go with the flow.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
41	I know that things can turn around so suddenly that I try not to worry too much.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
42	I take the opportunity to have a break by having some alone time (reading, listening to music, computer, TV).	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
43	I take the opportunity to have a break by spending some time outdoors (golf, fishing, gardening, riding, exercise).	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
44	I take the opportunity to have a break by spending some time indoors (reading, listening to music, computer, TV, sewing).	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
45	I take the opportunity to have a break by spending time with others (community work, socialising, social drinking).	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
46	I take the opportunity to have a break by spending time with the family or going on a holiday.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
47	I like to keep the family stressors and the farm stressors separate, so the issues don't get discussed.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
48	I like to have family life and farm life separated so they don't affect each other.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
49	I think being happy and satisfied with your life is helpful.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3
50	My commitment to my responsibilities helps me get through the stress.	<b>A</b>	0	1	2	3
		<b>I</b>	0	1	2	3

51	If things are getting tough I know I just have to keep going and get through it.	<b>A</b> 0 1 2 3
		<b>I</b> 0 1 2 3
52	I find remembering my past difficulties and experiences help me cope with current challenges.	<b>A</b> 0 1 2 3
		<b>I</b> 0 1 2 3
53	I think being hardy and resilient is what helps me through stressful times.	<b>A</b> 0 1 2 3
		<b>I</b> 0 1 2 3
54	Compartmentalising (e.g., separating duties or issues into categories) is a useful tool when feeling stressed.	<b>A</b> 0 1 2 3
		<b>I</b> 0 1 2 3
55	When I have too much to do, I find it helpful to prioritise and do the most important duties first.	<b>A</b> 0 1 2 3
		<b>I</b> 0 1 2 3
56	I think taking things one step at a time is a good way to cope.	<b>A</b> 0 1 2 3
		<b>I</b> 0 1 2 3
57	If I am stressed, I find that having a plan on how to get through the problem is a good method.	<b>A</b> 0 1 2 3
		<b>I</b> 0 1 2 3
58	I think if a problem is looked at rationally, I can find a practical solution.	<b>A</b> 0 1 2 3
		<b>I</b> 0 1 2 3
59	I like to look at a problem and figure out how I can turn it around.	<b>A</b> 0 1 2 3
		<b>I</b> 0 1 2 3
60	If I've got too much to do, I find delegating certain responsibilities or asking advice of professionals really helpful (e.g. agronomists, accountants, planters, workers).	<b>A</b> 0 1 2 3
		<b>I</b> 0 1 2 3
61	If I am really stressed I will go seek psychological help (e.g. counsellor).	<b>A</b> 0 1 2 3
		<b>I</b> 0 1 2 3
62	If I am feeling stressed I find talking to my partner helpful.	<b>A</b> 0 1 2 3
		<b>I</b> 0 1 2 3
63	If I am feeling stressed I find talking to someone else is helpful.	<b>A</b> 0 1 2 3
		<b>I</b> 0 1 2 3

If there is anything else that you think should have been included in this section, or if you have any further comments, please comment in the space provided below.

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The following statements refer to the **strategies that you may use as a family or with your partner to cope with stress or stressful situations**. Please indicate on the first scale the degree to which the statement applies (**A**) to you, and on the second scale how important (**I**) you think this statement is.

*The rating scale for the degree to which the statement applies (A) to you is as follows:*

- 0 Did not apply to me at all
- 1 Applied to me to some degree, or some of the time
- 2 Applied to me to a considerable degree, or a good part of time
- 3 Applied to me very much, or most of the time

*The rating scale for how important (I) you think this statement is as follows:*

- 0 Not important at all
- 1 Important to some degree
- 2 Important to a considerable degree
- 3 It is very important

1	My family and I usually find it best to accept what we can and cannot control.	<b>A</b> 0	1	2	3	<b>I</b> 0	1	2	3
2	My family and I try and adapt to the new circumstances.	<b>A</b> 0	1	2	3	<b>I</b> 0	1	2	3
3	We don't take our stress out on each other as that only creates more problems.	<b>A</b> 0	1	2	3	<b>I</b> 0	1	2	3
4	We are aware of the affects of stress and therefore can monitor our stress levels.	<b>A</b> 0	1	2	3	<b>I</b> 0	1	2	3
5	If my family and I are getting a little stressed, we put our problems in perspective and think of those who are not as fortunate as we are.	<b>A</b> 0	1	2	3	<b>I</b> 0	1	2	3
6	We like to have a positive attitude and a positive outlook.	<b>A</b> 0	1	2	3	<b>I</b> 0	1	2	3
7	We find remembering our past difficulties and experiences helpful when coping with current challenges.	<b>A</b> 0	1	2	3	<b>I</b> 0	1	2	3
8	We try not to let stress get to us.	<b>A</b> 0	1	2	3	<b>I</b> 0	1	2	3
9	My family and I find our Faith or religious beliefs helpful when going through tough times.	<b>A</b> 0	1	2	3	<b>I</b> 0	1	2	3
10	We find the community, with its networks and groups, very helpful when dealing with stress.	<b>A</b> 0	1	2	3	<b>I</b> 0	1	2	3

11	The feeling of community-connectedness is helpful for my family.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
12	We like to visit friends, family, or socialise in general when we are stressed.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
13	My family and I find that having good neighbours is helpful for us.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
14	We find that knowing we are not alone and other people are going through the same thing is helpful for us.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
15	To help each other cope with stress we share the workload.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
16	My family and I find that trust amongst each other is useful tool for coping with stress.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
17	My family or partner and I have an alcoholic beverage to help calm us down and relax.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
18	My family and I eat comfort food, such as chocolate, to help us relax.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
19	We find exercise, such as going for a walk as a family, helps us cope with stress.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
20	We walk away from the situation to stop from becoming too stressed.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
21	Spending time together as a family is helpful.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
22	We find it is best to just go with the flow.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
23	We like to go to the pub or have a drink with our friends to cope with stress.	<b>A</b> 0	1	2	3
		<b>I</b> 0	1	2	3
24	My family and I take the opportunity to have a break by having some time indoors (reading, listening to music,).	<b>A</b> 0	1	2	3

		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
25	My family and I take the opportunity to have a break by spending some time outdoors (fishing, riding, sport).	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
26	My family and I take the opportunity to have a break by spending time with others (community events, socialising, visiting friends and family)	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
27	My family and I take the opportunity to have a break by spending time with the family or going on a holiday.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
28	We like to have family life and farm life in balance so one doesn't overly interfere with the other.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
29	My family and I will ask for help if we are under pressure.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
30	If we are feeling stressed we talk to each other about it.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
31	If we are feeling stressed we find talking to someone else helpful.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
32	We find that compromising with each other is a useful tool when coping with a stressful situation.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
33	My family and I take things one step at a time.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
34	My family and I find it best to confront the situation rather than ignore it.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
35	When we have too much to do, we find it helpful to prioritise and do the most important duties first.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
36	We find that having a plan on how to get through the problem is a good method.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
37	We like to look at a problem and work out how to solve it.	<b>A</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
		<b>I</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>

- |    |  |          |   |   |   |   |
|----|--|----------|---|---|---|---|
| 38 | If things are getting tough we know we just have to keep going and get through it. | <b>A</b> | 0 | 1 | 2 | 3 |
|    |  | <b>I</b> | 0 | 1 | 2 | 3 |
| 39 | We find that having no dependents allows us to cope with stress better.            | <b>A</b> | 0 | 1 | 2 | 3 |
|    |  | <b>I</b> | 0 | 1 | 2 | 3 |

If there is anything else that you think should have been included in this section, or if you have any further comments, please comment in the space provided below.

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## Appendix D

Table D1. *Reducing items by identifying similar items with low means and frequencies from the Major Stressors and Daily Stressors scales.*

Major Stressors	Deleted Item	Daily Stressors	Deleted Items	Stressor Scale	Corresponding Original Item
1.		1.		1.	D: 1,53 M:1,2
2.		2.		2.	D: 3
3.		3.		3.	D: 2,4,5 M: 3
4.		4.		4.	M:4
5.	X	5.		5.	D: 54,55
6.	X	6.		6.	D: 56
7.	X	7.		7.	D: 57
8.	X	8.		8.	D: 58
9.		9.		9.	D: 10,11
10.		10.		10.	D: 12
11.		11.		11.	D: 6
12.		12.		12.	D: 7-9,13 M: 9,11
13.		13.		13.	M: 10
14.		14.		14.	D: 14 M: 12
15.		15.	X	15.	M: 13,14
16.	X	16.		16.	D: 16 M: 15
17.		17.		17.	D: 17,18
18.		18.		18.	M: 17
19.		19.		19.	D: 19,20 M: 18-20
20.		20.		20.	M: 24
21.		21.		21.	D: 32
22.	r	22.		22.	M: 21
23.	X	23.		23.	M: 22,25
24.	r	24.		24.	M: 27
25.	r	25.		25.	M: 28
26.	X	26.		26.	M: 29
27.	r	27.		27.	M: 31
28.		28.	X	28.	D: 30
29.		29.		29.	D: 31,59
30.	X	30.		30.	D: 27,29 D: 23,25
31.	r	31.		31.	M: 35,37,38
32.	X	32.		32.	D: 21,22 M: 36
33.	X	33.	X	33.	M: 39
34.	X	34.	X	34.	D: 24
35.		35.		35.	D: 26
36.		36.		36.	M: 40
37.		37.		37.	M: 41
38.		38.	X	38.	M: 42
39.		39.		39.	M: 43
40.		40.	r	40.	M: 44
41.		41.		41.	M: 45-47
42.		42.		42.	M: 48
43.		43.		43.	D: 51 M: 49
44.		44.		44.	D: 52 M: 50

Table D1. *Continued...*

Major Stressors	Deleted Item	Daily Stressors	Deleted Items	Stressor Scale	Corresponding Original Item
45.		45.	X	45.	M: 51
46.		46.	X	46.	M: 54
47.		47.	X	47.	M: 55,56
48.		48.	X	48.	D: 42,43 M: 58
49.		49.		49.	D: 41 M: 59,60
50.		50.	X	50.	M: 61
51.		51.		51.	D: 40 M: 62
52.	X	52.		52.	D: 39
53.	X	53.		53.	D: 49
54.		54.		54.	M: 64
55.		55.		55.	D: 44 M: 65,66
56.		56.		56.	M: 67
57.	X	57.		57.	M: 68
58.		58.		58.	M: 69
59.		59.		59.	D: 37
60.				60.	D: 35 M: 71-73
61.				61.	M: 74
62.	r			62.	M: 75
63.	X			63.	D: 36 M: 76
64.				64.	M: 77
65.				65.	M: 78
66.				66.	M: 79,80
67.					
68.					
69.					
70.	X				
71.					
72.					
73.					
74.					
75.					
76.					
77.					
78.					
79.					
80.					

Note: 'X' denotes a deleted item, 'r' denotes an item identified for deletion but retained.

Table D2. *Reducing items by identifying similar items with low means and frequencies from the Individual Coping and Family Coping scales.*

Individual Coping	Deleted Items	Family Coping	Deleted Items	Merged Coping Scale	Similar Items
1.		1.		1.	I:1 F:1
2.		2.		2.	I:2
3.		3.		3.	I:3 F:2
4.		4.		4.	I:4
5.		5.		5.	I:5 F:4
6.		6.		6.	I:6
7.		7.		7.	I:7 F:5
8.		8.		8.	I:8 F:6
9.		9.		9.	I:49
10.		10.	X	10.	I:9
11.	r	11.	X	11.	I:52 F:7
12.		12.	X	12.	I:10
13.	r	13.		13.	I:11 F:23
14.		14.		14.	I:12 F: 13
15.	X	15.		15.	I:13
16.	r	16.		16.	I:14 F:9
17.		17.	X	17.	I:16
18.	X	18.	r	18.	I:17
19.		19.	X	19.	I:19
20.		20.	r	20.	I:20 F:15
21.		21.		21.	I:22
22.		22.		22.	I:21
23.		23.	r	23.	I:23 F:14
24.	r	24.		24.	
25.	r	25.		a.	I:24
26.	r	26.		b.	I:25 F:18
27.		27.		c.	I:26
28.		28.		25.	I:27
29.		29.	X	26.	I:28
30.		30.		27.	I:29
31.	r	31.		28.	I:30
32.		32.		29.	I:31
33.	r	33.	X	30.	I:32,41 F:8
34.	X	34.		31.	I:33
35.	r	35.		32.	F:3
36.	r	36.		33.	I:35 F:20
37.	r	37.		34.	I:36
38.		38.		35.	I:37
39.	r	39.		36.	I:38
40.				37.	I:39
41.				38.	I:40 F:22

Table D2. *Continued....*

Individual Coping	Deleted Items	Family Coping	Deleted Items	Merged Coping Scale	Similar Items
42.				39.	
43.				a.	I:42
44.				b.	I:43,44 F:24,25
45.				c.	I:45,46 F:21,26,27
46.				40.	I:47,48
47.	r			41.	F:28
48.	r			42.	F:39
49.				43.	F:16
50.				44.	I:50
51.				45.	I:51 F:34,38
52.				46.	I:53
53.				47.	I:54
54.				48.	F:32
55.					I:55,56 F:35
56.					I:57 F:36
57.					I:58,59 F:37
58.					I:60
59.					I:61
60.					I:62,63 F:30,31
61.					
62.					
63.					

Note: 'X' denotes a deleted item, 'r' denotes an item identified for deletion but retained.

Table D3. Reducing items by identifying similar or polarised items with low means and frequencies from the Assistance with Role Completion and Interference with Role Completion scales.

Assistance	Deleted Items	Interference	Deleted Items	Reduced Role Impact Scale	Similar Items
				Assistance Scale	
1.		1.	r	1.	A:1
2.		2.	r	2.	A:2,4
3.		3.		3.	A:3
4.		4.		4.	A:5
5.		5.	X	5.	A:6
6.		6.		6.	A:7
7.		7.		7.	A:8
8.		8.	r	8.	A:11
9.		9.	r	9.	A:9,10,12
10.		10.		10.	A:13
11.	r	11.	X	11.	A:14
12.		12.		12.	A:15
13.	r	13.		13.	A:16
14.		14.		14.	A:17
15.		15.	X	15.	A:18
16.		16.		16.	A:19
17.		17.	X	17.	A:20
18.		18.		18.	A:21
19.	r	19.		19.	A:22,23
20.		20.		20.	A:24
21.		21.		21.	A:25
22.		22.		22.	A:26
23.		23.		23.	A:27
24.		24.	r	24.	A:28,29
25.	r	25.		25.	A:30
26.	r	26.		26.	A:31
27.	r	27.		27.	A:32
28.	r	28.		Interference Scale	
29.	r	29.		1.	I:1
30.		30.		2.	I:2
31.		31.		3.	I:3
32.		32.		4.	I:4
33.	X	33.	r	5.	I:5
		34.	r	6.	I:8
		35.		7.	I:9
		36.		8.	I:10
		37.		9.	I:12,13
		38.		10.	I:14
		39.		11.	I:16
		40.		12.	I:18
		41.		13.	I:19
		42.	X	14.	I:20
		43.	r	15.	I:21
		44.		16.	I:28
		45.	r	17.	I:29,30
		46.	r	18.	I:31
		47.	X	19.	I:32
		48.	X	20.	I:33
		49.		21.	I:34
		50.	X	22.	I:35
		51.	X	23.	I:36
		52.	X	24.	I:37
		53.	r	25.	I:38,39
		54.	X	26.	I:40,41
				27.	I:7

Table D3. *Continued...*

Assistance	Deleted Items	Interference	Deleted Items	Reduced Role Impact Scale	Similar Items
				28.	I:22
				29.	I:23
				30.	I:24
				31.	I:25
				32.	I:26
				33.	I:27
				34.	I:43
				35.	I:44
				36.	I:45
				37.	I:46
				38.	I:49
				39.	I:53

Note: 'X' denotes a deleted item, 'r' denotes an item identified for deletion but retained.



Table D5. *Reducing items by identifying similar and polarised items with low means and frequencies from the Negative and Positive Intergenerational Farming scales.*

Negative Intergenerational Farming	Deleted Items	Positive Intergenerational Farming	Deleted Items	Merged Intergenerational Farming Scale	Similar Items
1.	X	1.		1.	P:14,15
2.		2.		2.	N:2,3
3.		3.		3.	N:5
4.		4.		4.	P:8
5.		5.		5.	P:11
6.	X	6.		6.	P:5
7.	X	7.		7.	P:2
8.	X	8.		8.	N:9 P:9
9.		9.		9.	P:10
10.		10.		10.	N:10 P:7
11.		11.		11.	P:18
12.		12.		12.	N:11
13.		13.		13.	N:12 P:17
14.		14.		14.	N:13
15.		15.		15.	N:14 P:20
16.		16.		16.	N:15
17.		17.		17.	N:16 P:13
18.		18.		18.	N:17 P:12
19.	X	19.	X	19.	N:18
20.		20.		20.	P:3
		21.	X	21.	N:20 P:16
		22.	X	22.	P:1
		23.	X	23.	P:4
		24.		24.	P:6
		25.		25.	N:4
		26.	X	26.	P:23
				27.	P:24
				28.	P:25
				29.	P:26

Note: 'X' denotes a deleted item, 'r' denotes an item identified for deletion but retained.



