

Affect Balance Scale®

Now let's talk about something else. We are interested in the way people are feeling these days.

During the past few weeks, did you ever feel---

[Yes] No

A. Particularly excited or interested in something?

B. Did you ever feel so restless that you couldn't sit long in a chair?

C. Proud because someone complimented you on something you had done?

D. Very lonely or remote from other people?

E. Pleased about having accomplished something?

F. Bored?

G. On top of the world?

H. Depressed or very unhappy?

I. That things were going your way?

J. Upset because someone criticized you?

Affectometer 2

INSTRUCTION SHEET

The Affectometer 2 is a questionnaire for measuring people's well-being. It's made up of 40 questions: 20 statements and 20 words.

We'd like you to complete this and give us your thoughts about it. All you need to do is to look at each statement or word and tick the box that best fits how many times you've felt that way in the last 2 weeks.

Example question

	Not at all	Occasionally	Some of the time	Often	All of the time
FEELINGS					
I have energy to spare	0	1	2	3	4

One of the statements is 'I have energy to spare'. If you haven't felt as if you've had any energy to spare at all in the last 2 weeks, please put a circle round the 0. If you've had energy to spare all of the time in the last 2 weeks, put a circle round the 4.

The first sheet has 20 statements on it. Give each of the statements a score from 0-4. Once you've done this, move onto the second sheet which has 20 words on it. Give each of the words a score from 0-4.

1 - AFFECTOMETER STATEMENTS

STATEMENTS	Not at all	Occasionally	Some of the time	Often	All of the time
My life is on the right track	0	1	2	3	4
I have been left alone when I don't want to be	0	1	2	3	4
I feel I can do whatever I want to	0	1	2	3	4
I have been thinking clearly and creatively	0	1	2	3	4
Like a failure	0	1	2	3	4
Nothing seems very much fun any more	0	1	2	3	4
I like myself	0	1	2	3	4
I can't be bothered to do anything	0	1	2	3	4
Close to people around me	0	1	2	3	4
As though the best years of my life are over	0	1	2	3	4
My future looks good	0	1	2	3	4
I have lost interest in other people & don't care about them	0	1	2	3	4
I have energy to spare	0	1	2	3	4
I smile and laugh a lot	0	1	2	3	4
I wish I could change some part of my life	0	1	2	3	4
My thoughts go around in useless circles	0	1	2	3	4
I can handle any problems that come up	0	1	2	3	4
My life seems stuck in a rut	0	1	2	3	4
I feel loved and trusted	0	1	2	3	4
I feel there must be something wrong with me	0	1	2	3	4

2 - AFFECTOMETER WORDS

Words	Not at all	Occasionally	Some of the time	Often	All of the time
Satisfied	0	1	2	3	4
Lonely	0	1	2	3	4
Good natured	0	1	2	3	4
Clear headed	0	1	2	3	4
Helpless	0	1	2	3	4
Impatient	0	1	2	3	4
Useful	0	1	2	3	4
Depressed	0	1	2	3	4
Loving	0	1	2	3	4
Hopeless	0	1	2	3	4
Optimistic	0	1	2	3	4
Withdrawn	0	1	2	3	4
Enthusiastic	0	1	2	3	4
Good-natured	0	1	2	3	4
Discontented	0	1	2	3	4
Confused	0	1	2	3	4
Confident	0	1	2	3	4
Tense	0	1	2	3	4
Understood	0	1	2	3	4
Insignificant	0	1	2	3	4

Attributional Style Questionnaire

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For contact information and details of how to request the Attributional Style Questionnaire, please visit the Positive Psychology Center at: www.ppc.sas.upenn.edu/testproc.htm.

Basic Self-Esteem Scale

Permission to reproduce a copy of the scale was denied by the developers.

To obtain a copy of the Basic Self-Esteem Scale, please contact: Dr. Maarit Johnson (maarit.johnson@chello.se); website: <http://members.chello.se/psychlab/maarit1.htm>.

Brief COPE Scale

These items deal with ways you've been coping with the stress in your life since you found out you were going to have to have this operation. There are many ways to try to deal with problems. These items ask what you've been doing to cope with this one. Obviously, different people deal with things in different ways, but I'm interested in how you've tried to deal with it. Each item says something about a particular way of coping. I want to know to what extent you've been doing what the item says. How much or how frequently. Don't answer on the basis of whether it seems to be working or not—just whether or not you're doing it. Use these response choices. Try to rate each item separately in your mind from the others. Make your answers as true FOR YOU as you can.

- 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.

Brief COPE Scale, 1997. Obtained from Prof. Charles S. Carver. Original reference: Carver, C.S. (1997). You want to measure coping but your protocol's too long: Consider the Brief COPE. *International Journal of Behavioral Medicine*, 4, 92-100. Reproduced with permission from the author and Lawrence Erlbaum Associates, Ltd. The version shown here has been adapted for a patient group undergoing surgery, but the situation/target group can be varied.

27. I've been praying or meditating.
28. I've been making fun of the situation.

Brief Multidimensional Measure of Religiousness/Spirituality

Daily Spiritual Experiences

The following questions deal with possible spiritual experiences. To what extent can you say you experience the following:

1. I feel God's presence.
 - 1 - Many times a day
 - 2 - Every day
 - 3 - Most days
 - 4 - Some days
 - 5 - Once in a while
 - 6 - Never or almost never
2. I find strength and comfort in my religion.
 - 1 - Many times a day
 - 2 - Every day
 - 3 - Most days
 - 4 - Some days
 - 5 - Once in a while
 - 6 - Never or almost never
3. I feel deep inner peace or harmony.
 - 1 - Many times a day
 - 2 - Every day
 - 3 - Most days
 - 4 - Some days
 - 5 - Once in a while
 - 6 - Never or almost never
4. I desire to be closer to or in union with God.
 - 1 - Many times a day
 - 2 - Every day
 - 3 - Most days
 - 4 - Some days
 - 5 - Once in a while
 - 6 - Never or almost never
5. I feel God's love for me, directly or through others.
 - 1 - Many times a day
 - 2 - Every day
 - 3 - Most days
 - 4 - Some days
 - 5 - Once in a while
 - 6 - Never or almost never
6. I am spiritually touched by the beauty of creation.
 - 1 - Many times a day
 - 2 - Every day
 - 3 - Most days
 - 4 - Some days
 - 5 - Once in a while
 - 6 - Never or almost never

Meaning

See Appendix at the end of this section.

