The survey required the following information:

Professional category: AS, AY, AYD, CD, TU, CU, Other: (should be specified); Academic discipline: Arts and Humanities, Sciences, Health Sciences, Engineering and Architecture, Social and Legal Sciences; Gender; Age and Number of children.

1.- Number of classroom teaching hours per week.

2.- Number of real hours of tutoring (face-to-face or virtual) per week, that is, the hours actually spent solving all student issues (DO NOT include the time dedicated to correcting work).

3.- Number of hours per week spent preparing classes (preparation of notes, virtual classroom preparation, coordination, etc.).

4.- Number of hours per week dedicated to post-class work (correction of work, exams, etc.).

5.- Number of hours per week dedicated to student supervision (BA, MSc, PhD thesis, etc.).

6.- Number of hours per week dedicated to management and administrative tasks.

7.- Number of hours per week dedicated to research.

8.- Number of hours per week dedicated to transfer tasks (disclosure, contracts, etc.).

9.- Number of hours per week dedicated to caring for other people (whether family or not).

10.- Number of hours per week dedicated to leisure and personal entertainment (doing sport, watching television, walking, etc.).

11.- Number of hours per week of domestic chores (cleaning, shopping, cooking, etc.) (also include the mental burden of the household, i.e. the mental time devoted to household scheduling).

12.- How many ECTS credits have you assigned during the course?

13.- If you have an academic administration position, how many reduction ECTS credits do you have for this position?

14.- Average hours of sleep per day (during the week).