## Appendix E

### **Email Brief to Potential Participants of the Expert Review Panel:**

My name is Connar McShane, I'm a PhD research student from James Cook University in Townsville, Qld, and I'm conducting research surrounding factors that impact farming families' well-being and quality of life. Specifically, I am examining the home and business structure, indentifying prominent issues that are a part of farming lifestyle, and indentifying the resources and strategies that farming families use to manage these issues.

I have conducted in-depth interviews with a number of farming families and am now in the process of identifying the most common and important points. It is now at this stage of the research that I am seeking members of farming families and people from relevant industries who might be able to add their professional opinion to what they believe are important factors for farming families.

I would like to ask whether you would consider being a part of this review panel.

The list of items will be delivered to review panel members to evaluate items in terms of importance and relevance.

I would like to phone you on Monday to discuss potential involvement.

Thank you for your time,

Regards

Connar McShane

School of Arts and Social Sciences  
James Cook University,  
Townsville, Qld, 4811

P: [REDACTED]

M: [REDACTED]

EXPERT REVIEW PANEL ITEM CHECKLIST

Hello and thank you for agreeing to be a part of this Review Panel, any information you provide will remain confidential. On the following pages are a list of statements regarding stressors, coping methods, things that help get work done, things that stop work from getting done, level of commitment and identification with farming, and intergenerational farming issues. Your role is to consider each statement in terms of:

- How relevant this item is for farming families
- How important this item is for farming families

You can include any comments you wish to make for each statement, for example:

- The statement should refer to the individual or the family
- The statement should be worded positively or negatively
- The most appropriate descriptor for this statement

This example considers statements that are referring to possible stressors that a farming family member may experience:

Item	Relevant 0 1 2 3	Important 0 1 2 3	Me My Family	Positive Negative	Wording
The noise level around machinery.	2	1	Me	Positive	Bother
The health, safety and welfare of self or a family member.	2	3	Separate	Negative	Worry

Therefore these statements would be interpreted as:

*The noise level around machinery doesn't bother me. (This is positively framed because it is not a concern)* This statement is a relevant concern but not an important one.

*I worry about the health, safety and welfare of my family or partner.*

*I worry about my personal health, safety and welfare. (Negatively framed)*

When considering the degree of relevance or importance, **0 = Not important/relevant at all**, and **3 = Very important/relevant**.

Before you begin, please complete the following demographic information:

Age	Gender	Job/Involvement in Industry

The following items refer to stressors farming family members may be experiencing. How relevant and important do you think each stressor is?	Relevant 0 1 2 3	Important 0 1 2 3	Comment
<b>Stressors (<i>Bother, worry, concern, hassle, problem, issue</i>)</b>			
1. Getting services (such as mechanics, agronomists, product transport trucks, or employees) out to the property.			
2. Unreliable communication technology, such as phone reception and internet service.			
3. Isolation from people and services, such as health services and shops (e.g. groceries).			
4. Not enough social opportunities because of the farm.			
5. Community gossiping or harassment.			
6. Being disorganised.			
7. Lack of enthusiasm for work.			
8. Talking about stress.			
9. Lack of sleep.			
10. Feeling exhausted and having no energy.			
11. Age stopping work from getting done.			
12. The health, safety and welfare of self or a family member.			
13. The outcome of the farm if the partner falls ill or dies.			
14. Distance from children and family.			
15. Trying to keep up with family duties and responsibilities such as demanding partner or children.			
16. Keeping family happy and satisfied.			
17. Maintaining personal relationships.			
18. Providing sufficiently for family.			
19. Family or recreational time is often cut short by farming commitments.			
20. How to survive financially when retiring.			
21. When to retire.			

22. Whether partner will retire.			
23. Having to sell the farm but wanting to stay.			
24. Farm current and future sustainability.			
25. Being the last generation on the farm as next generation not willing/able to take over family business.			
26. Passing the farm onto the next generation and dividing the asset.			
27. Future role on the family farm.			
28. Working with family members in an intergenerational business.			
29. The pressure or control of the older generation of farmers on the next generation.			
30. Difficulties surrounding the availability and quality of workers.			
31. Having too much to do for one person.			
32. Not having enough time to complete duties.			
33. The amount of paperwork that has to be completed in the farming business.			
34. Neglecting jobs and duties that should be done but more important jobs always take precedent.			
35. Workload that is increased or interrupted due to other people's errors.			
36. Working with old and unreliable machinery and equipment.			
37. The noise level around machinery.			
38. The risk of injury that is involved in farm work.			
39. The amount of chemicals used in the industry.			
40. The effect that chemicals could have on personal and family health.			
41. The impact that farming practices may have on the environment and wildlife.			
42. Dangerous wildlife, such as snakes.			
43. The impact of pests and the harm they may cause the crop or livestock (e.g., weeds, pigs, rats, dogs, etc).			
44. The quality of the crop and land.			
45. Other farmers doing the right thing or having poor farming practices.			

46. The future of the primary industry and what is going to happen to farming.			
47. The Australian public and Government do not value the industry enough.			
48. It is unfair that the farming industry is being targeted by the Government, other organisations, and the public over issues such as environmental impact.			
49. Government or other organisations' legislation, rules, and interference in the way farming businesses are run.			
50. Constructions and building development taking over farming land.			
51. Sharing equipment or machinery with others and therefore having to work to a schedule.			
52. The lack of control over the success of the business and the production of the produce.			
53. When things go wrong and take up time.			
54. Water supply and irrigation.			
55. Lack of control associated with climate change and weather conditions.			
56. Market control and its effect on product and income.			
57. The price mark-up in supermarkets.			
58. The amount of foreign products in the market.			
59. Having to go to off-farm work.			
60. The financial situation of the farm.			
61. Economic stability.			
62. The small cost-profit margin in farming.			
63. The increase of price of inputs and how that would affect income and product quality (e.g., fuel, fertiliser, chemicals, etc).			
64. The price of land.			
65. The financial return does not match the hard work that is put into producing the product.			
66. The constant change in technology is increasingly expensive or difficult to understand.			

The following items refer to strategies farming family members may use to help them cope with stress. How relevant and important do you think each strategy is?	Relevant 0 1 2 3	Important 0 1 2 3	Comment
<b>Coping</b> ( <i>Helps, useful, effective, manage, handle, deal with</i> )			
1. Accept what you do and do not have control over.			
2. Accept responsibility and face the issue.			
3. Adapt to the new circumstances.			
4. Appreciate what you have.			
5. Aware of the effects of stress and therefore monitor stress levels.			
6. Enjoy work and have a lot of job satisfaction.			
7. Put problems in perspective.			
8. Have a positive attitude and a positive outlook.			
9. Be happy and satisfied with life.			
10. Recognising achievements.			
11. Remembering past difficulties and experiences to help with current challenges.			
12. The community, with its networks and groups.			
13. Going to the pub or have a drink with friends.			
14. Visit friends, family, neighbours, or socialise in general.			
15. I don't get stressed.			
16. Faith or religious beliefs.			
17. Can be a worrier and can't let problems go.			
18. Being refreshed and well rested.			
19. Having some control over the outcome or situation.			
20. Share workload with partner or family.			

21. Can rely on someone to help as you help others.			
22. Open communication within the family.			
23. Not alone as other people are going through the same thing.			
24. To help relax, you like to have:			
a. An alcoholic beverage			
b. Comfort food (such as chocolate)			
c. A drug other than alcohol			
25. Having a good laugh at yourself.			
26. Watching animals.			
27. Get away to a different view, some location where the scenery is completely different from home.			
28. Exercise, such as going for walks.			
29. Purposefully make myself relax.			
30. Resist stress.			
31. Yell and get angry at self for mistakes or the object that caused the frustration (e.g., broken machinery) but not at the family.			
32. Get angry and yell at partner or family.			
33. Walk away from the situation.			
34. Give up trying.			
35. Say "this isn't real".			
36. Focus on dealing with this problem and, if necessary, let other things slide a little.			
37. Wait for the right time to do something.			
38. Just to go with the flow.			
39. Take the opportunity to have a break by:			
a. Spending some time alone.			

b. Doing other activities (e.g. golf, fishing, gardening, TV, reading).			
c. Spending time with others (community work, socialising, social drinking, family excursion/holiday).			
40. Keep family life and farm life separated so they don't affect each other.			
41. Have family life and farm life in balance so one doesn't overly interfere with the other.			
42. Having no dependents.			
43. Trust amongst each other (e.g. family).			
44. Commitment to responsibilities.			
45. Just have to keep going and get through it if things are tough.			
46. Being hardy and resilient.			
47. Compartmentalising (e.g., separating duties or issues into categories).			
48. Compromising with each other.			
49. Taking things one step at a time or prioritising.			
50. Having a plan on how to get through the problem.			
51. Look at problems rationally and find a practical solution.			
52. If there is too much to do, delegate certain responsibilities or ask advice of professionals (e.g. agronomists, accountants, planters, workers).			
53. Seek professional help (e.g. counsellor).			
54. Talk to partner or someone else.			



The following items refer to things that may help farming family members get things done. How relevant and important do you think each facilitator is?	Relevant 0 1 2 3	Important 0 1 2 3	Comment
<b>Assist Role Completion</b> ( <i>helps, aids, assists, facilitates, eases</i> )			
1. Being adaptable and willing to diversify.			
2. Being committed helps with perseverance.			
3. Being determined			
4. Being well-rested and focused.			
5. Having enthusiasm or motivation for work.			
6. Being practical.			
7. Having pride in your land and product.			
8. Delegating duties to employed professionals such as agronomists, accountants, and contractors.			
9. Having good management skills, such as planning and prioritising.			
10. Having business meetings where feedback about personal performance and the farm's performance is received.			
11. Having some sort of experience or education.			
12. Being multi-skilled.			
13. Having flexibility in work.			
14. Having financial security or cash flow.			
15. When the weather is good.			
16. Spending less time on the off-farm job.			
17. If there was more time to complete duties.			
18. The location of the farm is helpful in terms of being closer to town and its services.			
19. If there was more control in the markets, in terms of prices of product or regulation of foreign products.			
20. Technology and equipment.			

21. Turning off the phone.			
22. Having the children put into day care, whether it is with a family member or a professional.			
23. Ease of communication between immediate or intergenerational family members.			
24. Being in an intergenerational business is helpful as there are others to share the workload or because of access to experience and education of the others.			
25. Having family help out as there is no exchange of money or extra paperwork.			
26. Having family help out because they know what they are doing.			
27. Sharing my workload with others.			

The following items refer to things that may interfere with farming family members getting things done. How relevant and important do you think each interruption is?	Relevant 0 1 2 3	Important 0 1 2 3	Comment
<b>Interruptions</b> ( <i>interferes, stops, prevents completing jobs</i> )			
1. Having to help others.			
2. The continuous work demand interferes as there is too much to do for one person.			
3. The unpredictability of duties.			
4. The duties in the office or on the farm.			
5. The farm taking priority.			
6. Having to attend education courses, programs, and meetings for the farm and business.			
7. Off-farm work or volunteer work.			
8. Intergenerational tension or conflict.			
9. When children move away due to time taken for travel, visiting, or the loss of labour.			
10. Family or recreational commitments.			
11. Planning to go on holiday because workload is increased.			
12. Personal or family health issues.			
13. Having to recover and refocus from stressful situations.			
14. Having a lack of enthusiasm for certain responsibilities and roles.			
15. Being fatigued or not having enough sleep.			
16. Being inexperienced.			
17. Government or other organisational rules and regulations.			
18. Being financially limited.			
19. Weather conditions.			
20. Old or unreliable machinery and equipment as it breaks down.			

21. Sharing equipment, machinery, or systems.			
22. Phones calls.			
23. The unreliable access to communication services (phone service, internet connections).			
24. The unreliability of services (access to mechanics, town services).			
25. When things go wrong on the farm, in the home, in the business, or when other people make mistakes.			
26. The availability and quality of employees.			
27. Not having enough time.			
28. Being too frazzled from work to participate in family activities/responsibilities.			
29. Being so emotionally drained from work to contribute to family.			
30. Due to all the pressures at work, being too stressed to do the things I (the individual) enjoy.			
31. Due to stress at home, being preoccupied with family matters at work.			
32. Being stressed from family responsibilities, results in a hard time concentrating on work.			
33. Tension and anxiety from family life often weakens the ability to do the job.			
34. Work stopping involvement in family activities more than I (the individual) would like.			
35. The time devoted to the job prevents equal participation in household responsibilities and activities.			
36. Missing family activities due to the amount of time spent on work responsibilities.			
37. The time spent on family responsibilities often interferes with work responsibilities.			
38. The problem-solving behaviours used in the job are not effective in resolving problems at home.			
39. Behaviour that is effective and necessary at home would be counterproductive at work.			

The following items refer to the level of commitment farming family members have towards remaining on the farm. This is assessed in terms of what farming may mean to them. How relevant and important do you think each item is?	Relevant 0 1 2 3	Important 0 1 2 3	Comment
<b>Commitment &amp; Identifying</b>			
1. Enjoy working with animals or watching things grow.			
2. Enjoy watching product grow and getting satisfaction from a good product.			
3. Enjoy the work and challenge of the farm and how it can be rewarding in the long-term.			
4. Like to keep busy and there is always something to do on the farm.			
5. Farming is about being hard-working.			
6. It means being multi-skilled.			
7. The financial benefits of being a part of a farming family or business.			
8. The autonomy, do what you want when you want, within reason.			
9. Being a land owner; your little part of the world.			
10. It is about being ethical.			
11. Being down-to-earth.			
12. Like improving the land and having pride in its appearance.			
13. The surrounding environment and landscape of location.			
14. The positive lifestyle elements of the farming life.			
15. Being part of a farming family is good for the children as they gain a lot of skills.			
16. Being a farmer means being a successful businessman.			
17. Being a part of a farming family or business is about being optimistic for the future as it is a vital industry.			
18. Farming contributes to people in general.			
19. Don't want to retire.			
20. Farming is who I am.			

21. Wouldn't want to leave the farm.			
22. Remain on the farm as partner wants to stay.			
23. Too much debt or financially bound to the farm and cannot afford to leave at present.			
24. Too old to change so wouldn't be able to get work anywhere else.			
25. For the children's future so they can benefit from the farm in some way.			
26. The sentimental value of the farm, its tradition and don't want to disappoint the previous generation.			
27. Farming is just a job.			
28. Want more recreational time for self and partner.			
29. It is a hard family life.			
30. Do not encourage children to go into farming.			
31. Farmers are unrealistically optimistic.			

The following items refer to things that may influence the harmony of an intergenerational farming family. How relevant and important do you think each item is?	Relevant 0 1 2 3	Important 0 1 2 3	Comment
<b>Intergenerational Farming</b> ( <i>Good/bad idea, works</i> )			
1. There are fewer children or a larger asset which limits the conflict and tension which would arise over inheritance issues.			
2. The working adult children on the farm are not financially independent from the farm – they are not paid wages and do not own anything.			
3. There is a difference in the quality of work or perceived workload between family members.			
4. Members have an equal say in what happens on and the direction of the farm and business.			
5. Each generation is respected for their own experiences, education, and strengths.			
6. A member is either inexperienced or uneducated in farming practices.			
7. Each member is committed to the business and farm – they want to be there.			
8. Members have good relationships with each other.			
9. There is open and honest communication between family members.			
10. Each member has common goals, they all agree generally with the direction of the farm.			
11. There are business meetings where members openly discuss what they have done and where they want to go with the farm.			
12. The family member is treated differently from a normal worker.			
13. Family members have dual roles; you are not just the boss you are the father or mother, you are not just the worker you are the son or daughter.			
14. There is jealousy amongst siblings in terms of perceived favouritism.			
15. There is central management, so all members have their responsibilities and live as separate families but there are one or two members who manage the business.			
16. The business involves extended family members (cousins, uncles, aunts) and not just immediate family members (father, mother, sons, daughters).			