Values/Beliefs

7. I believe in a God who watches over me.
 - 1 - Strongly agree
 - 2 - Agree
 - 3 - Disagree
 - 4 - Strongly disagree
8. I feel a deep sense of responsibility for reducing pain and suffering in the world.
 - 1 - Strongly agree
 - 2 - Agree
 - 3 - Disagree
 - 4 - Strongly disagree

Forgiveness

Because of my religious or spiritual beliefs:

9. I have forgiven myself for things that I have done wrong.

- 1 - Always or almost always
- 2 - Often
- 3 - Seldom
- 4 - Never

10. I have forgiven those who hurt me.

- 1 - Always or almost always
- 2 - Often
- 3 - Seldom
- 4 - Never

11. I know that God forgives me.

- 1 - Always or almost always
- 2 - Often
- 3 - Seldom
- 4 - Never

Private Religious Practices

12. How often do you pray privately in places other than at church or synagogue?

- 1 - More than once a day
- 2 - Once a day
- 3 - A few times a week
- 4 - Once a week
- 5 - A few times a month
- 6 - Once a month
- 7 - Less than once a month
- 8 - Never

13. Within your religious or spiritual tradition, how often do you meditate?

- 1 - More than once a day
- 2 - Once a day
- 3 - A few times a week
- 4 - Once a week
- 5 - A few times a month
- 6 - Once a month
- 7 - Less than once a month
- 8 - Never

14. How often do you watch or listen to religious programs on TV or radio?

- 1 - More than once a day
- 2 - Once a day
- 3 - A few times a week
- 4 - Once a week
- 5 - A few times a month
- 6 - Once a month
- 7 - Less than once a month
- 8 - Never

15. How often do you read the Bible or other religious literature?

- 1 - More than once a day
- 2 - Once a day
- 3 - A few times a week
- 4 - Once a week
- 5 - A few times a month
- 6 - Once a month
- 7 - Less than once a month
- 8 - Never

16. How often are prayers or grace said before or after meals in your home?

- 1 - At all meals
- 2 - Once a day
- 3 - At least once a week
- 4 - Only on special occasions
- 5 - Never

Religious and Spiritual Coping

Think about how you try to understand and deal with major problems in your life. To what extent is each of the following involved in the way you cope?

17. I think about how my life is part of a larger spiritual force.

- 1 - A great deal
- 2 - Quite a bit
- 3 - Somewhat
- 4 - Not at all

18. I work together with God as partners.

- 1 - A great deal
- 2 - Quite a bit
- 3 - Somewhat
- 4 - Not at all

19. I look to God for strength, support, and guidance.

- 1 - A great deal
- 2 - Quite a bit
- 3 - Somewhat
- 4 - Not at all

20. I feel God is punishing me for my sins or lack of spirituality.

- 1 - A great deal
- 2 - Quite a bit
- 3 - Somewhat
- 4 - Not at all

21. I wonder whether God has abandoned me.

- 1 - A great deal
- 2 - Quite a bit
- 3 - Somewhat
- 4 - Not at all

22. I try to make sense of the situation and decide what to do without relying on God.

- 1 - A great deal
- 2 - Quite a bit
- 3 - Somewhat
- 4 - Not at all

23. To what extent is your religion involved in understanding or dealing with stressful situations in any way?

- 1 - Very involved
- 2 - Somewhat involved
- 3 - Not very involved
- 4 - Not involved at all

Religious Support

These questions are designed to find out how much help the people in your congregation would provide if you need it in the future.

24. If you were ill, how much would the people in your congregation help you out?

- 1 - A great deal
- 2 - Some
- 3 - A little
- 4 - None

25. If you had a problem or were faced with a difficult situation, how much comfort would the people in your congregation be willing to give you?

- 1 - A great deal
- 2 - Some
- 3 - A little
- 4 - None

Sometimes the contact we have with others is not always pleasant.

26. How often do the people in your congregation make too many demands on you?

- 1 - Very often
- 2 - Fairly often
- 3 - Once in a while
- 4 - Never

27. How often are the people in your congregation critical of you and the things you do?

- 1 - Very often
- 2 - Fairly often
- 3 - Once in a while
- 4 - Never

Religious/Spiritual History

28. Did you ever have a religious or spiritual experience that changed your life?

- No
- Yes

IF YES: How old were you when this experience occurred?

29. Have you ever had a significant gain in your faith?

- No
- Yes

IF YES: How old were you when this occurred?

30. Have you ever had a significant loss in your faith?

- No
- Yes

IF YES: How old were you when this occurred?

Commitment

31. I try hard to carry my religious beliefs over into all my other dealings in life.

- 1 - Strongly agree
- 2 - Agree
- 3 - Disagree
- 4 - Strongly disagree

32. During the last year about how much was the average monthly contribution of your household to your congregation or to religious causes?

\$ _____ OR \$ _____
 Contribution Contribution
 per year per month

33. In an average week, how many hours do you spend in activities on behalf of your church or activities that you do for religious or spiritual reasons?

Organizational Religiousness

34. How often do you go to religious services?

- 1 - More than once a week
- 2 - Every week or more often
- 3 - Once or twice a month
- 4 - Every month or so
- 5 - Once or twice a year
- 6 - Never

35. Besides religious services, how often do you take part in other activities at a place of worship?

- 1 - More than once a week
- 2 - Every week or more often
- 3 - Once or twice a month
- 4 - Every month or so
- 5 - Once or twice a year
- 6 - Never

Religious Preference

36. What is your current religious preference?

IF PROTESTANT ASK:

Which specific denomination is that?

(List of religious preference categories attached for advisory purposes. See Religious Preference section.)

Overall Self-Ranking

37. To what extent do you consider yourself a religious person?

- 1 - Very religious
- 2 - Moderately religious
- 3 - Slightly religious
- 4 - Not religious at all

38. To what extent do you consider yourself a spiritual person?

- 1 - Very spiritual
- 2 - Moderately spiritual
- 3 - Slightly spiritual
- 4 - Not spiritual at all

Appendix-Meaning

The working group did not feel it was appropriate at this time to include any "religious meaning" items in this measure, as no final decisions have been made regarding this domain. The following items are being considered for a Short Form.

1. The events in my life unfold according to a divine or greater plan.

- 1 - Strongly agree
- 2 - Agree
- 3 - Disagree
- 4 - Strongly disagree

2. I have a sense of mission or calling in my own life.

- 1 - Strongly agree
- 2 - Agree
- 3 - Disagree
- 4 - Strongly disagree

Connor-Davidson Resilience Scale (CD-RISC)

Permission to reproduce a copy of the scale was denied by the authors.

To obtain a copy of the CD-RISC, please contact:

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Coopersmith Self-Esteem Inventory (CSEI)

Permission to reproduce the scale in full was not obtainable due to copyright restrictions, but permission was granted to reproduce the following selection of items, which are scored 'like me' or 'unlike me':

1. Things usually don't bother me.
2. I find it very hard to talk in front of a group.
3. There are lots of things about myself I'd change if I could.
4. I can make up my mind without too much trouble.
5. I'm a lot of fun to be with.

For copyright information visit: www.mindgarden.com/products/cseis.htm.

