

Wetenschappelijke Basis van de scrumpany QuickScan

De Quickscan is gebaseerd op toonaangevend wetenschappelijk onderzoek en modellen, waaronder:

1. Productiviteit: Hackman, J. R., & Oldham, G. R. (1976). Motivation through the design of work: Test of a theory. *Organizational Behavior and Human Performance*.
2. Doelgerichtheid: Locke, E. A., & Latham, G. P. (2002). Building a practically useful theory of goal setting and task motivation: A 35-year odyssey. *American Psychologist*.
3. Concentratie: Csikszentmihalyi, M. (1990). *Flow: The Psychology of Optimal Experience*. Harper & Row.
4. Prioriteren: Covey, S. R. (1989). *The 7 Habits of Highly Effective People*. Free Press.
5. Zelfdiscipline: Baumeister, R. F., & Tierney, J. (2011). *Willpower: Rediscovering the Greatest Human Strength*. Penguin Press.
6. Fysieke gezondheid: Ware, J. E., & Sherbourne, C. D. (1992). The MOS 36-item short-form health survey (SF-36): I. Conceptual framework and item selection. *Medical Care*.
7. Mentale gezondheid: Cohen, S., & Williamson, G. (1988). Perceived Stress in a Probability Sample of the United States. In *The Social Psychology of Health*.
8. Balans werk-privé: Greenhaus, J. H., Collins, K. M., & Shaw, J. D. (2003). The relation between work-family balance and quality of life. *Journal of Vocational Behavior*.
9. Rust en herstel: Pilcher, J. J., & Huffcutt, A. I. (1996). Effects of sleep deprivation on performance: A meta-analysis. *Sleep*.
10. Beweging: Tremblay, M. S., et al. (2010). Physiological and health implications of a sedentary lifestyle. *Applied Physiology, Nutrition, and Metabolism*.
11. Aanpassingsvermogen: Pulakos, E. D., et al. (2000). Adaptability in the Workplace: Development of a Taxonomy of Adaptive Performance. *Journal of Applied Psychology*.
12. Creativiteit: Amabile, T. M. (1996). *Creativity in Context: Update to the Social Psychology of Creativity*. Westview Press.
13. Empathie: Davis, M. H. (1983). Measuring Individual Differences in Empathy: Evidence for a Multidimensional Approach. *Journal of Personality and Social Psychology*.
14. Leervermogen: Kolb, D. A. (1984). *Experiential Learning: Experience as the Source of Learning and Development*. Prentice Hall.
15. Probleemoplossend vermogen: Jonassen, D. H. (2000). Toward a Design Theory of Problem Solving. *Educational Technology Research and Development*.

Daarnaast is de Quickscan geïnspireerd door:

- Teamontwikkeling: Tuckman, B. W. (1965). Developmental Sequence in Small Groups. *Psychological Bulletin*.
- Agile filosofie: Beck, K., et al. (2001). Manifesto for Agile Software Development.

Deze onderzoeken vormen de basis voor onze vragenlijst en methode, en helpen ons een gedetailleerd en wetenschappelijk onderbouwd beeld te krijgen van de fitheid, focus en flexibiliteit van teams.