17. The older generation has stepped back and allowed the younger generation to make their own choices.			
18. The next generation is or perceives pressure to continue the family farm even though they do not wish to be farmers.			
19. A family member has married and there is not an immediate acceptance of the new partner amongst other family members or the new member is not committed to the family business.			
20. There is loyalty among family members.			
21. There is a good and clear succession plan in place.			
22. Members are adaptable and are willing to change the traditional structure and methods of the farm to suit and benefit family members.			
23. Members trust and accept decisions made by other members.			
24. There is a balance between work on the farm and family time.			
25. There are financial issues in terms of the next generation inheriting debt.			
26. The next generation is without major financial pressure due to inheritance of the property or receiving financial assistance from the previous generation.			
27. New members gain the experiences and knowledge acquired by other family members.			
28. It eases the workload without the problems associated with finding external employees, limits paperwork, and is financially beneficial.			
29. It continues the generations, with the farm remaining in the family, and the years of hard work were not for nothing.			



Table F1. Matrix of assessment procedure of Stressor items based on responses from Expert Panel participants.

Stressor Items	M Total =<2	I / R Discrepancy (I/R =<2)	Gender Differences	Negative Comments: Participant ID	Redundancy Quant.: r=>.8 Qual.: Face Validity	Validity = NCT Reliability = a<.3	Deleted Items
Getting services (such as mechanics, agronomists, product transport trucks, or employees) out to the property.							
Unreliable communication technology, such as phone reception and internet service.							
Isolation from people and services, such as health services and shops (e.g. groceries).				11	3,4		
Not enough social opportunities because of the farm.		I<2		6, 10	3,4	NCT <.3	
Community gossiping or harassment.	<2			10, 11		NCT <.3	X
Being disorganised.	<2			10,11		NCT <.3	X
Lack of enthusiasm for work.				2, 3,11	r=9,10 FV=7-10		
Talking about stress.				2,11	FV=7-10		
Lack of sleep.				11	r=7,10 FV=7-10		X
Feeling exhausted and having no energy.				2,11	r=7,9 FV=7-10		
Age stopping work from getting done.					r=21,23		X
The health, safety and welfare of self or a family member.					FV=12,38,40		
The outcome of the farm if the partner falls ill or dies.						NCT <.3	X
Distance from children and family.							
Trying to keep up with family duties and responsibilities such as demanding partner or children.					FV=15,18		
Keeping family happy and satisfied.					FV=16,17,19		
Maintaining personal relationships.					FV=16,17,19	NCT	
Providing sufficiently for family.					r=44 FV=15,18		

Table F1 *Continued...*

Stressor Items	M Total =<2	I / R Discrepancy (I/R =<2)	Gender Differences	Negative Comments: Participant ID	Redundancy Quant.: r=>.8 Qual.: Face Validity	Validity = NCT Reliability = a<.3	Deleted Items
Family or recreational time is often cut short by farming commitments.					FV=16,17,19	NCT <.3	X
How to survive financially when retiring.					FV=20,21,22		
When to retire.					r=11 FV=20,21,22		
Whether partner will retire.				10	FV=20,21,22		
Having to sell the farm but wanting to stay.					r=11 FV=23,24		X
Farm current and future sustainability.					FV=23,24	NCT	X
Being the last generation on the farm as next generation not willing/able to take over family business.		R<2		5,10	FV=25,26	NCT <.3	X
Passing the farm onto the next generation and dividing the asset.					FV=25,26		
Future role on the family farm.		R<2	M+	10		NCT <.3	X
Working with family members in an intergenerational business.							
The pressure or control of the older generation of farmers on the next generation.	<2		M+	10		NCT <.3	X
Difficulties surrounding the availability and quality of workers.					r=47	NCT <.3	
Having too much to do for one person.					r=34 FV=31,32		
Not having enough time to complete duties.					FV=31,32		X
The amount of paperwork that has to be completed in the farming business.						NCT <.3	X

Table F1 *Continued...*

Stressor Items	M Total =<2	I / R Discrepancy (I/R =<2)	Gender Differences	Negative Comments: Participant ID	Redundancy Quant.: r=>.8 Qual.: Face Validity	Validity = NCT Reliability = a<.3	Deleted Items
Neglecting jobs and duties that should be done but more important jobs always take precedent.					r=31 FV=34,35		X
Workload that is increased or interrupted due to other people's errors.					FV=34,35		
Working with old and unreliable machinery and equipment.		R<2					X
The noise level around machinery.	<2				r=39,40		X
The risk of injury that is involved in farm work.			F+		FV=38,12,40	NCT	
The amount of chemicals used in the industry.				4	r=37,40		
The effect that chemicals could have on personal and family health.				4	r=37,39 FV=38,12,40	NCT	X
The impact that farming practices may have on the environment and wildlife.	<2	R<2		4,10			X
Dangerous wildlife, such as snakes.	<2					NCT	X
The impact of pests and the harm they may cause the crop or livestock (e.g., weeds, pigs, rats, dogs, etc).		R<2		4		NCT	X
The quality of the crop and land.					r=18		X
Other farmers doing the right thing or having poor farming practices.				10			
The future of the primary industry and what is going to happen to farming.							
The Australian public and Government do not value the industry enough.					r=30	NCT	
It is unfair that the farming industry is being targeted by the Government, other organisations, and the public over issues such as environmental impact.					FV=48,49	NCT	X
Government or other organisations' legislation, rules, and interference in the way farming businesses are run.				5	FV=48,49	NCT <.3	X
Constructions and building development taking over farming land.	<2	R<2	M+	4,10			X

Table F1 *Continued...*

Stressor Items	M Total =<2	I / R Discrepancy (I/R =<2)	Gender Differences	Negative Comments: Participant ID	Redundancy Quant.: r=>.8 Qual.: Face Validity	Validity = NCT Reliability = a<.3	Deleted Items
Sharing equipment or machinery with others and therefore having to work to a schedule.	<2			3,10		NCT <.3	X
The lack of control over the success of the business and the production of the produce.	<2		M+	10		NCT <.3	X
When things go wrong and take up time.		R<2		5			X
Water supply and irrigation.				3, 4, 5			X
Lack of control associated with climate change and weather conditions.	<2	I<2	M+	3, 5			X
Market control and its effect on product and income.						NCT	
The price mark-up in supermarkets.							
The amount of foreign products in the market.				4		NCT	
Having to go to off-farm work.	<2	I<2		4			X
The financial situation of the farm.							
Economic stability.							
The small cost-profit margin in farming.				5	FV=62,63,65		
The increase of price of inputs and how that would affect income and product quality (e.g., fuel, fertiliser, chemicals, etc).					FV=62,63,65		
The price of land.						NCT	
The financial return does not match the hard work that is put into producing the product.							
The constant change in technology is increasingly expensive or difficult to understand.							

Table F2. Matrix of assessment procedure of Coping items based on responses from Expert Panel participants.

Coping Items	M Total =<2	I / R Discrepancy (I/R =<2)	Gender Differences	No. Negative Comments	Redundancy Quant.: r=>.8 Qual.: Face Validity	Validity = NCT Reliability = a<.3	Deleted Items
Accept what you do and do not have control over.						NCT	
Accept responsibility and face the issue.						NCT	
Adapt to the new circumstances.						NCT <.3	X
Appreciate what you have.					r=48		X
Aware of the effects of stress and therefore monitor stress levels.				10	r=52		X
Enjoy work and have a lot of job satisfaction.							
Put problems in perspective.				10	r=10,14,22 FV=7,11		X
Have a positive attitude and a positive outlook.				10	r=51,54 FV=8,9		
Be happy and satisfied with life.				10	FV=8,9	NCT	
Recognising achievements.					r=7,22		
Remembering past difficulties and experiences to help with current challenges.				5, 10	FV=7,11		
The community, with its networks and groups.					r=39a,25		X
Going to the pub or have a drink with friends.	<2			4	r=24c	<.3	X
Visit friends, family, neighbours, or socialise in general.					r=7,39a		
I don't get stressed.	<2			10		NCT <.3	X
Faith or religious beliefs.				4	r=18,21,27,41		
Can be a worrier and can't let problems go.	<2	I<2			r=24b	NCT	X
Being refreshed and well rested.					r=16		X
Having some control over the outcome or situation.				10		NCT <.3	
Share workload with partner or family.					FV=20,21		
Can rely on someone to help as you help others.	<2			10	r=16 FV=20,21		X

Table F2. *Continued...*

Coping Items	M Total =<2	I / R Discrepancy (I/R =<2)	Gender Differences	No. Negative Comments	Redundancy Quant.: r=>.8 Qual.: Face Validity	Validity = NCT Reliability = a<.3	Deleted Items
Open communication within the family.					r=7,10		
Not alone as other people are going through the same thing.							
To help relax, you like to have:							
A. An alcoholic beverage		I<2				NCT <.3	
B. Comfort food (such as chocolate)	<2				r=17		X
A drug other than alcohol	<2				r=12	NCT <.3	X
Having a good laugh at yourself.					r=12		
Watching animals.	<2				r=40		
Get away to a different view, some location where the scenery is completely different from home.				10	r=16,41 FV=27,33		
E<2ercise, such as going for walks.				10			
Purposefully make myself relax.		R<2					X
Resist stress.	<2	R<2	F+	10			X
Yell and get angry at self for mistakes or the object that caused the frustration (e.g., broken machinery) but not at the family.	<2			2,10	r=32 FV=31,32	NCT <.3	X
Get angry and yell at partner or family.	<2			2	r=31 FV=31,32	NCT <.3	X
Walk away from the situation.		R<2			FV=27,33	NCT	X
Give up trying.	<2			10		NCT <.3	X
Say "this isn't real".	<2			10		NCT <.3	X
Focus on dealing with this problem and, if necessary, let other things slide a little.							
Wait for the right time to do something.	<2	I<2		3			X
Just to go with the flow.		I<2					

Table F2. *Continued...*

Coping Items	M Total = $<2$	I / R Discrepancy (I/R = $<2$ )	Gender Differences	No. Negative Comments	Redundancy Quant.: $r=>.8$ Qual.: Face Validity	Validity = NCT Reliability = $a<.3$	Deleted Items
Take the opportunity to have a break by: A. Spending some time alone.					$r=12,14$ FV=39 ABC		
Doing other activities (e.g. golf, fishing, gardening, TV, reading).					FV=39 ABC		
Spending time with others (community work, socialising, social drinking, family excursion/holiday).					FV=39 ABC	NCT	
Keep family life and farm life separated so they don't affect each other.				2,10	$r=26$ FV=40,41		X
Have family life and farm life in balance so one doesn't overly interfere with the other.				2,10	$r=16,27$ FV=40,41		X
Having no dependents.	$<2$			2,10	$r=48$	NCT	X
Trust amongst each other (e.g. family).							
Commitment to responsibilities.					FV=44 -46		
Just have to keep going and get through it if things are tough.					FV=44 -46	NCT $<.3$	X
Being hardy and resilient.					FV=44 -46	NCT	X
Compartmentalising (e.g., separating duties or issues into categories).		R $<2$			FV=47,49-51	NCT $<.3$	X
Compromising with each other.					$r=4,42$		
Taking things one step at a time or prioritising.					FV=47, 49-51		
Having a plan on how to get through the problem.					$r=52$ FV=47, 49-51		X
Look at problems rationally and find a practical solution.					$r=8,52,54$ FV=47, 49-51		X
If there is too much to do, delegate certain responsibilities or ask advice of professionals (e.g. agronomists, accountants, planters, workers).					$r=5,50,51,53$		
Seek professional help (e.g. counsellor).					$r=52$		X
Talk to partner or someone else.					$r=8,51$		

Table F3. Matrix of assessment procedure of Assistance with Role Completion items based on responses from Expert Panel participants.

Assistance with Role Completion	M Total =<2	I / R Discrepancy (I/R =<2)	Gender Differences	No. Negative Comments	Redundancy Quant.: r=>.8 Qual.: Face Validity	Validity = NCT Reliability = a<.3	Deleted Items
Being adaptable and willing to diversify.						NCT	
Being committed helps with perseverance.					r=7,3 FV=2,3		X
Being determined					r=2 FV=2,3		
Being well-rested and focused.							
Having enthusiasm or motivation for work.							
Being practical.						NCT <.3	X
Having pride in your land and product.					r=2		
Delegating duties to employed professionals such as agronomists, accountants, and contractors.						NCT	
Having good management skills, such as planning and prioritising.						NCT	
Having business meetings where feedback about personal performance and the farm's performance is received.				10		NCT	X
Having some sort of experience or education.				10		NCT	X
Being multi-skilled.						NCT	X
Having flexibility in work.							
Having financial security or cash flow.				10			X
When the weather is good.							
Spending less time on the off-farm job.	<2		M+	4		NCT <.3	X
If there was more time to complete duties.		I<2				NCT <.3	X
The location of the farm is helpful in terms of being closer to town and its services.		I<2					X
If there was more control in the markets, in terms of prices of product or regulation of foreign products.			M+				X
Technology and equipment.			M+		r=27		X



Table F3. *Continued...*

Assistance with Role Completion	M Total = $\leq 2$	I / R Discrepancy (I/R = $\leq 2$ )	Gender Differences	No. Negative Comments	Redundancy Quant.: $r \geq .8$ Qual.: Face Validity	Validity = NCT Reliability = $\alpha \leq .3$	Deleted Items
Turning off the phone.	$\leq 2$						X
Having the children put into day care, whether it is with a family member or a professional.	$\leq 2$						X
Ease of communication between immediate or intergenerational family members.						NCT	
Being in an intergenerational business is helpful as there are others to share the workload or because of access to experience and education of the others.				10	FV=24,26,27	NCT	X
Having family help out as there is no exchange of money or extra paperwork.	$\leq 2$			10			X
Having family help out because they know what they are doing.				10	FV=24,26,27	NCT	X
Sharing my workload with others.					$r=20$ FV=24,26,27		

Table F4. Matrix of assessment procedure of Interruption with Role Completion items based on responses from Expert Panel participants.

Interruption to Role Completion Items	M Total =<2	I / R Discrepancy (I/R =<2)	Gender Differences	No. Negative Comments	Redundancy Quant.: r=>.8 Qual.: Face Validity	Validity = NCT Reliability = a<.3	Deleted Items
Having to help others.		I<2					X
The continuous work demand interferes as there is too much to do for one person.					r=5,27,35 FV=2,27		
The unpredictability of duties.	<2	I<2		10	r=5,37,38		
The duties in the office or on the farm.	<2	R<2	M+	2	r=5		X
The farm taking priority.	<2		M+	2,	r=2,35,43		X
Having to attend education courses, programs, and meetings for the farm and business.				10			
Off-farm work or volunteer work.	<2			10	r=10,31		X
Intergenerational tension or conflict.			M+		r=13,24,36,37		
When children move away due to time taken for travel, visiting, or the loss of labour.	<2				r=37,38		X
Family or recreational commitments.				10	r=7,30 FV=10,11		
Planning to go on holiday because workload is increased.		R<2		10	FV=10,11		
Personal or family health issues.		R<2					X
Having to recover and refocus from stressful situations.	<2	R<2	M+		r=8,23,37		X
Having a lack of enthusiasm for certain responsibilities and roles.	<2						X
Being fatigued or not having enough sleep.		R<2		3		NCT	X
Being inexperienced.				10	r=23		
Government or other organisational rules and regulations.						NCT <.3	X
Being financially limited.							
Weather conditions.			M+			NCT	X
Old or unreliable machinery and equipment as it breaks down.			M+		r=22,27		X

Table F4. *Continued...*

Interruption to Role Completion Items	M Total =<2	I / R Discrepancy (I/R =<2)	Gender Differences	No. Negative Comments	Redundancy Quant.: r=>.8 Qual.: Face Validity	Validity = NCT Reliability = a<.3	Deleted Items
Sharing equipment, machinery, or systems.	<2			10		NCT <.3	X
Phones calls.				4	r=20,27		X
The unreliable access to communication services (phone service, internet connections).					r=13,16,24		
The unreliability of services (access to mechanics, town services).			M+		r=8,23		X
When things go wrong on the farm, in the home, in the business, or when other people make mistakes.							
The availability and quality of employees.						NCT	
Not having enough time.					r=2,20,22 FV=2,27		X
Being too frazzled from work to participate in family activities/responsibilities.			M+				X
Being so emotionally drained from work to contribute to family.					r=30,31,33		
Due to all the pressures at work, being too stressed to do the things I (the individual) enjoy.					r=10,29,31,33		X
Due to stress at home, being preoccupied with family matters at work.					r=7,29,30,33		X
Being stressed from family responsibilities, results in a hard time concentrating on work.			M+		r=33		
Tension and anxiety from family life often weakens the ability to do the job.			M+		r=29,30,31,32		X
Work stopping involvement in family activities more than I (the individual) would like.			M+		r=35		X
The time devoted to the job prevents equal participation in household responsibilities and activities.					r=2,34		X

Table F4. *Continued...*

Interruption to Role Completion Items	M Total =<2	I / R Discrepancy (I/R =<2)	Gender Differences	No. Negative Comments	Redundancy Quant.: r=>.8 Qual.: Face Validity	Validity = NCT Reliability = a<.3	Deleted Items
Missing family activities due to the amount of time spent on work responsibilities.			M+		r=8		X
The time spent on family responsibilities often interferes with work responsibilities.	<2		M+	10	r=3,8,9,13,38,39		X
The problem-solving behaviours used in the job are not effective in resolving problems at home.	<2	I<2		10	r=3,9,37		
Behaviour that is effective and necessary at home would be counterproductive at work.	<2	I<2		10	r=37		X

Table F5. Matrix of assessment procedure of Buffer items based on responses from Expert Panel participants.