To obtain permission to use and purchase a copy of the CSEI, please contact:

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COPE Scale

We are interested in how people respond when they confront difficult or stressful events in their lives. There are lots of ways to try to deal with stress. This questionnaire asks you to indicate what you generally do and feel, when you experience stressful events. Obviously, different events bring out somewhat different responses, but think about what you usually do when you are under a lot of stress.

Then respond to each of the following items by blackening one number on your answer sheet for each, using the response choices listed just below. Please try to respond to each item separately in your mind from each other item. Choose your answers thoughtfully, and make your answers as true FOR YOU as you can. Please answer every item. There are no "right" or "wrong" answers, so choose the most accurate answer for YOU--not what you think "most people" would say or do. Indicate what YOU usually do when YOU experience a stressful event.

- 1 = I usually don't do this at all
- 2 = I usually do this a little bit
- 3 = I usually do this a medium amount
- 4 = I usually do this a lot

1. I try to grow as a person as a result of the experience.
2. I turn to work or other substitute activities to take my mind off things.
3. I get upset and let my emotions out.
4. I try to get advice from someone about what to do.
5. I concentrate my efforts on doing something about it.
6. I say to myself "this isn't real."
7. I put my trust in God.
8. I laugh about the situation.
9. I admit to myself that I can't deal with it, and quit trying.
10. I restrain myself from doing anything too quickly.
11. I discuss my feelings with someone.
12. I use alcohol or drugs to make myself feel better.
13. I get used to the idea that it happened.
14. I talk to someone to find out more about the situation.
15. I keep myself from getting distracted by other thoughts or activities.
16. I daydream about things other than this.
17. I get upset, and am really aware of it.
18. I seek God's help.
19. I make a plan of action.
20. I make jokes about it.
21. I accept that this has happened and that it can't be changed.
22. I hold off doing anything about it until the situation permits.
23. I try to get emotional support from friends or relatives.

24. I just give up trying to reach my goal.
25. I take additional action to try to get rid of the problem.
26. I try to lose myself for a while by drinking alcohol or taking drugs.
27. I refuse to believe that it has happened.
28. I let my feelings out.
29. I try to see it in a different light, to make it seem more positive.
30. I talk to someone who could do something concrete about the problem.

31. I sleep more than usual.
32. I try to come up with a strategy about what to do.
33. I focus on dealing with this problem, and if necessary let other things slide a little.
34. I get sympathy and understanding from someone.
35. I drink alcohol or take drugs, in order to think about it less.
36. I kid around about it.
37. I give up the attempt to get what I want.
38. I look for something good in what is happening.
39. I think about how I might best handle the problem.
40. I pretend that it hasn't really happened.

41. I make sure not to make matters worse by acting too soon.
42. I try hard to prevent other things from interfering with my efforts at dealing with this.
43. I go to movies or watch TV, to think about it less.
44. I accept the reality of the fact that it happened.
45. I ask people who have had similar experiences what they did.
46. I feel a lot of emotional distress and I find myself expressing those feelings a lot.
47. I take direct action to get around the problem.
48. I try to find comfort in my religion.
49. I force myself to wait for the right time to do something.
50. I make fun of the situation.

51. I reduce the amount of effort I'm putting into solving the problem.
52. I talk to someone about how I feel.
53. I use alcohol or drugs to help me get through it.
54. I learn to live with it.
55. I put aside other activities in order to concentrate on this.
56. I think hard about what steps to take.
57. I act as though it hasn't even happened.
58. I do what has to be done, one step at a time.
59. I learn something from the experience.
60. I pray more than usual.

Coping Inventory for Stressful Situations

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For more information about the Coping Inventory for Stressful Situations, please contact the copyright holders:

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Coping Responses Inventory

Permission to reproduce a copy of the scale was not obtainable because copyright does not allow the full scale to be reproduced. Sample items are listed below:

Part 1

This booklet contains questions about how you manage important problems that come up in your life. Please think about the most important problem or stressful situation you have experienced **in the last 12 months** (for example, troubles with a relative or friend, the illness or death of a relative or friend, an accident or illness, financial or work problems). Briefly describe the problem in the space provided in Part 1 of the answer sheet. If you have not experienced a major problem, list a minor problem that you have had to deal with. Then answer each of the 10 questions about the problem or situation (listed below and again on the answer sheet) by circling the appropriate response:

- Circle **“DN”** if your response is **DEFINITELY NO**. DN MN MY DY
- Circle **“MN”** if your response is **MAINLY NO**. DN MN MY DY
- Circle **“MY”** if your response is **MAINLY YES**. DN MN MY DY
- Circle **“DY”** if your response is **DEFINITELY YES**. DN MN MY DY

Part 2

Read each item carefully and indicate how often you are engaged in that behavior in connection with the problem you described in Part 1. Circle the appropriate response on the answer sheet:

- Circle **“N”** if your response is **NO, Not at all**. N O S F
- Circle **“O”** if your response is **YES, Once or Twice**. N O S F
- Circle **“S”** if your response is **YES, Sometimes**. N O S F
- Circle **“F”** if your response is **YES, Fairly often**. N O S F

There are 48 items in Part 2. Remember to mark all your answers on the answer sheet. Please answer each item as accurately as you can. All your answers are strictly confidential. If you do not wish to answer an item, please circle the number of that item on the answer sheet to indicate that you have decided to skip it. If an item does not apply to you, please write **NA (Not Applicable)** in the box to the right of the number for that item. If you wish to change an answer, make an **X** through your original answer and circle the new answer. Note that answers are numbered across in rows on Part 2 of the answer sheet.

3. Did you talk with your spouse or other relative about the problem?
9. Did you try to step back from the situation and be more objective?
13. Did you try not to think about the problem?
42. Did you think about how this event could change your life in a positive way?

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Psychological Assessment Resources, Inc.
16204 N. Florida Avenue
Lutz, FL 33549
USA

Website: www.parinc.com

Coping Styles Questionnaire

Name:

Age:

Gender:

Instructions: Although people may react in different ways to different situations, we all tend to have a characteristic way of dealing with things which upset us. How would you describe the way you typically react to stress? Circle **Always (A)**, **Often (O)**, **Sometimes (S)**, or **Never (N)** for each item below:

- | | | | | |
|--|---|---|---|---|
| 1. Feel overpowered and at the mercy of the situation. | A | O | S | N |
| 2. Work out a plan for dealing with what has happened. | A | O | S | N |
| 3. See the situation for what it actually is and nothing more. | A | O | S | N |
| 4. See the problem as something separate from myself so I can deal with it. | A | O | S | N |
| 5. Become miserable or depressed. | A | O | S | N |
| 6. Feel that no-one understands. | A | O | S | N |
| 7. Do not see the problem or situation as a threat. | A | O | S | N |
| 8. Feel that you are lonely or isolated. | A | O | S | N |
| 9. Daydream about times in the past when things were better. | A | O | S | N |
| 10. Take action to change things. | A | O | S | N |
| 11. Feel helpless - there's nothing you can do about it. | A | O | S | N |
| 12. Try to find out more information to help make a decision about things. | A | O | S | N |
| 13. Keep things to myself and not let others know how bad things are. | A | O | S | N |
| 14. Think about how someone I respect would handle the situation and try to do the same. | A | O | S | N |
| 15. Feel independent of the circumstances. | A | O | S | N |
| 16. Sit tight and hope it all goes away. | A | O | S | N |
| 17. Take my frustrations out on the people closest to me. | A | O | S | N |
| 18. Resolve the issue by not becoming identified with it. | A | O | S | N |
| 19. Respond neutrally to the problem. | A | O | S | N |
| 20. Pretend there's nothing the matter, even if people ask. | A | O | S | N |
| 21. Get things into proportion - nothing is really that important. | A | O | S | N |
| 22. Believe that time will somehow sort things out. | A | O | S | N |
| 23. Feel completely clear-headed about the whole thing. | A | O | S | N |
| 24. Try to keep a sense of humour - laugh at myself or the situation. | A | O | S | N |
| 25. Keep thinking it over in the hope that it will go away. | A | O | S | N |

26. Believe that I can cope with most things with the minimum of fuss.	A	O	S	N
27. Try not to let my heart rule my head.	A	O	S	N
28. Daydream about things getting better in future.	A	O	S	N
29. Try to find a logical way of explaining the problem.	A	O	S	N
30. Decide it's useless to get upset and just get on with things.	A	O	S	N
31. Feel worthless and unimportant.	A	O	S	N
32. Trust in fate - that things will somehow work out for the best.	A	O	S	N
33. Use my past experience to try to deal with the situation.	A	O	S	N
34. Try to forget the whole thing has happened.	A	O	S	N
35. Just take nothing personally.	A	O	S	N
36. Become irritable or angry.	A	O	S	N
37. Just give the situation my full attention.	A	O	S	N
38. Just take one step at a time.	A	O	S	N
39. Criticise or blame myself.	A	O	S	N
40. Pray that things will just change.	A	O	S	N
41. Think or talk about the problem as if it did not belong to me.	A	O	S	N
42. Talk about it as little as possible.	A	O	S	N
43. Prepare myself for the worst possible outcome.	A	O	S	N
44. Look for sympathy from people.	A	O	S	N
45. See the thing as a challenge that must be met.	A	O	S	N
46. Be realistic in my approach to the situation.	A	O	S	N
47. Think about something else.	A	O	S	N
48. Do something to make me feel better.	A	O	S	N

Delighted-Terrible Scale

Although every effort was made to obtain permission to reproduce these scales, the authors encountered considerable difficulties. The developers are deceased, and publishers of the original article did not permit reproduction of the scale.

The authors have only seen a copy of the scale in McDowell & Newell's (1996) *Measuring Health* (2nd Ed.). Professor McDowell was kind enough to provide details of his forthcoming revision. To view a copy of the scale, readers are referred to McDowell, I. *Measuring health: A guide to rating scales and questionnaires* (3rd Ed.). Oxford University Press, New York, 2006.

The 'Delighted-Terrible Scale' is Exhibit 10.13, on page 579.

The 'Faces Scale' is Exhibit 10.14, on page 579.

A simple rendition of the Cantril Ladder Scale is Exhibit 10.15, on page 580.

The 'Circles Scale' is Exhibit 10.16, on page 580.

Depression-Happiness Scale

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Duke Social Support and Stress Scale (DUSOCS)

Date Today: _____ Name: _____ ID#: _____

Date of Birth: _____ Female __ Male __

PAGE 1: SUPPORT

I. People Who Give Personal Support

[A supportive person is one who is helpful, who will listen to you, or who will back you up when you are in trouble.]

INSTRUCTIONS: Please look at the following list and decide how much each person (or group of persons) is supportive for you at this time in your life. Check (✓) your answer.

<u>How supportive are these people now:</u>	<u>None</u>	<u>Some</u>	<u>A Lot</u>	<u>There is No Such Person</u>
1. Your wife, husband, or significant other person.....	_____	_____	_____	_____
2. Your children or grandchildren.....	_____	_____	_____	_____
3. Your parents or grandparents.....	_____	_____	_____	_____
4. Your brothers or sisters.....	_____	_____	_____	_____
5. Your other blood relatives.....	_____	_____	_____	_____
6. Your relatives by marriage (for example: in-laws, ex-wife ex-husband).....	_____	_____	_____	_____
7. Your neighbors.....	_____	_____	_____	_____
8. Your co-workers.....	_____	_____	_____	_____
9. Your church members.....	_____	_____	_____	_____
10. Your other friends.....	_____	_____	_____	_____
11. Do you have one particular person whom you trust and to whom you can go with personal difficulties?.....		<u>Yes</u>	<u>No</u>	
12. If you answered "yes", which of the above types of person is he or she? (for example: child, parent, neighbor)_____				

(Continued on the next page.)

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PAGE 2: STRESS (DUSOCS FORM A)**II. People Who Cause Personal Stress**

[A person who stresses you is one who causes problems for you or makes your life more difficult.]

INSTRUCTIONS: Please look at the following list and decide how much each person (or group of persons) is a stress for you at this time in your life. Check (✓) your answer.

<u>How stressed do you feel by these people now:</u>	<u>None</u>	<u>Some</u>	<u>A Lot</u>	<u>There is No Such Person</u>
1. Your wife, husband, or significant other person.....	_____	_____	_____	_____
2. Your children or grandchildren	_____	_____	_____	_____
3. Your parents or grandparents.....	_____	_____	_____	_____
4. Your brothers or sisters	_____	_____	_____	_____
5. Your other blood relatives.....	_____	_____	_____	_____
6. Your relatives by marriage (for example: in-laws, ex-wife ex-husband).....	_____	_____	_____	_____
7. Your neighbors.....	_____	_____	_____	_____
8. Your co-workers.....	_____	_____	_____	_____
9. Your church members	_____	_____	_____	_____
10. Your other friends	_____	_____	_____	_____
 11. Is there one particular person who is causing you the most personal stress now?	 <u>Yes</u> _____	 <u>No</u> _____		
12. If you answered "yes", which of the above types of person is he or she? (for example: child, parent, neighbor)	_____			

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Duke Social Support Index

Satisfaction With Social Support

Are you satisfied with how often you see your friends and relatives; that is, do you see them as often as you would want to?

- Response categories:
1. Very dissatisfied
 2. Somewhat dissatisfied
 3. Satisfied

In times of trouble, can you count on at least some of your family and friends, most of the time, some of the time, or hardly ever?