Buffer Items	M Total =<2	I / R Discrepancy (I/R =<2)	Gender Differences	No. Negative Comments	Redundancy Quant.: r=>.8 Qual.: Face Validity	Validity = NCT Reliability = a<.3	Deleted Items
Enjoy working with animals or watching things grow.					FV=1,2	NCT	
Enjoy watching product grow and getting satisfaction from a good product.					FV=1,2	NCT	
Enjoy the work and challenge of the farm and how it can be rewarding in the long-term.					FV=3,4		
Like to keep busy and there is always something to do on the farm.		I<2			FV=3,4	NCT <.3	X
Farming is about being hard-working.	<2					NCT <.3	X
It means being multi-skilled.					r=9,20		X
The financial benefits of being a part of a farming family or business.	<2	R<2					X
The autonomy, do what you want when you want, within reason.					FV=8,9		
Being a land owner; your little part of the world.				10	r=6 FV=8,9		
It is about being ethical.	<2	R<2					X
Being down-to-earth.							
Like improving the land and having pride in its appearance.							
The surrounding environment and landscape of location.					r=19		
The positive lifestyle elements of the farming life.				10			X
Being part of a farming family is good for the children as they gain a lot of skills.							
Being a farmer means being a successful businessman.				10		NCT <.3	X

Table F5. *Continued...*

Buffer Items	M Total =<2	I / R Discrepancy (I/R =<2)	Gender Differences	No. Negative Comments	Redundancy Quant.: r=>.8 Qual.: Face Validity	Validity = NCT Reliability = a<.3	Deleted Items
Being a part of a farming family or business is about being optimistic for the future as it is a vital industry.						NCT <.3	X
Farming contributes to people in general.						NCT	
Don't want to retire.					r=13,25,26 FV=19-21		X
Farming is who I am.					r=6,21 FV=19-21		
Wouldn't want to leave the farm.				10	r=20 FV=19-21		X
Remain on the farm as partner wants to stay.	<2	I<2	M+	10		NCT <.3	X
Too much debt or financially bound to the farm and cannot afford to leave at present.			M+	10		NCT <.3	X
Too old to change so wouldn't be able to get work anywhere else.	<2		M+	10	r=30		X
For the children's future so they can benefit from the farm in some way.					r=13,30		
The sentimental value of the farm, its tradition and don't want to disappoint the previous generation.				10 (3 <sup>rd</sup> part)	r=19		
Farming is just a job.	<2			10		NCT	X
Want more recreational time for self and partner.	<2	R<2		10			X
It is a hard family life.	<2			10			X
Do not encourage children to go into farming.	<2	I<2			r=24,25		
Farmers are unrealistically optimistic.	<2			10			X

Table F6. Matrix of assessment procedure of Intergenerational Farming items based on responses from Expert Panel participants.

Intergenerational Farming Items	M Total =<2	I / R Discrepancy (I/R =<2)	Gender Differences	No. Negative Comments	Redundancy Quant.: r=>.8 Qual.: Face Validity	Validity = NCT Reliability = a<.3	Deleted Items
There are fewer children or a larger asset which limits the conflict and tension which would arise over inheritance issues.	<2			2,10		NCT <.3	X
The working adult children on the farm are not financially independent from the farm – they are not paid wages and do not own anything.					r=3		X
There is a difference in the quality of work or perceived workload between family members.	<2			11	r=2,19		
Members have an equal say in what happens on and the direction of the farm and business.					r=22		
Each generation is respected for their own experiences, education, and strengths.				10	r=11		X
A member is either inexperienced or uneducated in farming practices.	<2			10,11			X
Each member is committed to the business and farm – they want to be there.						NCT	
Members have good relationships with each other.					r=17		
There is open and honest communication between family members.							
Each member has common goals, they all agree generally with the direction of the farm.							
There are business meetings where members openly discuss what they have done and where they want to go with the farm.					r=5,21,22		X
The family member is treated differently from a normal worker.				10,11			X
Family members have dual roles; you are not just the boss you are the father or mother, you are not just the worker you are the son or daughter.				11			X
There is jealousy amongst siblings in terms of perceived favouritism.	<2	R<2	M+	2,11	r=16		

Table F6. *Continued...*

Intergenerational Farming Items	M Total = $\leq 2$	I / R Discrepancy (I/R = $\leq 2$ )	Gender Differences	No. Negative Comments	Redundancy Quant.: r= $>.8$ Qual.: Face Validity	Validity = NCT Reliability = a $\leq .3$	Deleted Items
There is central management, so all members have their responsibilities and live as separate families but there are one or two members who manage the business.							
The business involves extended family members (cousins, uncles, aunts) and not just immediate family members (father, mother, sons, daughters).	$\leq 2$	I $\leq 2$	M+	11	r=14	NCT $\leq .3$	X
The older generation has stepped back and allowed the younger generation to make their own choices.					r=8		X
The next generation is or perceives pressure to continue the family farm even though they do not wish to be farmers.	$\leq 2$	I $\leq 2$		2		NCT $\leq .3$	X
A family member has married and there is not an immediate acceptance of the new partner amongst other family members or the new member is not committed to the family business.					r=3		X
There is loyalty among family members.							
There is a good and clear succession plan in place.					r=11		
Members are adaptable and are willing to change the traditional structure and methods of the farm to suit and benefit family members.					r=4,11		X
Members trust and accept decisions made by other members.					r=24		
There is a balance between work on the farm and family time.					r=23		
There are financial issues in terms of the next generation inheriting debt.				10,11			
The next generation is without major financial pressure due to inheritance of the property or receiving financial assistance from the previous generation.				10,11		NCT	X
New members gain the experiences and knowledge acquired by other family members.							X



Table F6. *Continued...*

Intergenerational Farming Items	M Total =<2	I / R Discrepancy (I/R =<2)	Gender Differences	No. Negative Comments	Redundancy Quant.: r=>.8 Qual.: Face Validity	Validity = NCT Reliability = a<.3	Deleted Items
It eases the workload without the problems associated with finding external employees, limits paperwork, and is financially beneficial.							X
It continues the generations, with the farm remaining in the family, and the years of hard work were not for nothing.						NCT	X

## Appendix G



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### Farming struggles and triumphs: finding the story of the Australian farming family

Hello! My name is **Connar McShane** and I am a post-graduate research student from James Cook University in Townsville, North Queensland. Having grown up on a family farm, I love the great lifestyle of the farm and also understand the day to day struggles that go with running a farm. I would like you to help me tell the rest of Australia what life is like on the family farm.

When I say 'farm', I am using this as a general term to incorporate **all growers and graziers** (e.g. cattle stations, horticulture, agriculture, broadacre cropping, livestock, etc.), so all produce types are welcome!

Also, this study is for **farmers and farming family members** (mothers, wives, children over 18, etc.). So more than one member of your farming family can participate!

Findings from this study will contribute to my **PhD research project** in the **Department of Psychology** at James Cook University and will lead to further research projects that aim to benefit farming communities directly through outlining problems and suggestions for an improved quality of life and personal well-being.

If you are happy to be involved in the study, you will be invited to complete a questionnaire. The questionnaire asks you to respond to items assessing work and home roles, intergenerational farming (*farming business with more than one family, e.g., parents, children, siblings, cousins, or grandparents*), things that worry you, things that help you deal with those worries, why you farm, personality characteristics, how you feel about your life, and your general well-being. There will also be an opportunity for you to provide any additional comments that you have for some of the scales.

Some of the scales may seem repetitive as you are involved in one of the final stages of the project. I have been corresponding with farming families since 2008 to make sure the items used in this study are relevant for all farming families. Therefore this stage is part of that process and will compare the scales I developed from talking to farming families with other scales. Participation in the questionnaire will take a little over 30 minutes. I have included two surveys in the envelope if more than one member of your family (e.g. farmer and farmer's wife) would like to complete the survey. If you would like another copy of the questionnaire, please contact me. Once you have completed the questionnaire, please return it via the stamped and addressed envelope provided within the next 2-3 weeks.

Taking part in this study is completely voluntary and you can stop taking part in the study at any time without explanation or prejudice. You may also withdraw any unprocessed data from the study.

There are no risks associated with the study, but if you do feel upset or distressed in any way, please advise the researcher and you will be referred to someone who can help you. The researcher will provide the contact details (of an appropriate counselling service) for you.

Your responses and contact details will be strictly confidential. The data from the study will be used in research publications including journals and may be presented at conference. You will not be identified in any way in these publications and presentations.

If you have any questions about the study or would like another copy of the questionnaire, please contact **Connar McShane and A/Prof Frances Quirk**.

**Chief Researcher:**  
**Connar McShane**  
**Department of Psychology**  
**James Cook University**  
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**School of Medicine & Dentistry**  
**James Cook University**  
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*If you have any concerns regarding the ethical conduct of the study, please contact Tina Langford, Ethics Officer, Research Office, James Cook University, Townsville, Qld, 4811. Phone: 4781 4342, Tina.Langford@jcu.edu.au*

The following **18** questions ask for **general information about yourself and your farm**. Please indicate your response by circling the appropriate option or by filling in the blank space. *If more than one option applies to you, please indicate this.*

1. Gender
  - a. Male
  - b. Female
2. Age in years \_\_\_\_\_
3. State/Territory which you currently live.
  - a. QLD
  - b. NSW
  - c. VIC
  - d. SA
  - e. WA
  - f. TAS
  - g. NT
  - h. ACT
4. Current State/Territory location
  - a. North
  - b. Central
  - c. North-East
  - d. South
  - e. North-West
  - f. South-East
  - g. West
  - h. South-West
5. Current marital status
  - a. Single
  - b. Married
  - c. Divorced
  - d. Separated
  - e. De Facto
  - f. In a relationship
6. Length of current Relationship\_\_\_\_\_
7. Number of Children\_\_\_\_\_
8. Number of financially dependent children\_\_\_\_\_
9. Number of children living at home\_\_\_\_\_
10. Produce type
  - a. Broadacre crops
  - b. Rice
  - c. Horticulture
  - d. Pigs meat
  - e. Sugar
  - f. Wool
  - g. Sheep meat
  - h. Cotton
  - i. Beef
  - j. Wine grapes & wine
  - k. Poultry
  - l. Dairy
  - m. Other (please specify).....
11. How many years have you been farming/primary producing? \_\_\_\_\_
12. Business Structure
  - a. Family business with unpaid family employees
  - b. Intergeneration business with paid family employees
  - c. Family business with paid family employees
  - d. Intergenerational business with paid external employees
  - e. Family business with paid external employees
  - f. Non-family business with paid external employees
  - g. Intergenerational business with unpaid family employees
  - h. Other (please specify).....
13. What is your role in the business/farm?
  - a. Owner
  - b. I have final decision
  - c. Manager
  - d. Labourer
  - e. Partnership
  - f. Administrative duties
  - g. Family employee
  - h. Manage employees
  - i. Off-farm job
  - j. I handle the financial duties
  - k. I collaborate with family/business partners
  - l. I collaborate with government or other programs
  - m. Attend educational programs
  - n. I am the helper (lend a hand when necessary)
  - o. Off-farm volunteer work
  - p. Other (please specify).....
14. What is your role in the home/family?
  - a. Child/family carer
  - b. Financial contribution (breadwinner)
  - c. House duties (cleaning, cooking, etc)
  - d. Outside duties (gardening, lawn, maintenance)
  - e. Ensuring family is happy/satisfied
  - f. Other (please specify).....

15. Are you currently or have ever been a member of an intergenerational farm?
- a. Yes
  - b. No
16. In the past 10 years, have you experienced any of the following illnesses?
- a. Cancer (not skin cancer)
  - b. High blood pressure
  - c. Heart disease
  - d. Work-related injury
  - e. Irritable Bowel Syndrome
  - f. Other (please specify).....
17. In the past 10 years, have you experienced any of the following mental health issues?
- a. Depression
  - b. Anxiety
  - c. Suicidal thoughts
  - f. Other (please specify).....
18. In the past 10 years, have you taken or been prescribed any of the following medications?
- a. Anti-depressants
  - b. Anti-anxiety
  - c. Sleeping tablets
  - e. Other (please specify).....

The following **11** statements ask you to consider **things that may help you** get things done around the farm or home. Please indicate by checking a box after each statement the degree to which the statement affects your home or farm duties and responsibilities, from **Mainly Home (1)**, to **Mainly Farm (5)**. If the statement does not affect your home or farming responsibilities, please write **N/A** in the space provided.

<b>1</b> Mainly home	<b>2</b> Home a little	<b>3</b> Home and Farm	<b>4</b> Farm a little	<b>5</b> Mainly Farm
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The following statements refer to things that **help** you complete your duties and responsibilities:

	<b>1</b> Mainly home	<b>2</b> Home a little	<b>3</b> Home and Farm	<b>4</b> Farm a little	<b>5</b> Mainly Farm
1. Being adaptable and willing to diversify.					
2. Being determined.					
3. Being well-rested and focused.					
4. Having enthusiasm or motivation for work.					
5. Having pride in your land and product.					
6. Delegating duties to employed professionals such as agronomists, accountants, and contractors.					
7. Having good management skills, such as planning and prioritising.					
8. Having flexibility in work.					
9. When the weather is good.					
10. Ease of communication between immediate or intergenerational family members.					
11. Sharing my workload with others.					

The following **12** statements ask you to consider **things that interrupt you** from completing your tasks around the farm or home. Please indicate by checking a box after each statement the degree to which the statement affects your home or farm duties and responsibilities, from **Mainly Home (1)**, to **Mainly Farm (5)**. If the statement does not affect your home or farming responsibilities, please write **N/A** in the space provided.

<b>1</b> Mainly home	<b>2</b> Home a little	<b>3</b> Home and Farm	<b>4</b> Farm a little	<b>5</b> Mainly Farm
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The following statements refer to things that **stop or interrupt** you from completing your duties and responsibilities:

	<b>1</b> Mainly home	<b>2</b> Home a little	<b>3</b> Home and Farm	<b>4</b> Farm a little	<b>5</b> Mainly Farm
1. The continuous work demand.					
2. The unpredictability of duties.					
3. Having to attend education courses, programs, and meetings for the farm and business.					
4. Intergenerational tension or conflict.					
5. Family or recreational commitments or holidays.					
6. Being financially limited.					
7. The unreliable access to communication services (phone service, internet connections).					
8. When things go wrong on the farm, in the home, in the business, or when other people make mistakes.					
9. The availability and quality of employees.					
10. Being too emotionally drained from work to contribute to family.					
11. Being stressed from family responsibilities, results in a hard time concentrating on work.					
12. The problem-solving behaviours used in the job are not effective in resolving problems at home.					

The following 29 statements ask you to consider **things that you may find hassling, concerning, or a worry**. Please indicate by checking a box after each statement the degree to which you find the statement worries or concerns you, from **Not at all (1)**, to **Worries me a lot (5)**.

<b>1</b> Not at all	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Worries me a lot
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	<b>1</b> Not at all	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Worries me a lot
1. Getting services (such as mechanics, agronomists, product transport trucks, employees) out to the property.					
2. Unreliable communication technology, such as phone reception and internet service.					
3. Isolation from people and services, such as health services, shops (e.g. groceries), social opportunities.					
4. Feeling exhausted, having no energy, or not enthusiastic about work.					
5. Talking about stress.					
6. The health, safety and welfare of yourself or a family member as a result of the farm (e.g. risk of injury, effects of chemicals).					
7. Distance from children and family.					
8. Trying to keep up with family duties and responsibilities (e.g. taking care of partner or children.).					
9. Maintaining personal and family relationships.					
10. Providing sufficiently for family.					
11. When to retire.					
12. Concerns over retirement (e.g. if partner will retire, financial issues)					
13. Succession issues involved with the process of passing on the farm and dividing the asset.					
14. Working with family members in an intergenerational business.					
15. Difficulties surrounding the availability and quality of workers.					
16. Having too much to do for one person.					
17. Workload that is increased or interrupted due to other people's errors.					