- Response categories:
1. Hardly ever
 2. Some of the time
 3. Most of the time

How satisfied are you with the kinds of relationships you have with your family and friends – very dissatisfied, somewhat dissatisfied, or satisfied?

- Response categories:
1. Very dissatisfied
 2. Somewhat dissatisfied
 3. Satisfied

Do you wish that your family and friends would give you more help?

- Response categories:
1. Yes
 2. No

Perceived Social Support

When you are with your family and friends how often do you feel lonely – most of the time, some of the time, or hardly ever?

- Response categories:
1. Most of the time
 2. Some of the time
 3. Hardly ever

Does it seem that your family and friends understand you most of the time, some of the time, or hardly ever?

- Response categories:
1. Hardly ever
 2. Some of the time
 3. Most of the time

Do you feel useful to your family and friends most of the time, some of the time, or hardly ever?

- Response categories:
1. Hardly ever
 2. Some of the time
 3. Most of the time

Do you know what is going on with your family and friends most of the time, some of the time, or hardly ever?

- Response categories:
1. Hardly ever
 2. Some of the time
 3. Most of the time

When you are talking with your family and friends, do you feel you are being listened to most of the time, some of the time, or hardly ever?

- Response categories:
1. Hardly ever
 2. Some of the time
 3. Most of the time

Do you feel that you have a definite role in your family and among your friends most of the time, some of the time, or hardly ever?

- Response categories:
1. Hardly ever
 2. Some of the time
 3. Most of the time

Can you talk about your deepest problems with at least some of your family and friends most of the time, some of the time, or hardly ever?

- Response categories:
1. Hardly ever
 2. Some of the time
 3. Most of the time

Note: If a respondent indicated that best response was different for family than for friends, the answer coded was that that reflected the *most* support

Duke-UNC Functional Social Support Questionnaire

HERE IS A LIST OF SOME THINGS THAT OTHER PEOPLE DO FOR US OR GIVE US THAT MAY BE HELPFUL OR SUPPORTIVE. PLEASE READ EACH STATEMENT CAREFULLY AND PLACE A CHECK (✓) IN THE BLANK THAT IS CLOSEST TO YOUR SITUATION.

HERE IS AN EXAMPLE:	As much as I would like	Much less than I would like
I get . . . enough vacation time ✓

If you put a check where we have, it means that you get almost as much vacation time as you would like, but not quite as much as you would like.

ANSWER EACH ITEMS AS BEST YOU CAN. THERE ARE NO RIGHT OR WRONG ANSWERS.

I get . . .	As much as I would like	Much less than I would like
1. people who care what happens to me
2. love and affection
3. chances to talk to someone about problems at work or with my housework
4. chances to talk to someone I trust about my personal and family problems
5. chances to talk about money matters
6. invitations to go out and do things with other people

I get . . .	As much as I would like	Much less than I would like
7. useful advice about important things in life
8. help when I'm sick in bed

Ego-Resiliency Scale (ER89)

Items of the Ego-Resiliency Scale (ER89)

Item

1. I am generous with my friends.
 2. I quickly get over and recover from being startled.
 3. I enjoy dealing with new and unusual situations.
 4. I usually succeed in making a favorable impression on people.
 5. I enjoy trying new foods I have never tasted before.
 6. I am regarded as a very energetic person.
 7. I like to take different paths to familiar places.
 8. I am more curious than most people.
 9. Most of the people I meet are likeable.
 10. I usually think carefully about something before acting.
 11. I like to do new and different things.
 12. My daily life is full of things that keep me interested.
 13. I would be willing to describe myself as a pretty "strong" personality.
 14. I get over my anger at someone reasonably quickly.
-

Note. ER89 items are responded to by participants using a 4-step continuum: 1 = *does not apply at all*; 2 = *applies slightly, if at all*; 3 = *applies somewhat*; and 4 = *applies very strongly*. It is desirable to intermix the ER89 items with other inventory items being administered at the same time.

Emotional Competency Inventory (ECI)

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Emotional Intelligence Scale (33-item)

Directions: Each of the following items asks you about your emotions or reactions associated with emotions. After deciding whether a statement is generally true for you, use the 5-point scale to respond to the statement. Please circle the “1” if you strongly disagree that this is like you, the “2” if you somewhat disagree that this is like you, “3” if you neither agree nor disagree that this is like you, the “4” if you somewhat agree that this is like you, and the “5” if you strongly agree that this is like you.

There are no right or wrong answers. Please give the response that best describes you.

- 1 = strongly disagree
- 2 = somewhat disagree
- 3 = neither agree nor disagree
- 4 = somewhat agree
- 5 = strongly agree

- | | | | | | |
|--|---|---|---|---|---|
| 1. I know when to speak about my personal problems to others. | 1 | 2 | 3 | 4 | 5 |
| 2. When I am faced with obstacles, I remember times I faced similar obstacles and overcame them. | 1 | 2 | 3 | 4 | 5 |
| 3. I expect that I will do well on most things I try. | 1 | 2 | 3 | 4 | 5 |
| 4. Other people find it easy to confide in me. | 1 | 2 | 3 | 4 | 5 |
| 5. I find it hard to understand the non-verbal messages of other people. | 1 | 2 | 3 | 4 | 5 |
| 6. Some of the major events of my life have led me to re-evaluate what is important and not important. | 1 | 2 | 3 | 4 | 5 |
| 7. When my mood changes, I see new possibilities. | 1 | 2 | 3 | 4 | 5 |
| 8. Emotions are one of the things that make my life worth living. | 1 | 2 | 3 | 4 | 5 |
| 9. I am aware of my emotions as I experience them. | 1 | 2 | 3 | 4 | 5 |
| 10. I expect good things to happen. | 1 | 2 | 3 | 4 | 5 |
| 11. I like to share my emotions with others. | 1 | 2 | 3 | 4 | 5 |
| 12. When I experience a positive emotion, I know how to make it last. | 1 | 2 | 3 | 4 | 5 |
| 13. I arrange events others enjoy. | 1 | 2 | 3 | 4 | 5 |
| 14. I seek out activities that make me happy. | 1 | 2 | 3 | 4 | 5 |

Emotional Intelligence Scale (33-item), 1998. Obtained from Dr. Nicola Schutte. Reprinted from *Personality and Individual Differences*, Vol. 25, Schutte, N.S., Malouff, J.M, Hall, L.E., Haggerty, D.J., Cooper, J.T., Golden, C.J., & Dornheim, L. Development and validation of a measure of emotional intelligence, 167-177, Copyright (1998), with permission from Elsevier. The scale is free for non-commercial users. For commercial use, contact *Personality & Individual Differences* (Elsevier) for permission and for guidance about the licence fee payable.