**Statements for worries, concerns, and hassles continued...**

	<b>1</b> Not at all	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Worries me a lot
18. The amount of chemicals used in the industry.					
19. Other farmers doing the right thing or having poor farming practices.					
20. The future of the primary industry and what is going to happen to farming.					
21. The Australian public and Government do not value the industry enough.					
22. Market control and its effect on product and income.					
23. The price mark-up in supermarkets.					
24. The amount of foreign products in the market.					
25. The financial situation of the farm.					
26. Economic stability.					
27. The cost-profit margin in farming in relation to the increase of price of inputs and the discrepancy between financial return and effort put in.					
28. The price of land.					
29. The constant change in technology is increasingly expensive or difficult to understand.					



The following **25** statements ask you to consider **things that you may find helpful or useful when dealing** with stress or concerns. Please indicate by checking a box after each statement the degree to which you find the following helpful or useful for you, from **Not at all (1)**, to **Helps me a lot (5)**.

<b>1</b> Not at all	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Helps me a lot
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	<b>1</b> Not at all	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Helps me a lot
1. Accept what you do and do not have control over.					
2. Accept responsibility and face the issue.					
3. Enjoy work and have a lot of job satisfaction.					
4. Remembering past difficulties or experience to help with current issues.					
5. Be positive and satisfied with life.					
6. Recognising achievements.					
7. Visit friends, family, neighbours, or socialise in general.					
8. Faith or religious beliefs.					
9. Share workload with others (e.g. partner or family).					
10. Open communication within the family.					
11. Not alone as other people are going through the same thing.					
12. To help you wind down you like to have a beer, wine, or other alcoholic drink.					
13. Having a good laugh at yourself.					
14. Watching animals.					

Statements for things you might find helpful or useful continued...

	1 Not at all	2	3	4	5 Helps me a lot
15. Get away to a different view, some location where the scenery is completely different from home.					
16. Exercise, such as going for walks.					
17. Focus on dealing with this problem and, if necessary, let other things slide a little.					
18. Just to go with the flow.					
19. Take the opportunity to have a break by doing something else.					
20. Trust amongst each other (e.g. family).					
21. Commitment to responsibilities.					
22. Compromising with each other.					
23. Taking things one step at a time or prioritising.					
24. If there is too much to do, delegate certain responsibilities or ask advice of professionals (e.g. agronomists, accountants, planters, workers, counsellor).					
25. Talk to partner or someone else.					

The following **12** statements ask you to consider **why you continue to farm and what farming means to you**. Please indicate by checking a box after each statement the degree to which you find the statement describes how you feel about farming, from **Not at all (1)**, to **Very much so (5)**.

<b>1</b> Not at all	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Very much so
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	<b>1</b> Not at all	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Very much so
1. Enjoy working with animals or watching things grow and getting satisfaction from a good product.					
2. Enjoy the work and challenge of the farm.					
3. Being a land owner as you can do what you want when you want, within reason.					
4. Being down-to-earth.					
5. Like improving the land and having pride in its appearance.					
6. The surrounding environment and landscape of location.					
7. Being part of a farming family is good for the children's future as they gain a lot of skills.					
8. Farming contributes to people in general.					
9. Farming is who you are.					
10. For the children's future so they can benefit from the farm in some way.					
11. The children are encouraged to go into farming.					
12. The sentimental value of the farm, its tradition.					

The following **11** statements ask you to consider **how your intergenerational farming family works**. Please indicate by checking a box after each statement the degree to which you find the statement describes your intergenerational farming family, from **Not at all (1)**, to **Very much so (5)**. ***Only complete this section if you are currently or have previously been a part of an intergenerational farming family.***

<b>1</b> Not at all	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Very much so
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	<b>1</b> Not at all	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Very much so
1. There is a difference in the quality of work or perceived workload between family members.					
2. Members have an equal say in what happens on and the direction of the farm and business.					
3. Each member is committed to the business and farm – they want to be there.					
4. Members have good relationships with each other.					
5. There is open and honest communication between family members.					
6. Each member has common goals, they all agree generally with the direction of the farm.					
7. There is jealousy amongst siblings in terms of perceived favouritism.					
8. There is central management, so all members have their responsibilities and live as separate families but there are one or two members who manage the business.					
9. There is loyalty among family members.					
10. There is a good and clear succession plan in place.					
11. Members trust and accept decisions made by other members.					

**Comments?**

I would appreciate if you could now take some time to provide any additional comments you have for the surveys you have answered so far. For example:

- *Do you feel there were any important questions/statements missing from any of the surveys?*
- *Were there any questions/statements you thought were worded in a confusing manner?*
- *Were the instructions clear?*

**Scale 1** asked you to consider **things that may help you get things done** around the farm or home and **things that interrupt you from completing your tasks** around the farm or home.

Additional Comments?

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**Scale 2** asked you to consider **things that you may find hassling, concerning, or a worry.**

Additional Comments?

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**Scale 3** asked you to consider **things that you may find helpful or useful when dealing** with stress or concerns.

Additional Comments?

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**Scale 4** asked you to consider **why you continue to farm and what farming means to you.**

Additional Comments?

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**Scale 5** asked you to consider **how your intergenerational farming family works.**

Additional Comments?

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The following questions ask **how you have felt** in the last 30 days. Please read each question and circle the number that best describes how you felt in the last 30 days.

1. During the last 30 days, about how often did you feel depressed?  
(1) None of the time      (2) A little of the time      (3) Some of the time      (4) Most of the time
2. During the last 30 days, about how often did you feel so depressed that nothing could cheer you up?  
(1) None of the time      (2) A little of the time      (3) Some of the time      (4) Most of the time
3. During the last 30 days, about how often did you feel hopeless?  
(1) None of the time      (2) A little of the time      (3) Some of the time      (4) Most of the time
4. During the last 30 days, about how often did you feel restless or fidgety?  
(1) None of the time      (2) A little of the time      (3) Some of the time      (4) Most of the time
5. During the last 30 days, about how often did you feel so restless that you could not sit still?  
(1) None of the time      (2) A little of the time      (3) Some of the time      (4) Most of the time
6. During the last 30 days, about how often did you feel tired out for no good reason?  
(1) None of the time      (2) A little of the time      (3) Some of the time      (4) Most of the time
7. During the last 30 days, about how often did you feel that everything was an effort?  
(1) None of the time      (2) A little of the time      (3) Some of the time      (4) Most of the time
8. During the last 30 days, about how often did you feel worthless?  
(1) None of the time      (2) A little of the time      (3) Some of the time      (4) Most of the time
9. During the last 30 days, about how often did you feel nervous?  
(1) None of the time      (2) A little of the time      (3) Some of the time      (4) Most of the time
10. During the last 30 days, about how often did you feel so nervous that nothing could calm you down?  
(1) None of the time      (2) A little of the time      (3) Some of the time      (4) Most of the time

Here are a number of characteristics that may or may not apply to you. For example, do you agree that you are someone who *likes to spend time with others*? Please write a number next to each statement to indicate the extent to which **you agree or disagree with that statement.**

1 Disagree Strongly	2 Disagree a little	3 Neither agree nor disagree	4 Agree a little	5 Agree strongly
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**I am someone who...**

- |   |   |
|---|---|
| 1. ____ Is talkative<br>2. ____ Tends to find fault with others<br>3. ____ Does a thorough job<br>4. ____ Is depressed, blue<br>5. ____ Is original, comes up with new ideas<br>6. ____ Is reserved<br>7. ____ Is helpful and unselfish with others<br>8. ____ Can be somewhat careless<br>9. ____ Is relaxed, handles stress well.<br>10. ____ Is curious about many different things<br>11. ____ Is full of energy<br>12. ____ Starts quarrels with others<br>13. ____ Is a reliable worker<br>14. ____ Can be tense<br>15. ____ Is ingenious, a deep thinker<br>16. ____ Generates a lot of enthusiasm<br>17. ____ Has a forgiving nature<br>18. ____ Tends to be disorganized<br>19. ____ Worries a lot<br>20. ____ Has an active imagination<br>21. ____ Tends to be quiet<br>22. ____ Is generally trusting<br>23. ____ Tends to be lazy<br>24. ____ Is emotionally stable, not easily upset<br>25. ____ Is inventive | 26. ____ Has an assertive personality<br>27. ____ Can be cold and aloof<br>28. ____ Perseveres until the task is finished<br>29. ____ Can be moody<br>30. ____ Values artistic, aesthetic experiences<br>31. ____ Is sometimes shy, inhibited<br>32. ____ Is considerate and kind to almost everyone<br>33. ____ Does things efficiently<br>34. ____ Remains calm in tense situations<br>35. ____ Prefers work that is routine<br>36. ____ Is outgoing, sociable<br>37. ____ Is sometimes rude to others<br>38. ____ Makes plans and follows through with them<br>39. ____ Gets nervous easily<br>40. ____ Likes to reflect, play with ideas<br>41. ____ Has few artistic interests<br>42. ____ Likes to cooperate with others<br>43. ____ Is easily distracted<br>44. ____ Is sophisticated in art, music, or literature |
|---|---|

The following items are about **your work and family roles** and interactions. Please indicate by circling the degree to which the statement applies to you, ranging from **(1) strongly disagree** to **(5) strongly agree**.

1. I have to miss family activities due to the amount of time I must spend on work responsibilities.

(1) Strongly Disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree

2. I am often so emotionally drained when I get home from work that it prevents me from contributing to my family.

(1) Strongly Disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree

3. The behaviours I perform that make me effective at work do not help me to be a better parent and spouse.

(1) Strongly Disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree

4. I have to miss work activities due to the amount of time I must spend on family responsibilities.

(1) Strongly Disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree

5. Because I am often stressed from family responsibilities, I have a hard time concentrating on my work.

(1) Strongly Disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree

6. Behaviour that is effective and necessary for me at home would be counterproductive at work.

(1) Strongly Disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree



The following set of items asks you to indicate **what you generally do and feel when you experience stressful events**. Different events bring out somewhat different responses, but think about what YOU usually do when YOU are stressed. Please write a number next to each statement to indicate the extent to which **you do or do not do this**.

- 1 = *I haven't been doing this at all*  
 2 = *I've been doing this a little bit*  
 3 = *I've been doing this a medium amount*  
 4 = *I've been doing this a lot*

1. \_\_\_\_\_ I've been turning to work or other activities to take my mind off things.
2. \_\_\_\_\_ I've been concentrating my efforts on doing something about the situation I'm in.
3. \_\_\_\_\_ I've been saying to myself "this isn't real."
4. \_\_\_\_\_ I've been using alcohol or other drugs to make myself feel better.
5. \_\_\_\_\_ I've been getting emotional support from others.
6. \_\_\_\_\_ I've been giving up trying to deal with it.
7. \_\_\_\_\_ I've been taking action to try to make the situation better.
8. \_\_\_\_\_ I've been refusing to believe that it has happened.
9. \_\_\_\_\_ I've been saying things to let my unpleasant feelings escape.
10. \_\_\_\_\_ I've been getting help and advice from other people.
11. \_\_\_\_\_ I've been using alcohol or other drugs to help me get through it.
12. \_\_\_\_\_ I've been trying to see it in a different light, to make it seem more positive.
13. \_\_\_\_\_ I've been criticizing myself.
14. \_\_\_\_\_ I've been trying to come up with a strategy about what to do.
15. \_\_\_\_\_ I've been getting comfort and understanding from someone.
16. \_\_\_\_\_ I've been giving up the attempt to cope.
17. \_\_\_\_\_ I've been looking for something good in what is happening.
18. \_\_\_\_\_ I've been making jokes about it.
19. \_\_\_\_\_ I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping.
20. \_\_\_\_\_ I've been accepting the reality of the fact that it has happened.
21. \_\_\_\_\_ I've been expressing my negative feelings.
22. \_\_\_\_\_ I've been trying to find comfort in my religion or spiritual beliefs.
23. \_\_\_\_\_ I've been trying to get advice or help from other people about what to do.
24. \_\_\_\_\_ I've been learning to live with it.
25. \_\_\_\_\_ I've been thinking hard about what steps to take.
26. \_\_\_\_\_ I've been blaming myself for things that happened.
27. \_\_\_\_\_ I've been praying or meditating.
28. \_\_\_\_\_ I've been making fun of the situation.

The following items are about potential stressors that you might encounter as a farmer. Please indicate the extent to which each of the items is a source of personal worry or concern, from (1) “not at all” to (7) “an overwhelming extent”.

1 Not at all	2	3	4	5	6	7 An overwhelming extent
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- |   |   |
|---|---|
| <p>1. _____ Handling and crop storage.</p> <p>2. _____ People working/playing around agricultural equipment.</p> <p>3. _____ Handling chemicals.</p> <p>4. _____ Operating hazardous machinery.</p> <p>5. _____ Noise level around equipment.</p> <p>6. _____ Dusts, chemicals dusts/powders.</p> <p>7. _____ Removal of manufacturer’s safety devices from equipment.</p> <p>8. _____ Lack of close neighbours.</p> <p>9. _____ Limited social interaction opportunities.</p> <p>10. _____ Distance from doctors or hospitals.</p> <p>11. _____ Distance from shopping centres/opportunities.</p> <p>12. _____ Lack of or limited public services (fire, sanitation, fuel, phone services).</p> <p>13. _____ Repayment of farm loans.</p> <p>14. _____ Market prices for crops/livestock.</p> <p>15. _____ Financing your retirement.</p> <p>16. _____ Concern over the future of your farm.</p> <p>17. _____ Deflated land prices.</p> <p>18. _____ Having too much to do and too little time.</p> <p>19. _____ Not having the manpower to operate my farm.</p> | <p>20. _____ Having to hurry through my farmwork.</p> <p>21. _____ Having too much work for one person.</p> <p>22. _____ Inadequate/or too much rainfall.</p> <p>23. _____ Early and/or late killing frost.</p> <p>24. _____ Wind erosion.</p> <p>25. _____ Inadequate soil moisture levels.</p> <p>26. _____ Government farm price supports.</p> <p>27. _____ Government export policy.</p> <p>28. _____ The budget deficit in this country.</p> |
|---|---|

Below are five **statements with which you may agree or disagree**. Using the 1-7 scale below, indicate your agreement with each item by placing the appropriate number in the line preceding that item. Please be open and honest in your responding.

**1** = *Strongly Disagree*

**2** = *Disagree*

**3** = *Slightly Disagree*

**4** = *Neither Agree or Disagree*

**5** = *Slightly Agree*

**6** = *Agree*

**7** = *Strongly Agree*

- \_\_\_\_\_ 1. In most ways my life is close to my ideal.
- \_\_\_\_\_ 2. The conditions of my life are excellent.
- \_\_\_\_\_ 3. I am satisfied with life.
- \_\_\_\_\_ 4. So far I have gotten the important things I want in life.
- \_\_\_\_\_ 5. If I could live my life over, I would change almost nothing.

## Appendix H



### JAMES COOK UNIVERSITY

TOWNSVILLE Queensland 4811 Australia Telephone: (07)  
4781 4111

#### **Farming struggles and triumphs: finding the story of the Australian farming family**

Hello! My name is **Connar McShane** and I am a post-graduate research student from James Cook University in Townsville, North Queensland. Having grown up on a family farm, I love the great lifestyle of the farm and also understand the day to day struggles that go with running a farm. I would like you to help me tell the rest of Australia what life is like on the family farm.

When I say 'farm', I am using this as a general term to incorporate **all growers and graziers** (e.g. cattle stations, horticulture, agriculture, broadacre cropping, livestock, etc.), so all produce types are welcome.

Also, this study is for **farmers and farming family members** (mothers, wives, children over 18, etc). So more than one member of your farming family can participate!

Findings from this study will contribute to my **PhD research project** in the **Department of Psychology** at James Cook University and will lead to further research projects that aim to benefit farming communities directly through outlining issues and suggestions for an improved quality of life and personal well-being.

This survey asks you to respond to items about issues surrounding your work, farm, and family/home life as well as your intergenerational farming business (if applicable) (*NOTE: an intergenerational farm is a farming business with more than one family or generation, e.g., parents, children, siblings, cousins, or grandparents*). There will also be an opportunity for you to provide any additional comments that you have for some of the sections.

Some of the sections may seem repetitive as you are involved in one of the final stages of the project. I have been corresponding with farming families since 2008 to make sure the items used in this study are relevant for all farming families. Participation in the questionnaire will take approximately 20 minutes.

Taking part in this study is completely voluntary and you can stop taking part in the study at any time without explanation or prejudice. You may also withdraw any unprocessed data from the study.

There are no risks associated with the study, but if you do feel upset or distressed in any way, please contact me and you will be referred to someone who can help you. I will provide the contact details (of an appropriate counselling service) for you.

Your responses and contact details will be strictly confidential. The data from the study will be used in research publications including journals and may be presented at conferences. You will not be identified in any way in these publications and presentations.

If you have any questions about the study or would like another copy of the questionnaire, please contact **Connar McShane and A/Prof Frances Quirk**.

**Chief Researcher:**  
**Connar McShane**  
**Department of Psychology**  
**James Cook University**  
**Phone:** [REDACTED]  
**Mobile:** [REDACTED]  
**Email:** [REDACTED]

**Supervisor:**  
**Name: A/Prof Frances Quirk**  
**School of Medicine & Dentistry**  
**James Cook University**  
**Phone:** [REDACTED]  
**Mobile:** [REDACTED]  
**Email:** [REDACTED]

*If you have any concerns regarding the ethical conduct of the study, please contact:*  
**Sophie Thompson**, Human Ethics and Grants Administrator, Research Office,  
James Cook University, Townsville, Qld, 4811. Phone: 4781 6575, [Sophie.Thompson@jcu.edu.au](mailto:Sophie.Thompson@jcu.edu.au)

Cairns - Townsville - Brisbane - Singapore  
CRICOS Provider Code 00117J

The following **18** questions ask for **general information about yourself and your farm**. Please indicate your response by circling the appropriate option or by filling in the blank space. *If more than one option applies to you, please indicate this.*

19. Gender  
 a. Male  
 b. Female  
 c. Completed Yr 10  
 d. Completed Yr 12  
 e. Completed Undergraduate Degree  
 f. Other \_\_\_\_\_
20. Age in years \_\_\_\_\_
21. State/Territory which you currently live.  
 a. QLD  
 b. NSW  
 c. VIC  
 d. SA  
 e. WA  
 f. TAS  
 g. NT  
 h. ACT
22. Current State/Territory location  
 a. North  
 b. Central  
 c. North-East  
 d. South  
 e. North-West  
 f. South-East  
 g. West  
 h. South-West
23. Current marital status  
 a. Single  
 b. Married  
 c. Divorced  
 d. Separated  
 e. De Facto  
 f. In a relationship
24. Length of current Relationship \_\_\_\_\_
25. Number of Children \_\_\_\_\_
26. Number of financially dependent children \_\_\_\_\_
27. Number of children living at home \_\_\_\_\_
28. What is your highest education achievement?
29. Produce type  
 a. Broadacre crops  
 b. Rice  
 c. Horticulture  
 d. Pigs meat  
 e. Sugar  
 f. Wool  
 g. Sheep meat  
 h. Cotton  
 i. Beef  
 j. Wine grapes & wine  
 k. Poultry  
 l. Dairy  
 m. Other (please specify).....
30. How many years have you been farming/primary producing? \_\_\_\_\_
31. Business Structure  
 a. Family business with unpaid family employees  
 b. Intergeneration business with paid family employees  
 c. Family business with paid family employees  
 d. Intergenerational business with paid external employees  
 e. Family business with paid external employees  
 f. Non-family business with paid external employees  
 g. Intergenerational business with unpaid family employees  
 h. Other (please specify).....
32. What is your role in the business/farm?  
 a. Owner  
 b. I have final decision  
 c. Manager  
 d. Labourer  
 e. Partnership  
 f. Administrative duties  
 g. Family employee  
 h. Manage employees  
 i. Off-farm job  
 j. I handle the financial duties  
 k. I collaborate with family/business partners  
 l. I collaborate with government or other programs  
 m. Attend educational  
 n. I am the helper (lend a

- programs hand when necessary) work specify).....
- o. Off-farm volunteer p. Other (please
33. What is your role in the home/family?
- a. Child/family carer b. Financial contribution (breadwinner)
- c. House duties (cleaning, cooking, etc) d. Outside duties (gardening, lawn, maintenance)
- e. Ensuring family is happy/satisfied f. Parent
- g. Other (please specify).....
34. Are you currently or have ever been a member of an intergenerational farm?
- a. Yes b. No
35. In the past 10 years, have you experienced any of the following illnesses?
- a. Cancer (not skin cancer)
- b. High blood pressure
- c. Heart disease
- d. Work-related injury
- f. Other (please specify).....
36. In the past 10 years, have you experienced any of the following mental health issues?
- a. Depression
- b. Anxiety
- c. Suicidal thoughts
- f. Other (please specify).....
37. In the past 10 years, have you taken or been prescribed any of the following medications?
- a. Anti-depressants
- b. Anti-anxiety
- c. Sleeping tablets
- e. Other (please specify).....

The following **18** statements ask you to consider **things that may interfere with the completion of your tasks** around the farm and or within the family or home. Please indicate by checking a box after each statement the degree to which the statement **interferes** with the completion of duties and responsibilities, from **Not at all (1)**, to **Most of the time (5)**.

<b>1</b> Not at all	<b>2</b> A little	<b>3</b> Moderate	<b>4</b> Often	<b>5</b> Most of the time
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The following statements refer to things that may **interfere** with the completion of **your** duties and responsibilities:

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
1. My level of rest and focus.					
2. My enthusiasm or motivation for work.					
3. Delegating duties to employed professionals.					
4. My management skills (e.g. planning and prioritising).					
5. The level of flexibility in my work.					
6. The weather.					
7. The level of communication between family members.					
8. Sharing my workload with others.					
9. The continuous work demand.					
10. The unpredictability of duties.					
11. Having to attend educational courses, programs, and meetings.					
12. Family tension or conflict.					
13. Spending time with family or recreational commitments or holidays.					
14. My financial situation.					
15. When things go wrong or when other people make mistakes.					
16. The availability and quality of employees.					
17. Being too emotionally drained from other jobs and responsibilities.					
18. Being stressed or worried about some jobs and responsibilities.					

The following 29 statements ask you to consider **things that you may find hassling, concerning, or a worry**. Please indicate by checking a box after each statement the degree to which you find the statement worries or concerns you, from **Not at all (1)**, to **Worries me a lot (5)**.

<b>1</b> Not at all	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Worries me a lot
------------------------	----------	----------	----------	------------------------------

	1	2	3	4	5
1. Getting services (such as mechanics, agronomists, product transport trucks, employees) out to the property.					
2. Unreliable communication technology, such as phone reception and internet service.					
3. Isolation from people and services, such as health services, shops (e.g. groceries), social opportunities.					
4. Feeling exhausted, having no energy, or not enthusiastic about work.					
5. Talking about stress.					
6. The health, safety and welfare of yourself or a family member as a result of the farm (e.g. risk of injury, effects of chemicals).					
7. Distance from children and family.					
8. Trying to keep up with family duties and responsibilities (e.g. taking care of partner or children.).					
9. Maintaining personal and family relationships.					
10. Providing sufficiently for family.					
11. When to retire.					
12. Concerns over retirement (e.g. if partner will retire, financial issues)					
13. Succession issues involved with the process of passing on the farm and dividing the asset.					
14. Working with family members.					
15. Difficulties surrounding the availability and quality of workers.					
16. Having too much to do for one person.					
17. Workload that is increased or interrupted due to other people's errors.					
18. The amount of chemicals used in the industry.					
19. Other farmers doing the right thing or having poor farming practices.					
20. The future of the primary industry and what is going to happen to farming.					
21. The Australian public and Government do not value the industry enough.					
22. Market control and its effect on product and income.					
23. The price mark-up in supermarkets.					
24. The amount of foreign products in the market.					
25. The financial situation of the farm.					
26. Economic stability.					
27. The cost-profit margin in farming in relation to the increase of price of inputs and the discrepancy between financial return and effort put in.					
28. The price of land.					
29. The constant change in technology is increasingly expensive or difficult to understand.					



The following **25** statements ask you to consider **things that you may find helpful or useful when dealing** with worries, hassles, or concerns. Please indicate by checking a box after each statement the degree to which you find the following helpful or useful for you, from **Not at all (1)**, to **Helps me a lot (5)**.

<b>1</b> Not at all	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Helps me a lot
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		1	2	3	4	5
1.	Accept what you do and do not have control over.					
2.	Accept responsibility and face the issue.					
3.	Enjoy work and have a lot of job satisfaction.					
4.	Remembering past difficulties or experience to help with current issues.					
5.	Be positive and satisfied with life.					
6.	Recognising achievements.					
7.	Visit friends, family, neighbours, or socialise in general.					
8.	Faith or religious beliefs.					
9.	Share workload with others (e.g. partner or family).					
10.	Open communication within the family.					
11.	Not alone as other people are going through the same thing.					
12.	To help you wind down you like to have a beer, wine, or other alcoholic drink.					
13.	Having a good laugh at yourself.					
14.	Watching animals.					
15.	Get away to a different view, some location where the scenery is completely different from home.					
16.	Exercise, such as going for walks.					
17.	Focus on dealing with this problem and, if necessary, let other things slide a little.					
18.	Just to go with the flow.					
19.	Take the opportunity to have a break by doing something else.					
20.	Trust amongst each other (e.g. family).					
21.	Commitment to responsibilities.					
22.	Compromising with each other.					
23.	Taking things one step at a time or prioritising.					
24.	If there is too much to do, delegate certain responsibilities or ask advice of professionals (e.g. agronomists, accountants, planters, workers, counsellor).					
25.	Talk to partner or someone else.					

The following 12 statements ask you to consider **why you continue to farm and what farming means to you**. Please indicate by checking a box after each statement the degree to which you find the statement describes how you feel about farming, from **Not at all (1)**, to **Very much so (5)**.

<b>1</b> Not at all	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Very much so
------------------------	----------	----------	----------	--------------------------

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
1. Enjoy working with animals or watching things grow and getting satisfaction from a good product.					
2. Enjoy the work and challenge of the farm.					
3. Being a land owner as you can do what you want when you want, within reason.					
4. Being down-to-earth.					
5. Like improving the land and having pride in its appearance.					
6. The surrounding environment and landscape of location.					
7. As a part of a farming family, you gain a lot of skills.					
8. Farming contributes to people in general.					
9. Farming is who you are.					
10. For the next generation so they can benefit from the farm in some way.					
11. The children are or will be encouraged to go into farming.					
12. The sentimental value of the farm, its tradition.					

The following **11** statements ask you to consider **how your intergenerational farming family works**. Please indicate by checking a box after each statement the degree to which you find the statement describes your intergenerational farming family, from **Not at all (1)**, to **Very much so (5)**. ***Only complete this section if you are currently or have previously been a part of an intergenerational farming family.***

<b>1</b> Not at all	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Very much so
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	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
1. There is a difference in the quality of work or perceived workload between family members.					
2. Members have an equal say in what happens on and the direction of the farm and business.					
3. Each member is committed to the business and farm – they want to be there.					
4. Members have good relationships with each other.					
5. There is open and honest communication between family members.					
6. Each member has common goals, they all agree generally with the direction of the farm.					
7. There is jealousy amongst siblings in terms of perceived favouritism.					
8. There is central management, so all members have their responsibilities and live as separate families but there are one or two members who manage the business.					
9. There is loyalty among family members.					
10. There is a good and clear succession plan in place.					
11. Members trust and accept decisions made by other members.					

The following questions ask **how you have felt** in the last 30 days. Please read each question and circle the number that best describes how you felt in the last 30 days.

11. During the last 30 days, about how often did you feel depressed?
- (1) None of the time      (2) A little of the time      (3) Some of the time      (4) Most of the time
12. During the last 30 days, about how often did you feel so depressed that nothing could cheer you up?
- (1) None of the time      (2) A little of the time      (3) Some of the time      (4) Most of the time
13. During the last 30 days, about how often did you feel hopeless?
- (1) None of the time      (2) A little of the time      (3) Some of the time      (4) Most of the time
14. During the last 30 days, about how often did you feel restless or fidgety?
- (1) None of the time      (2) A little of the time      (3) Some of the time      (4) Most of the time
15. During the last 30 days, about how often did you feel so restless that you could not sit still?
- (1) None of the time      (2) A little of the time      (3) Some of the time      (4) Most of the time
16. During the last 30 days, about how often did you feel tired out for no good reason?
- (1) None of the time      (2) A little of the time      (3) Some of the time      (4) Most of the time
17. During the last 30 days, about how often did you feel that everything was an effort?
- (1) None of the time      (2) A little of the time      (3) Some of the time      (4) Most of the time
18. During the last 30 days, about how often did you feel worthless?
- (1) None of the time      (2) A little of the time      (3) Some of the time      (4) Most of the time
19. During the last 30 days, about how often did you feel nervous?
- (1) None of the time      (2) A little of the time      (3) Some of the time      (4) Most of the time
20. During the last 30 days, about how often did you feel so nervous that nothing could calm you down?
- (1) None of the time      (2) A little of the time      (3) Some of the time      (4) Most of the time

Here are a number of characteristics that may or may not apply to you. For example, do you agree that you are someone who *likes to spend time with others*? Please write a number next to each statement to indicate the extent to which **you agree or disagree with that statement.**

1 Disagree Strongly	2 Disagree a little	3 Neither agree nor disagree	4 Agree a little	5 Agree strongly
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**I am someone who...**

- |   |  |
|---|--|
| <p>11. ____ Is talkative</p> <p>12. ____ Tends to find fault with others</p> <p>13. ____ Does a thorough job</p> <p>14. ____ Is depressed, blue</p> <p>15. ____ Is original, comes up with new ideas</p> <p>16. ____ Is reserved</p> <p>17. ____ Is helpful and unselfish with others</p> <p>18. ____ Can be somewhat careless</p> <p>19. ____ Is relaxed, handles stress well.</p> <p>20. ____ Is curious about many different things</p> <p>45. ____ Is full of energy</p> <p>46. ____ Starts quarrels with others</p> <p>47. ____ Is a reliable worker</p> <p>48. ____ Can be tense</p> <p>49. ____ Is ingenious, a deep thinker</p> <p>50. ____ Generates a lot of enthusiasm</p> <p>51. ____ Has a forgiving nature</p> <p>52. ____ Tends to be disorganized</p> <p>53. ____ Worries a lot</p> <p>54. ____ Has an active imagination</p> <p>55. ____ Tends to be quiet</p> <p>56. ____ Is generally trusting</p> <p>57. ____ Tends to be lazy</p> <p>58. ____ Is emotionally stable, not easily upset</p> <p>59. ____ Is inventive</p> | <p>60. ____ Has an assertive personality</p> <p>61. ____ Can be cold and aloof</p> <p>62. ____ Perseveres until the task is finished</p> <p>63. ____ Can be moody</p> <p>64. ____ Values artistic, aesthetic experiences</p> <p>65. ____ Is sometimes shy, inhibited</p> <p>66. ____ Is considerate and kind to almost everyone</p> <p>67. ____ Does things efficiently</p> <p>68. ____ Remains calm in tense situations</p> <p>69. ____ Prefers work that is routine</p> <p>70. ____ Is outgoing, sociable</p> <p>71. ____ Is sometimes rude to others</p> <p>72. ____ Makes plans and follows through with them</p> <p>73. ____ Gets nervous easily</p> <p>74. ____ Likes to reflect, play with ideas</p> <p>75. ____ Has few artistic interests</p> <p>76. ____ Likes to cooperate with others</p> <p>77. ____ Is easily distracted</p> <p>78. ____ Is sophisticated in art, music, or literature</p> |
|---|--|

The following items are about **your work and family roles** and interactions. Please indicate by circling the degree to which the statement applies to you, ranging from **(1) strongly disagree** to **(5) strongly agree**.

7. I have to miss family activities due to the amount of time I must spend on work responsibilities.

(1) Strongly Disagree      (2) Disagree      (3) Neutral      (4) Agree      (5) Strongly Agree

8. I am often so emotionally drained when I get home from work that it prevents me from contributing to my family.

(1) Strongly Disagree      (2) Disagree      (3) Neutral      (4) Agree      (5) Strongly Agree

9. The behaviours I perform that make me effective at work do not help me to be a better parent and spouse.

(1) Strongly Disagree      (2) Disagree      (3) Neutral      (4) Agree      (5) Strongly Agree

10. I have to miss work activities due to the amount of time I must spend on family responsibilities.

(1) Strongly Disagree      (2) Disagree      (3) Neutral      (4) Agree      (5) Strongly Agree

11. Because I am often stressed from family responsibilities, I have a hard time concentrating on my work.

(1) Strongly Disagree      (2) Disagree      (3) Neutral      (4) Agree      (5) Strongly Agree

12. Behaviour that is effective and necessary for me at home would be counterproductive at work.

(1) Strongly Disagree      (2) Disagree      (3) Neutral      (4) Agree      (5) Strongly Agree

The following set of items asks you to indicate **what you generally do and feel when you experience events that you find concerning or worrisome**. Different events bring out somewhat different responses, but think about what YOU usually do when YOU are feeling this way. Please write a number next to each statement to indicate the extent to which **you do or do not do this**.