- | | | | | | |
|--|---|---|---|---|---|
| 15. I am aware of the non-verbal messages I send to others. | 1 | 2 | 3 | 4 | 5 |
| 16. I present myself in a way that makes a good impression on others. | 1 | 2 | 3 | 4 | 5 |
| 17. When I am in a positive mood, solving problems is easy for me. | 1 | 2 | 3 | 4 | 5 |
| 18. By looking at their facial expressions, I recognize the emotions people are experiencing. | 1 | 2 | 3 | 4 | 5 |
| 19. I know why my emotions change. | 1 | 2 | 3 | 4 | 5 |
| 20. When I am in a positive mood, I am able to come up with new ideas. | 1 | 2 | 3 | 4 | 5 |
| 21. I have control over my emotions. | 1 | 2 | 3 | 4 | 5 |
| 22. I easily recognize my emotions as I experience them. | 1 | 2 | 3 | 4 | 5 |
| 23. I motivate myself by imagining a good outcome to tasks I take on. | 1 | 2 | 3 | 4 | 5 |
| 24. I compliment others when they have done something well. | 1 | 2 | 3 | 4 | 5 |
| 25. I am aware of the non-verbal messages other people send. | 1 | 2 | 3 | 4 | 5 |
| 26. When another person tells me about an important event in his or her life, I almost feel as though I experienced this event myself. | 1 | 2 | 3 | 4 | 5 |
| 27. When I feel a change in emotions, I tend to come up with new ideas. | 1 | 2 | 3 | 4 | 5 |
| 28. When I am faced with a challenge, I give up because I believe I will fail. | 1 | 2 | 3 | 4 | 5 |
| 29. I know what other people are feeling just by looking at them. | 1 | 2 | 3 | 4 | 5 |
| 30. I help other people feel better when they are down. | 1 | 2 | 3 | 4 | 5 |
| 31. I use good moods to help myself keep trying in the face of obstacles. | 1 | 2 | 3 | 4 | 5 |
| 32. I can tell how people are feeling by listening to the tone of their voice. | 1 | 2 | 3 | 4 | 5 |
| 33. It is difficult for me to understand why people feel the way they do. | 1 | 2 | 3 | 4 | 5 |

Emotional Quotient Inventory (EQ-i)

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European Social Survey – Personal and Social Wellbeing Module

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(Expanded) Attributional Styles Questionnaire

Please try to imagine yourself in the situations that follow. If such a situation happened to you, what would you feel would have caused it? While events may have many causes, we want you to pick only one-THE MAJOR CAUSE IF THIS EVENT HAPPENED TO YOU.

Please write the cause in the blank provided after each event. Next we want you to answer three questions about the cause you provided. First, is the cause of this event something about you or something about other people or circumstances? Second, is the cause of this event something that will persist across time or something that will never again be present? Third, is the cause of this event something that affects all situations in your life or something that just affects this type of event?

To summarize, we want you to:

1. Read each situation and vividly imagine it happening to you.
2. Decide what you feel would be the one major cause of the situation if it happened to you.
3. Write the cause in the blank provided.
4. Answer three questions about the cause.

1. You have been looking for a job unsuccessfully for some time.

A. Write down the one major cause:

B. Is the cause of this due to something about you or something about other people or circumstances? (circle one number)

totally due to others	1	2	3	4	5	6	7	totally due to me
--------------------------	---	---	---	---	---	---	---	----------------------

C. In the future, will this cause again be present? (circle one number)

never present	1	2	3	4	5	6	7	always present
------------------	---	---	---	---	---	---	---	-------------------

D. Is this cause something that affects just this type of situation, or does it also influence other areas of your life? (circle one number)

just this situation	1	2	3	4	5	6	7	all situations
------------------------	---	---	---	---	---	---	---	-------------------

2. A friend comes to you with a problem, and you don't try to help.

A. Write down the one major cause:

B. Is the cause of this due to something about you or something about other people or circumstances? (circle one number)

totally due to others	1	2	3	4	5	6	7	totally due to me
--------------------------	---	---	---	---	---	---	---	----------------------

C. In the future, will this cause again be present? (circle one number)

never present	1	2	3	4	5	6	7	always present
------------------	---	---	---	---	---	---	---	-------------------

D. Is this cause something that affects just this type of situation, or does it also influence other areas of your life? (circle one number)

just this situation	1	2	3	4	5	6	7	all situations
------------------------	---	---	---	---	---	---	---	-------------------

3. You give an important talk in front of a group, and the audience reacts negatively.

A. Write down the one major cause:

B. Is the cause of this due to something about you or something about other people or circumstances? (circle one number)

totally due										totally due
to others	1	2	3	4	5	6	7			to me

C. In the future, will this cause again be present? (circle one number)

never										always
present	1	2	3	4	5	6	7			present

D. Is this cause something that affects just this type of situation, or does it also influence other areas of your life? (circle one number)

just this										all
situation	1	2	3	4	5	6	7			situations

4. You meet a friend who acts hostilely to you.

A. Write down the one major cause:

B. Is the cause of this due to something about you or something about other people or circumstances? (circle one number)

totally due										totally due
to others	1	2	3	4	5	6	7			to me

C. In the future, will this cause again be present? (circle one number)

never										always
present	1	2	3	4	5	6	7			present

D. Is this cause something that affects just this type of situation, or does it also influence other areas of your life? (circle one number)

just this										all
situation	1	2	3	4	5	6	7			situations

5. You can't get all the work done that others expect of you.

A. Write down the one major cause:

B. Is the cause of this due to something about you or something about other people or circumstances? (circle one number)

totally due										totally due
to others	1	2	3	4	5	6	7			to me

C. In the future, will this cause again be present? (circle one number)

never										always
present	1	2	3	4	5	6	7			present

D. Is this cause something that affects just this type of situation, or does it also influence other areas of your life? (circle one number)

just this										all
situation	1	2	3	4	5	6	7			situations

6. You go out on a date, and it goes badly.

A. Write down the one major cause:

B. Is the cause of this due to something about you or something about other people or circumstances? (circle one number)

totally due										totally due
to others	1	2	3	4	5	6	7			to me

C. In the future, will this cause again be present? (circle one number)

never										always
present	1	2	3	4	5	6	7			present

D. Is this cause something that affects just this type of situation, or does it also influence other areas of your life? (circle one number)

just this										all
situation	1	2	3	4	5	6	7			situations

7. Your steady romantic relationship ends.

A. Write down the one major cause:

B. Is the cause of this due to something about you or something about other people or circumstances? (circle one number)

totally due to others	1	2	3	4	5	6	7	totally due to me
--------------------------	---	---	---	---	---	---	---	----------------------

C. In the future, will this cause again be present? (circle one number)

never present	1	2	3	4	5	6	7	always present
------------------	---	---	---	---	---	---	---	-------------------

D. Is this cause something that affects just this type of situation, or does it also influence other areas of your life? (circle one number)

just this situation	1	2	3	4	5	6	7	all situations
------------------------	---	---	---	---	---	---	---	-------------------

8. You experience a major personal injury

A. Write down the one major cause:

B. Is the cause of this due to something about you or something about other people or circumstances? (circle one number)

totally due to others	1	2	3	4	5	6	7	totally due to me
--------------------------	---	---	---	---	---	---	---	----------------------

C. In the future, will this cause again be present? (circle one number)

never present	1	2	3	4	5	6	7	always present
------------------	---	---	---	---	---	---	---	-------------------

D. Is this cause something that affects just this type of situation, or does it also influence other areas of your life? (circle one number)

just this situation	1	2	3	4	5	6	7	all situations
------------------------	---	---	---	---	---	---	---	-------------------

9. You are found guilty of a minor violation of the law.

A. Write down the one major cause:

B. Is the cause of this due to something about you or something about other people or circumstances? (circle one number)

totally due										totally due
to others	1	2	3	4	5	6	7			to me

C. In the future, will this cause again be present? (circle one number)

never										always
present	1	2	3	4	5	6	7			present

D. Is this cause something that affects just this type of situation, or does it also influence other areas of your life? (circle one number)

just this										all
situation	1	2	3	4	5	6	7			situations

10. You and your family have a serious argument.

A. Write down the one major cause:

B. Is the cause of this due to something about you or something about other people or circumstances? (circle one number)

totally due										totally due
to others	1	2	3	4	5	6	7			to me

C. In the future, will this cause again be present? (circle one number)

never										always
present	1	2	3	4	5	6	7			present

D. Is this cause something that affects just this type of situation, or does it also influence other areas of your life? (circle one number)

just this										all
situation	1	2	3	4	5	6	7			situations

11. You are fired from your job.

A. Write down the one major cause:

B. Is the cause of this due to something about you or something about other people or circumstances? (circle one number)

totally due to others	1	2	3	4	5	6	7	totally due to me
--------------------------	---	---	---	---	---	---	---	----------------------

C. In the future, will this cause again be present? (circle one number)

never present	1	2	3	4	5	6	7	always present
------------------	---	---	---	---	---	---	---	-------------------

D. Is this cause something that affects just this type of situation, or does it also influence other areas of your life? (circle one number)

just this situation	1	2	3	4	5	6	7	all situations
------------------------	---	---	---	---	---	---	---	-------------------

12. After your first term at school, you are on academic probation.

A. Write down the one major cause:

B. Is the cause of this due to something about you or something about other people or circumstances? (circle one number)

totally due to others	1	2	3	4	5	6	7	totally due to me
--------------------------	---	---	---	---	---	---	---	----------------------

C. In the future, will this cause again be present? (circle one number)

never present	1	2	3	4	5	6	7	always present
------------------	---	---	---	---	---	---	---	-------------------

D. Is this cause something that affects just this type of situation, or does it also influence other areas of your life? (circle one number)

just this situation	1	2	3	4	5	6	7	all situations
------------------------	---	---	---	---	---	---	---	-------------------

13. Your best friend tells you that you are not to be trusted.

A. Write down the one major cause:

B. Is the cause of this due to something about you or something about other people or circumstances? (circle one number)

totally due to others	1	2	3	4	5	6	7	totally due to me
--------------------------	---	---	---	---	---	---	---	----------------------

C. In the future, will this cause again be present? (circle one number)

never present	1	2	3	4	5	6	7	always present
------------------	---	---	---	---	---	---	---	-------------------

D. Is this cause something that affects just this type of situation, or does it also influence other areas of your life? (circle one number)

just this situation	1	2	3	4	5	6	7	all situations
------------------------	---	---	---	---	---	---	---	-------------------

14. You have a lot of trouble understanding what your new employer requires of you.

A. Write down the one major cause:

B. Is the cause of this due to something about you or something about other people or circumstances? (circle one number)

totally due to others	1	2	3	4	5	6	7	totally due to me
--------------------------	---	---	---	---	---	---	---	----------------------

C. In the future, will this cause again be present? (circle one number)

never present	1	2	3	4	5	6	7	always present
------------------	---	---	---	---	---	---	---	-------------------

D. Is this cause something that affects just this type of situation, or does it also influence other areas of your life? (circle one number)

just this situation	1	2	3	4	5	6	7	all situations
------------------------	---	---	---	---	---	---	---	-------------------

15. You cannot sleep soundly.

A. Write down the one major cause:

B. Is the cause of this due to something about you or something about other people or circumstances? (circle one number)

totally due to others	1	2	3	4	5	6	7	totally due to me
--------------------------	---	---	---	---	---	---	---	----------------------

C. In the future, will this cause again be present? (circle one number)

never present	1	2	3	4	5	6	7	always present
------------------	---	---	---	---	---	---	---	-------------------

D. Is this cause something that affects just this type of situation, or does it also influence other areas of your life? (circle one number)

just this situation	1	2	3	4	5	6	7	all situations
------------------------	---	---	---	---	---	---	---	-------------------

16. You experience sexual difficulties.

A. Write down the one major cause:

B. Is the cause of this due to something about you or something about other people or circumstances? (circle one number)

totally due to others	1	2	3	4	5	6	7	totally due to me
--------------------------	---	---	---	---	---	---	---	----------------------

C. In the future, will this cause again be present? (circle one number)

never present	1	2	3	4	5	6	7	always present
------------------	---	---	---	---	---	---	---	-------------------

D. Is this cause something that affects just this type of situation, or does it also influence other areas of your life? (circle one number)

just this situation	1	2	3	4	5	6	7	all situations
------------------------	---	---	---	---	---	---	---	-------------------

17. You confront a serious conflict in your values.

A. Write down the one major cause:

B. Is the cause of this due to something about you or something about other people or circumstances? (circle one number)

totally due										totally due
to others	1	2	3	4	5	6	7			to me

C. In the future, will this cause again be present? (circle one number)

never										always
present	1	2	3	4	5	6	7			present

D. Is this cause something that affects just this type of situation, or does it also influence other areas of your life? (circle one number)

just this										all
situation	1	2	3	4	5	6	7			situations

18. Your roommate tells you he/she is switching to a room down the hall.

A. Write down the one major cause:

B. Is the cause of this due to something about you or something about other people or circumstances? (circle one number)

totally due										totally due
to others	1	2	3	4	5	6	7			to me

C. In the future, will this cause again be present? (circle one number)

never										always
present	1	2	3	4	5	6	7			present

D. Is this cause something that affects just this type of situation, or does it also influence other areas of your life? (circle one number)

just this										all
situation	1	2	3	4	5	6	7			situations

19. There are few recreational activities in which you are interested.

A. Write down the one major cause:

B. Is the cause of this due to something about you or something about other people or circumstances? (circle one number)

totally due									totally due
to others	1	2	3	4	5	6	7		to me

C. In the future, will this cause again be present? (circle one number)

never									always
present	1	2	3	4	5	6	7		present

D. Is this cause something that affects just this type of situation, or does it also influence other areas of your life? (circle one number)

just this									all
situation	1	2	3	4	5	6	7		situations

20. Your Christmas vacation plans are cancelled.

A. Write down the one major cause:

B. Is the cause of this due to something about you or something about other people or circumstances? (circle one number)

totally due									totally due
to others	1	2	3	4	5	6	7		to me

C. In the future, will this cause again be present? (circle one number)

never									always
present	1	2	3	4	5	6	7		present

D. Is this cause something that affects just this type of situation, or does it also influence other areas of your life? (circle one number)

just this									all
situation	1	2	3	4	5	6	7		situations

21. You have trouble with one of your instructors.

A. Write down the one major cause:

B. Is the cause of this due to something about you or something about other people or circumstances? (circle one number)

totally due to others	1	2	3	4	5	6	7	totally due to me
--------------------------	---	---	---	---	---	---	---	----------------------