(1) I haven't been doing this at all	(2) I've been doing this a little bit	(3) I've been doing this a medium amount	(4) I've been doing this a
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1. \_\_\_\_\_ I've been turning to work or other activities to take my mind off things.
2. \_\_\_\_\_ I've been concentrating my efforts on doing something about the situation I'm in.
3. \_\_\_\_\_ I've been saying to myself "this isn't real."
4. \_\_\_\_\_ I've been using alcohol or other drugs to make myself feel better.
5. \_\_\_\_\_ I've been getting emotional support from others.
6. \_\_\_\_\_ I've been giving up trying to deal with it.
7. \_\_\_\_\_ I've been taking action to try to make the situation better.
8. \_\_\_\_\_ I've been refusing to believe that it has happened.
9. \_\_\_\_\_ I've been saying things to let my unpleasant feelings escape.
10. \_\_\_\_\_ I've been getting help and advice from other people.
11. \_\_\_\_\_ I've been using alcohol or other drugs to help me get through it.
12. \_\_\_\_\_ I've been trying to see it in a different light, to make it seem more positive.
13. \_\_\_\_\_ I've been criticizing myself.
14. \_\_\_\_\_ I've been trying to come up with a strategy about what to do.

15. \_\_\_\_\_ I've been getting comfort and understanding from someone.
16. \_\_\_\_\_ I've been giving up the attempt to cope.
17. \_\_\_\_\_ I've been looking for something good in what is happening.
18. \_\_\_\_\_ I've been making jokes about it.
19. \_\_\_\_\_ I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping.
20. \_\_\_\_\_ I've been accepting the reality of the fact that it has happened.
21. \_\_\_\_\_ I've been expressing my negative feelings.
22. \_\_\_\_\_ I've been trying to find comfort in my religion or spiritual beliefs.
23. \_\_\_\_\_ I've been trying to get advice or help from other people about what to do.
24. \_\_\_\_\_ I've been learning to live with it.
25. \_\_\_\_\_ I've been thinking hard about what steps to take.
26. \_\_\_\_\_ I've been blaming myself for things that happened.
27. \_\_\_\_\_ I've been praying or meditating.
28. \_\_\_\_\_ I've been making fun of the situation.

The following items are about potential stressors that you might encounter as a farmer. Please indicate the extent to which each of the items is a source of personal worry or concern, from (1) “not at all” to (7) “an overwhelming extent”.

1 Not at all	2	3	4	5	6	7 An overwhelming extent
-----------------	---	---	---	---	---	--------------------------------

- |  |  |
|--|--|
| <p>1. _____ Handling and crop storage.</p> <p>2. _____ People working/playing around agricultural equipment.</p> <p>3. _____ Handling chemicals.</p> <p>4. _____ Operating hazardous machinery.</p> <p>5. _____ Noise level around equipment.</p> <p>6. _____ Dusts, chemicals dusts/powders.</p> <p>7. _____ Removal of manufacturer’s safety devices from equipment.</p> <p>8. _____ Lack of close neighbours.</p> <p>9. _____ Limited social interaction opportunities.</p> <p>10. _____ Distance from doctors or hospitals.</p> <p>11. _____ Distance from shopping centres/opportunities.</p> <p>12. _____ Lack of or limited public services (fire, sanitation, fuel, phone services).</p> <p>13. _____ Repayment of farm loans.</p> <p>14. _____ Market prices for crops/livestock.</p> | <p>15. _____ Financing your retirement.</p> <p>16. _____ Concern over the future of your farm.</p> <p>17. _____ Deflated land prices.</p> <p>18. _____ Having too much to do and too little time.</p> <p>19. _____ Not having the manpower to operate my farm.</p> <p>20. _____ Having to hurry through my farmwork.</p> <p>21. _____ Having too much work for one person.</p> <p>22. _____ Inadequate/or too much rainfall.</p> <p>23. _____ Early and/or late killing frost.</p> <p>24. _____ Wind erosion.</p> <p>25. _____ Inadequate soil moisture levels.</p> <p>26. _____ Government farm price supports.</p> <p>27. _____ Government export policy.</p> <p>28. _____ The budget deficit in this country.</p> |
|--|--|



The follow 16 statements refer to work-related feelings. Please read each statement carefully and decide if you ever feel this way about your work. Indicate your response by circling the appropriate number.

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Never</b>	<b>A few times a year or less</b>	<b>Once a month or less</b>	<b>A few time a month</b>	<b>Once a week</b>	<b>A few times a week</b>	<b>Every day</b>

1. \_\_\_\_\_ I feel emotionally drained from my work.
2. \_\_\_\_\_ I fell used up at the end of the workday.
3. \_\_\_\_\_ I feel tired when I get up in the morning and have to face another day on the job.
4. \_\_\_\_\_ Working all day is really a strain for me.
5. \_\_\_\_\_ I can effectively solve the problems that arise in my work.
6. \_\_\_\_\_ I feel burned out from my work.
7. \_\_\_\_\_ I feel I am making an effective contribution to the farm.
8. \_\_\_\_\_ I have become less interested in my work since I started this job.
9. \_\_\_\_\_ I have become less enthusiastic about my work.
10. \_\_\_\_\_ In my opinion, I am good at my job.
11. \_\_\_\_\_ I feel exhilarated when I accomplish something at work.
12. \_\_\_\_\_ I have accomplished many worthwhile things in this job.
13. \_\_\_\_\_ I just want to do my job and not be bothered.
14. \_\_\_\_\_ I have become more cynical about whether my work contributes wot anything.
15. \_\_\_\_\_ I doubt the significance of my work.
16. \_\_\_\_\_ At my work, I feel confident that I am effective at getting things done.



**Thank you!**

Thank you for completing the Farming Family Well-Being survey, your contribution is highly valued.

As mentioned at the beginning of the survey, this survey is a part of a process to ensure that information gathered from farming families is representative of the majority of farming families in Australia.

Therefore there is one final stage that will be conducted at a later date. This final stage survey will be a shortened version of this survey. If you are interested in participating in this final stage, which will help with the accuracy of my findings, then please indicate below and provide contact information so I can let you know when the final survey is ready.

Once again thank you for all your time and consideration,

Kind Regards

Connar McShane  
Chief Researcher  
Department of Psychology  
James Cook University  
Phone: (07) 4781 6022  
Mobile: 0419714077  
Email: [connar.mcshane@jcu.edu.au](mailto:connar.mcshane@jcu.edu.au)

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If you are interested in participating in the final stage of the Farming Family Well-Being study, please provide you contact information.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_

State: \_\_\_\_\_

Post Code: \_\_\_\_\_

Email: \_\_\_\_\_

Phone No.: \_\_\_\_\_

Table II. Correlation matrix (Pearson's  $r$ ) between FF Cope Scale (Version 2) and subscales with Brief COPE Inventory cope themes, the Satisfaction with Life Scale, Kessler-10, and Maslach's Burnout Inventory.

	C-Reassess (2)	C-Perseverance	C-Ease	C-Alcohol	FF Cope (2)
Active Cope	.193**	.215**	.021	-.002	.184**
Self-Distraction	-.174**	-.151*	-.030	.107	-.143*
Denial	-.210**	-.093	-.041	-.019	-.150*
Substance Use	-.093	-.097	-.119	.448**	-.051
Emotional Support	.243**	.109	.161*	-.026	.197**
Instrumental Support	.168**	.189**	.090	-.054	.173*
Behavioural Disengage	-.322**	-.264**	-.174**	.058	-.315**
Vent	.024	-.088	-.042	.182**	-.019
Positive Reframe	.081	.220**	.132*	-.029	.178**
Planning	.105	.125	-.026	-.037	.092
Humour	.014	.137*	.160*	.089	.145*
Accept	.117	.157*	.061	-.024	.128
Religion	.067	.077	.133*	-.121	.101
Self-Blame	-.058	-.153*	-.190**	.161**	-.127
SLS	.333**	.278**	.310**	-.030	.336**
K-10	-.078	-.190**	-.135*	.178**	-.126
K-DM	-.094	-.281**	-.164**	.179**	-.175**
K-MA	.028	.005	-.028	.104	.024
K-F	-.077	-.169**	-.141*	.174**	-.126
K-W	-.134*	-.274**	-.179**	.075	-.218**
K-A	.042	-.079	-.082	.171**	-.032
MBI-EE	-.022	-.104	-.103	.089	-.063
MBI-PE	.198*	.256**	.212**	-.100	.258**
MBI-CY	-.176*	-.249**	-.068	.037	-.199*

\*\* . Correlation is significant at the 0.01 level (2-tailed).

\* . Correlation is significant at the 0.05 level (2-tailed).

Table I2. *Correlation matrix (Pearson's r) between FF Buffer (2) Scale items and the Satisfaction with Life Scale, Kessler-10, and Maslach's Burnout Inventory.*

	B-Pride in Identity	B-Farming Attraction	B-Family Commitment	FF Buffer
SLS	.298**	.114	.166**	.220**
K10	-.089	.015	.004	-.005
K-DM	-.050	.033	.002	.023
K-MA	-.050	.050	.000	.018
K-F	-.051	.067	.019	.043
K-W	-.165**	-.108	-.016	-.122
K-A	-.127*	-.018	-.033	-.058
MBI-EE	.048	.187*	.085	.166*
MBI-PE	.042	.191*	.105	.154*
MBI-CY	-.059	-.014	-.030	-.064

\*\* . Correlation is significant at the 0.01 level (2-tailed).

\* . Correlation is significant at the 0.05 level (2-tailed).

Table I3. Comparison of correlations (Pearson's  $r$ ) between IF Impact Scale version 1 & 2 with the Satisfaction with Life Scale, Kessler-10, and Maslach's Burnout Inventory.

	IF Impact (1)	IF Impact (2)
FF Role Impact	-.229**	-.262**
RI-Facilitator	-.144	-.170*
RI-Inhibitor	-.191*	-.245**
RI-Moderator	-.287**	-.316**
WFC Total	-.237**	-.241**
WFC	-.233**	-.247**
FWC	-.167	-.153
Time	-.135	-.152
Strain	-.225**	-.239**
Behaviour	-.224**	-.197*
SLS	.283**	.299**
K10	-.270**	-.253**
K-DM	-.298**	-.290**
K-MA	-.313**	-.299**
K-F	-.206*	-.208*
K-W	-.257**	-.232**
K-A	-.241**	-.234**
MBI-EE	-.183	-.204
MBI-PE	.112	.069
MBI-CY	-.203	-.201

\*\* . Correlation is significant at the 0.01 level (2-tailed).

\* . Correlation is significant at the 0.05 level (2-tailed).

## Appendix J



# JAMES COOK UNIVERSITY

TOWNSVILLE Queensland 4811 Australia Telephone: (07) 4781 4111

### **Farming struggles and triumphs: finding the story of the Australian farming family**

Hello! My name is **Connar McShane** and I am a post-graduate research student from James Cook University in Townsville, North Queensland. Having grown up on a family farm, I love the great lifestyle of the farm and also understand the day to day struggles that go with running a farm. I would like you to help me tell the rest of Australia what life is like on the family farm.

When I say 'farm', I am using this as a general term to incorporate **all growers and graziers** (e.g. cattle stations, horticulture, agriculture, broadacre cropping, livestock, etc.), so all produce types are welcome.

Also, this study is for **farmers and farming family members** (mothers, wives, children over 18, etc). So more than one member of your farming family can participate!

Findings from this study will contribute to my **PhD research project** in the **Department of Psychology** at James Cook University and will lead to further research projects that aim to benefit farming communities directly through outlining issues and suggestions for an improved quality of life and personal well-being.

This survey asks you to respond to items about issues surrounding your work, farm, and family/home life as well as your intergenerational farming business (if applicable) (*NOTE: an intergenerational farm is a farming business with more than one family or generation, e.g., parents, children, siblings, cousins, or grandparents*).

Participation in the questionnaire will take approximately **15 minutes**.

Taking part in this study is completely voluntary and you can stop taking part in the study at any time without explanation or prejudice. You may also withdraw any unprocessed data from the study.

There are no risks associated with the study, but if you do feel upset or distressed in any way, please contact me and you will be referred to someone who can help you. I will provide the contact details (of an appropriate counselling service) for you.

Your responses and contact details will be strictly confidential. The data from the study will be used in research publications including journals and may be presented at conferences. You will not be identified in any way in these publications and presentations.

### **By completing this survey, you have consented to participate in this study.**

If you have any questions about the study or would like another copy of the questionnaire, please contact **Connar McShane and A/Prof Frances Quirk**.

**Chief Researcher:**  
**Connar McShane**  
**Department of Psychology**  
**James Cook University**  
**Phone:** [REDACTED]  
**Mobile:** [REDACTED]  
**Email:** [REDACTED]

**Supervisor:**  
**Name: A/Prof Frances Quirk**  
**School of Medicine & Dentistry**  
**James Cook University**  
**Phone:** [REDACTED]  
**Mobile:** [REDACTED]  
**Email:** [REDACTED]

*If you have any concerns regarding the ethical conduct of the study, please contact:*  
**Sophie Thompson, Human Ethics and Grants Administrator, Research Office,**  
**James Cook University, Townsville, Qld, 4811. Phone: 4781 6575, Sophie.Thompson@jcu.edu.a**

Cairns - Townsville - Brisbane - Singapore  
CRICOS Provider Code 00117J

The following **18** questions ask for **general information about yourself and your farm**. Please indicate your response by circling the appropriate option or by filling in the blank space. *If more than one option applies to you, please indicate this.*

38. Gender  
 a. Male                                      b. Female  
 a. Not completed Yr 10                  b. Completed Yr 10  
 c. Completed Yr 12                      d. Completed Trade  
 e. Completed Undergraduate Degree
39. Age in years \_\_\_\_\_  
 f. Other \_\_\_\_\_
40. State/Territory which you currently live.  
 a. QLD                                      b. NSW  
 c. VIC                                      d. SA  
 e. WA                                      f. TAS  
 g. NT                                      h. ACT
41. Current State/Territory location  
 a. North                                      b. Central  
 c. North-East                              d. South  
 e. North-West                              f. South-East  
 g. West                                      h. South-West
42. Current marital status  
 a. Single                                      b. Married  
 c. Divorced                                      d. Separated  
 e. De Facto                                      f. In a relationship
43. Length of current Relationship \_\_\_\_\_
44. Number of Children \_\_\_\_\_
45. Number of financially dependent children \_\_\_\_\_
46. Number of children living at home \_\_\_\_\_
47. What is your highest education achievement?
48. Produce type  
 a. Broadacre crops                      b. Rice                      c. Horticulture  
 d. Pigs meat                              e. Sugar                      f. Wool  
 g. Sheep meat                              h. Cotton                      i. Beef  
 j. Wine grapes & wine                  k. Poultry                      l. Dairy  
 m. Other (please specify).....
49. How many years have you been farming/primary producing? \_\_\_\_\_
50. Business Structure  
 a. Family business with unpaid family employees                  b. Intergeneration business with paid family employees  
 c. Family business with paid family employees                  d. Intergenerational business with paid external employees  
 e. Family business with paid external employees                  f. Non-family business with paid external employees  
 g. Intergenerational business with unpaid family employees                  h. Other (please specify).....
51. What is your role in the business/farm?  
 a. Owner                                      b. I have final decision  
 c. Manager                                      d. Labourer  
 e. Partnership                                      f. Administrative duties  
 g. Family employee                              h. Manage employees  
 i. Off-farm job                                      j. I handle the financial duties  
 k. I collaborate with family/business partners                  l. I collaborate with government or other programs  
 m. Attend educational                              n. I am the helper (lend a



- programs hand when necessary) work specify).....
- o. Off-farm volunteer p. Other (please
52. What is your role in the home/family?
- a. Child/family carer
  - b. Financial contribution (breadwinner)
  - c. House duties (cleaning, cooking, etc)
  - d. Outside duties (gardening, lawn, maintenance)
  - e. Ensuring family is happy/satisfied
  - f. Parent
  - g. Other (please specify).....
53. Are you currently or have ever been a member of an intergenerational farm?
- a. Yes
  - b. No
54. In the past 10 years, have you experienced any of the following illnesses?
- a. Cancer (not skin cancer)
  - b. High blood pressure
  - c. Heart disease
  - d. Work-related injury
  - f. Other (please specify).....
55. In the past 10 years, have you experienced any of the following mental health issues?
- a. Depression
  - b. Anxiety
  - c. Suicidal thoughts
  - f. Other (please specify).....
56. In the past 10 years, have you taken or been prescribed any of the following medications?
- a. Anti-depressants
  - b. Anti-anxiety
  - c. Sleeping tablets
  - e. Other (please specify).....