C. In the future, will this cause again be present? (circle one number)

never present	1	2	3	4	5	6	7	always present
------------------	---	---	---	---	---	---	---	-------------------

D. Is this cause something that affects just this type of situation, or does it also influence other areas of your life? (circle one number)

just this situation	1	2	3	4	5	6	7	all situations
------------------------	---	---	---	---	---	---	---	-------------------

22. You experience financial difficulties.

A. Write down the one major cause:

B. Is the cause of this due to something about you or something about other people or circumstances? (circle one number)

totally due to others	1	2	3	4	5	6	7	totally due to me
--------------------------	---	---	---	---	---	---	---	----------------------

C. In the future, will this cause again be present? (circle one number)

never present	1	2	3	4	5	6	7	always present
------------------	---	---	---	---	---	---	---	-------------------

D. Is this cause something that affects just this type of situation, or does it also influence other areas of your life? (circle one number)

just this situation	1	2	3	4	5	6	7	all situations
------------------------	---	---	---	---	---	---	---	-------------------

23. Your attempt to capture the interest of a specific person of the opposite sex is a failure.

A. Write down the one major cause:

B. Is the cause of this due to something about you or something about other people or circumstances? (circle one number)

totally due										totally due
to others	1	2	3	4	5	6	7			to me

C. In the future, will this cause again be present? (circle one number)

never										always
present	1	2	3	4	5	6	7			present

D. Is this cause something that affects just this type of situation, or does it also influence other areas of your life? (circle one number)

just this										all
situation	1	2	3	4	5	6	7			situations

24. You feel sick and tired all of the time.

A. Write down the one major cause:

B. Is the cause of this due to something about you or something about other people or circumstances? (circle one number)

totally due										totally due
to others	1	2	3	4	5	6	7			to me

C. In the future, will this cause again be present? (circle one number)

never										always
present	1	2	3	4	5	6	7			present

D. Is this cause something that affects just this type of situation, or does it also influence other areas of your life? (circle one number)

just this										all
situation	1	2	3	4	5	6	7			situations

Extended Satisfaction With Life Scale (ESWLS)

Below are some statements with which you may agree or disagree. Use the scale below to show your agreement with each item. Place the number on the line for that item. Please be open and honest in your answers.

- 1 = Strongly disagree
- 2 = Disagree
- 3 = Slightly disagree
- 4 = Neither agree nor 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 my life.
- ___ 4. So far I have gotten the important things I want from life.
- ___ 5. I am generally pleased with the life I lead.
- ___ 6. In most ways my social life is close to my ideal.
- ___ 7. The conditions of my social life are excellent.
- ___ 8. I am satisfied with my social life.
- ___ 9. So far I have gotten the important things I want from my social life.
- ___ 10. I am generally pleased with the social life I lead.
- ___ 11. In most ways my sex life is close to my ideal.
- ___ 12. The conditions of my sex life are excellent.
- ___ 13. I am satisfied with my sex life.
- ___ 14. So far I have gotten the important things I want from my sex life.
- ___ 15. I am generally pleased with the quality of my sex life.
- ___ 16. In most ways my actual self is close to my ideal self.
- ___ 17. As an individual I consider myself excellent.
- ___ 18. I am satisfied with my person or self as an individual.
- ___ 19. So far I have gotten the important things I want from myself.
- ___ 20. I am generally pleased with myself as an individual.
- ___ 21. In most ways my actual physical appearance is close to my ideal physical appearance.
- ___ 22. I consider my physical appearance excellent.
- ___ 23. I am satisfied with my physical appearance.
- ___ 24. There is nothing about my physical appearance that I would like to change.
- ___ 25. I am generally pleased with my physical appearance.

The questions below pertain to your current "immediate" family not your "extended" family.

- ___ 26. In most ways my family life is close to my ideal.
- ___ 27. The conditions of my family life are excellent.
- ___ 28. I am satisfied with my family life.

29. So far I have gotten the important things I want from my family life.
 30. I am generally pleased with the quality of my family life.

DO YOU GO TO SCHOOL? Yes No

IF NOT, SKIP THE NEXT 5 QUESTIONS.

31. The education I get at school is great.
 32. I like or respect the other students at school.
 33. I am satisfied with my classes.
 34. So far I have learned the important things I wanted at school.
 35. I am generally pleased with the quality of my teachers.

DO YOU HAVE A JOB?

Yes No

IF NOT, SKIP THE NEXT 10 QUESTIONS.

36. The chance for advancement on my job is good.
 37. I like the company policies and practices.
 38. I like or respect my coworkers.
 39. I am pleased with the praise I get for doing a good job.
 40. I am given enough freedom to use my own judgment.
 41. I like the way my job provides for steady employment.
 42. My boss handles his or her employees well.
 43. I am happy with the competence of my supervisor.
 44. The working conditions of my job are excellent.
 45. Overall, I am satisfied with my job.

ARE YOU NOW IN AN "EXCLUSIVE" RELATIONSHIP?

YES

NO (BUT I HAVE BEEN
IN THE PAST)

NO (AND I HAVE NOT
BEEN IN THE PAST)

**IF YOU CHECKED THIS BOX,
PLEASE ANSWER THE QUESTIONS
BELOW BASED ON YOUR CURRENT
RELATIONSHIP.**

**IF YOU CHECKED THIS BOX,
PLEASE ANSWER THE QUESTIONS
BELOW BASED ON YOUR PAST
RELATIONSHIP.**

**IF YOU CHECKED THIS BOX, YOU
MAY STOP HERE.**

46. In most ways my relationship/marriage is close to my ideal.
 47. The conditions of my relationship/marriage are excellent.
 48. I am satisfied with my relationship/marriage.
 49. So far I have gotten the important things I want from my relationship/marriage.
 50. I am generally pleased with the quality of my relationship/marriage.