The following **18** statements ask you to consider **things that may interfere with the completion of your tasks** around the farm and or within the family or home. Please indicate by checking a box after each statement the degree to which the statement **interferes** with the completion of duties and responsibilities, from **Not at all (1)**, to **Most of the time (5)**.

<b>1</b> Not at all	<b>2</b> A little	<b>3</b> Moderate	<b>4</b> Often	<b>5</b> Most of the time
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The following statements refer to things that may **interfere** with the completion of **your** duties and responsibilities:

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
19. My level of rest and focus.					
20. My enthusiasm or motivation for work.					
21. Delegating duties to employed professionals.					
22. My management skills (e.g. planning and prioritising).					
23. The level of flexibility in my work.					
24. The weather.					
25. The level of communication between family members.					
26. Sharing my workload with others.					
27. The continuous work demand.					
28. The unpredictability of duties.					
29. Having to attend educational courses, programs, and meetings.					
30. Family tension or conflict.					
31. Spending time with family or recreational commitments or holidays.					
32. My financial situation.					
33. When things go wrong or when other people make mistakes.					
34. The availability and quality of employees.					
35. Being too emotionally drained from other jobs and responsibilities.					
36. Being stressed or worried about some jobs and responsibilities.					

The following 29 statements ask you to consider **things that you may find hassling, concerning, or a worry**. Please indicate by checking a box after each statement the degree to which you find the statement worries or concerns you, from **Not at all (1)**, to **Worries me a lot (5)**.

1 Not at all	2	3	4	5 Worries me a lot
-----------------	---	---	---	-----------------------

	1	2	3	4	5
30. Getting services (such as mechanics, agronomists, product transport trucks, employees) out to the property.					
31. Unreliable communication technology, such as phone reception and internet service.					
32. Isolation from people and services, such as health services, shops (e.g. groceries), social opportunities.					
33. Feeling exhausted, having no energy, or not enthusiastic about work.					
34. Talking about stress.					
35. The health, safety and welfare of yourself or a family member as a result of the farm (e.g. risk of injury, effects of chemicals).					
36. Distance from children and family.					
37. Trying to keep up with family duties and responsibilities (e.g. taking care of partner or children.).					
38. Maintaining personal and family relationships.					
39. Providing sufficiently for family.					
40. When to retire.					
41. Concerns over retirement (e.g. if partner will retire, financial issues)					
42. Succession issues involved with the process of passing on the farm and dividing the asset.					
43. Working with family members.					
44. Difficulties surrounding the availability and quality of workers.					
45. Having too much to do for one person.					
46. Workload that is increased or interrupted due to other people's errors.					
47. The amount of chemicals used in the industry.					
48. Other farmers doing the right thing or having poor farming practices.					
49. The future of the primary industry and what is going to happen to farming.					
50. The Australian public and Government do not value the industry enough.					
51. Market control and its effect on product and income.					
52. The price mark-up in supermarkets.					
53. The amount of foreign products in the market.					
54. The financial situation of the farm.					
55. Economic stability.					
56. The cost-profit margin in farming in relation to the increase of price of inputs and the discrepancy between financial return and effort put in.					

57.	The price of land.					
58.	The constant change in technology is increasingly expensive or difficult to understand.					

The following **25** statements ask you to consider **things that you may find helpful or useful when dealing** with worries, hassles, or concerns. Please indicate by checking a box after each statement the degree to which you find the following helpful or useful for you, from **Not at all (1)**, to **Helps me a lot (5)**.

<b>1</b> Not at all	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Helps me a lot
------------------------	----------	----------	----------	----------------------------

		1	2	3	4	5
26.	Accept what you do and do not have control over.					
27.	Accept responsibility and face the issue.					
28.	Enjoy work and have a lot of job satisfaction.					
29.	Remembering past difficulties or experience to help with current issues.					
30.	Be positive and satisfied with life.					
31.	Recognising achievements.					
32.	Visit friends, family, neighbours, or socialise in general.					
33.	Faith or religious beliefs.					
34.	Share workload with others (e.g. partner or family).					
35.	Open communication within the family.					
36.	Not alone as other people are going through the same thing.					
37.	To help you wind down you like to have a beer, wine, or other alcoholic drink.					
38.	Having a good laugh at yourself.					
39.	Watching animals.					
40.	Get away to a different view, some location where the scenery is completely different from home.					
41.	Exercise, such as going for walks.					
42.	Focus on dealing with this problem and, if necessary, let other things slide a little.					
43.	Just to go with the flow.					
44.	Take the opportunity to have a break by doing something else.					
45.	Trust amongst each other (e.g. family).					
46.	Commitment to responsibilities.					
47.	Compromising with each other.					
48.	Taking things one step at a time or prioritising.					
49.	If there is too much to do, delegate certain responsibilities or ask advice of professionals (e.g. agronomists, accountants, planters, workers, counsellor).					
50.	Talk to partner or someone else.					

The following 12 statements ask you to consider **why you continue to farm and what farming means to you**. Please indicate by checking a box after each statement the degree to which you find the statement describes how you feel about farming, from **Not at all (1)**, to **Very much so (5)**.

<b>1</b> Not at all	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Very much so
------------------------	----------	----------	----------	--------------------------

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
13. Enjoy working with animals or watching things grow and getting satisfaction from a good product.					
14. Enjoy the work and challenge of the farm.					
15. Being a land owner as you can do what you want when you want, within reason.					
16. Being down-to-earth.					
17. Like improving the land and having pride in its appearance.					
18. The surrounding environment and landscape of location.					
19. As a part of a farming family, you gain a lot of skills.					
20. Farming contributes to people in general.					
21. Farming is who you are.					
22. For the next generation so they can benefit from the farm in some way.					
23. The children are or will be encouraged to go into farming.					
24. The sentimental value of the farm, its tradition.					

The following **11** statements ask you to consider **how your intergenerational farming family works**. Please indicate by checking a box after each statement the degree to which you find the statement describes your intergenerational farming family, from **Not at all (1)**, to **Very much so (5)**. ***Only complete this section if you are currently or have previously been a part of an intergenerational farming family.***

<b>1</b> Not at all	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Very much so
------------------------	----------	----------	----------	--------------------------

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
12. There is a difference in the quality of work or perceived workload between family members.					
13. Members have an equal say in what happens on and the direction of the farm and business.					
14. Each member is committed to the business and farm – they want to be there.					
15. Members have good relationships with each other.					
16. There is open and honest communication between family members.					
17. Each member has common goals, they all agree generally with the direction of the farm.					
18. There is jealousy amongst siblings in terms of perceived favouritism.					
19. There is central management, so all members have their responsibilities and live as separate families but there are one or two members who manage the business.					
20. There is loyalty among family members.					
21. There is a good and clear succession plan in place.					
22. Members trust and accept decisions made by other members.					

## **Thank you!**

I would like to sincerely thank you for your participation in both stages of the Farming Family Well-Being Survey. Your participation is greatly valued as it has helped contribute to a huge gap in knowledge about Australian farming families. You have helped me tell the rest of Australia what life is like on the farm.

This greater understanding and appreciation of Australian farming families could help contribute to a variety of outcomes, such as communicating the realities of Australian farming families to the Australian public and government, and possibly through the development of policies and programs that are more effective in practice due to the understanding of life of the farm.

You are always welcome to contact me for any information, and I wish you all the best in the future.

Once again thank you for all your time and consideration,

Kind Regards

Connar McShane

Chief Researcher

Department of Psychology

James Cook University

Phone: [REDACTED]

Mobile: [REDACTED]

Email: [REDACTED]

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## Appendix K

*Table K1. Ordering of Farming Family Scales in alternative versions of the reliability survey package.*

	Order of Farming Family Scale within Version					N Distributed
	Role Impact	Stressor	Cope	Buffer	IF Impact	
Version 1	5	2	1	3	4	23
Version 2	3	2	4	5	1	23
Version 3	2	3	5	4	1	23
Version 4	1	3	4	5	2	22
Version 5	5	4	1	3	2	22



Table K2. Profile of at-risk groups for psychological distress within the farming family sample.

Sample	Risk Factor	Cluster of Risk		ANOVA		
		High	Low	df	F	p
Total Sample Profile	MBI-EE	5.54	2.58	1	379.97	.000
	RI-Inhibitor	3.34	2.53	1	50.97	.000
	Strain conflict	3.15	2.15	1	68.22	.000
	S-Family Concerns	3.29	2.30	1	63.36	.000
Men Profile	SLS	17.81	28.95	1	141.74	.000
	MBI-EE	5.10	2.61	1	57.16	.000
	Self-Distracton	2.33	1.57	1	28.35	.000
	Work-Family Conflict	3.59	2.59	1	32.34	.000
	Strain Conflict	3.17	2.05	1	46.45	.000
	S-Family Concerns	3.13	2.13	1	24.21	.000
	RI-Inhibitors	3.27	2.44	1	29.10	.000
Women Profile	MBI-EE	5.30	2.74	1	126.17	.000
	MBI-CY	4.48	2.24	1	87.18	.000
	Strain Conflict	3.04	2.25	1	17.60	.000
	S-Family Concerns	3.25	2.51	1	16.92	.000
	RI-Inhibitors	3.30	2.60	1	15.75	.000

Table K3. Correlations between predictor variables, well-being variables, and personality traits.

	FF Stressors	FF Role Impact	Role FF Cope	FF Buffer	IF Impact	SLS	K-10	MBI-EE	MBI-PE	MBI-CY	A	C	E	N	O
FF Stressors	1	.697**	-.066	.176**	-.160	-.421**	.538**	.578**	.079	.430**	.019	.180**	-.147*	.349**	.069
S-Financial	.839**	.475**	.051	.196**	-.021	-.248**	.319**	.413**	.179*	.289**	.053	.239**	-.096	.208**	.042
S-Family	.841**	.660**	-.102	.049	-.299**	-.478**	.562**	.548**	-.025	.371**	.027	.062	-.099	.337**	.054
S-Future	.792**	.518**	-.070	.116	-.193*	-.365**	.432**	.487**	.057	.426**	-.002	.046	-.164**	.329**	-.044
S-Daily	.745**	.563**	-.009	.142*	-.061	-.270**	.383**	.421**	.056	.296**	-.058	.118	-.125	.222**	.067
S-Uncontrollable	.554**	.275**	.096	.189**	.012	-.146*	.151*	.216**	.019	.155*	.030	.063	-.016	.151*	.226**
FF Role Impact	.697**	1	-.068	.153*	-.229**	-.357**	.527**	.523**	-.038	.387**	-.054	.075	-.153*	.368**	-.130
RI-Facilitators	.527**	.874**	.002	.129*	-.144	-.208**	.409**	.399**	-.056	.294**	-.033	.009	-.051	.306**	-.048
RI-Inhibitors	.717**	.910**	-.028	.101	-.191*	-.405**	.507**	.533**	.028	.388**	.013	.167**	-.159*	.331**	-.062
RI-Moderators	.474**	.628**	-.116	.071	-.287**	-.292**	.378**	.334**	.033	.246**	-.095	.015	-.044	.213**	-.003
FF Cope	-.066	-.068	1	.257**	.293**	.315**	-.095	-.060	.238**	-.181*	.277**	.078	.238**	-.117	.296**
C-Reassess	-.061	-.108	.828**	.186**	.282**	.305**	-.062	-.060	.234**	-.214**	.136*	.158*	.208**	-.109	.255**
C-Positive	-.124	-.135*	.822**	.291**	.328**	.362**	-.192**	-.165*	.220**	-.290**	.208**	.093	.199**	-.207*	.246**
C-Community	-.087	-.056	.826**	.230**	.343**	.335**	-.083	-.012	.226**	-.033	.254**	.011	.181**	-.048	.119
C-Aware	-.023	-.063	.711**	.037	.084	.204**	-.146*	-.162*	.096	-.083	.185**	-.175**	.168**	-.143*	.133*
C-Disengage	.207**	.126	.452**	.255**	.060	-.035	.124	.082	-.008	.065	-.030	.029	-.027	.146*	.176**
FF Buffer	.176**	.153*	.257**	1	.329**	.207**	.002	.145	.117	-.066	.097	.124*	-.025	.010	.000
B-Pride	.020	.033	.276**	.735**	.176*	.263**	-.071	.033	.016	-.069	.109	.066	.065	-.040	.036
B-Attract	.168*	.160*	.294**	.891**	.234**	.122	.023	.187*	.194*	-.023	.081	.200**	-.037	-.022	.055
B-Family	.153*	.133*	.082	.742**	.403**	.155*	.003	.112	.091	-.024	.020	.010	-.094	.072	-.117
IF Impact	-.160	-.229**	.293**	.329**	1	.283**	-.270**	-.183	.112	-.203	.021	.168*	.026	-.222**	-.076

\*\* . Correlation is significant at the 0.01 level (2-tailed). \* . Correlation is significant at the 0.05 level (2-tailed). SLS=Life Satisfaction, K-10=Psychological Distress, MBI-EE=Emotional Exhaustion, MBI-PE=Professional Efficacy, MBI-CY= Cynicism, A=Agreeableness, C=Conscientiousness, E=Extraversion, N=Neuroticism, O=Openness

## Appendix L

### Publications

McShane, C. J., & Quirk, F. (2009). Mediating and moderating effects of work-home interference upon farm stressors and psychological distress. *Australian Journal of Rural Health, 17*(5), 244-250.

McShane, C.J., & Quirk, F. (2010). Investigating the impact of the unique business environment of farming on farming families' well-being. *Journal of Rural Medicine, 5*(1), 60-61. (Abstract).

McShane, C.J., & Quirk, F. (2011). Life on the land: Work, stress, and health in a rural context. Submitted as Chapter proposal in 'Public Health: Epidemiology, Environmental and System Issues'. Rijeka, Croatia: Intech Open Access Publisher.

### Conferences:

McShane, C.J., & Quirk, F. (2008, September 23). *Mediating and moderating effects of work-home interference upon farm stressors and psychological distress*. Paper presented at the 2008 Creating Futures Conference, Cairns, Qld.

McShane, C.J., Quirk, F., & Swinbourne, A. (2009, May 17-20). *Farming struggles and triumphs: the effects of a unique business structure*. Poster presented at the 2009 10<sup>th</sup> National Rural Health Conference, Cairns, Qld.

McShane, C.J., Quirk, F., & Swinbourne, A. (2009, Sep 30 – Oct 4). *Getting heard: The development of culturally relevant measures for Australian farming families*. Poster to be presented at the 44<sup>th</sup> Annual Australian Psychological Society Conference, Darwin, NT.

McShane, C.J., Quirk, F., & Swinbourne, A. (2009, Oct 13-16). *Farming struggles and triumphs: the effects of a unique business structure*. Paper presented at the 17<sup>th</sup> International Congress of Agricultural Medicine and Rural Health, Cartagena, Colombia.

McShane, C.J., Quirk, F., & Swinbourne, A. (2010, Aug 1-4). *Investigating the impact of the unique business environment of farming on farming families' well-being*. Paper presented at the International Conference of Stress and Anxiety Research, Galway, Ireland.

McShane, C.J., Quirk, F., & Swinbourne, A. (2010, Sep 20-23). *Identifying Successful Working and Coping Strategies for Farming Families of Australia*. Paper presented at the 2010 Creating Futures Conference, Cairns, Qld.

- McShane, C.J., Quirk, F., & Swinbourne, A. (2010, Oct 11-13). *Farming struggles and triumphs: recommendations from farming families*. Paper presented at the 2010 National Centre for Farmer's Health Conference, Hamilton, Vic.
- McShane, C.J., Quirk, F., & Swinbourne, A. (2011, July 18-20). *Coping and burnout in the Australian bush: The importance of community and commitment*. Poster presented at the 2011 International Conference of Stress and Anxiety Research, Muenster, Germany.
- McShane, C.J., Quirk, F., & Swinbourne, A. (2011, November 14-16). *Preventing family relationship breakdown and disharmony on family farms*. Paper presented at the 3<sup>rd</sup> Rural and Remote Mental Health Symposium: Impacts and Outcomes, Ballarat, NSW.
- McShane, C.J., Quirk, F., & Swinbourne, A. (2012, January 10-12). *The role of farming families for future economic and social sustainability*. Paper to be presented at the 2012 International Conference on Environmental, Cultural, Economic, and Social Sustainability, Vancouver, Canada.