

### Optimism/Pessimism Instrument (OPI)

Instructions: The 56 statements printed below represent individual differences in viewpoint. Using the scale shown below, please respond with your own point of view to all the statements: for example, if you strongly agree with a statement then circle 1 (S.A.). Do not spend a lot of time thinking about each one; just indicate your first impression. Remember, respond to these statements according to how you feel about them right now.

1 - strongly agree  
2 - agree  
3 - disagree  
4 - strongly disagree

	SA.	A.	D.	SD.
1. I like people I get to know	1	2	3	4
2. It is best not to set your hopes too high since you will probably be disappointed.	1	2	3	4
3. There is so much to be done and so little time to do it in.	1	2	3	4
4. I have a tendency to make mountains out of molehills.	1	2	3	4
5. Rarely do I expect good things to happen.	1	2	3	4
6. Everything changes so quickly these days that I often have trouble deciding which are the right rules to follow.	1	2	3	4
7. All in all the world is a good place.	1	2	3	4
8. When it comes to my future plans and ambitions in life, I expect more things to go wrong than right.	1	2	3	4
9. My hardest battles are with myself.	1	2	3	4
10. I believe there's not much hope for the human race.	1	2	3	4
11. It does not take me long to shake off a bad mood.	1	2	3	4
12. If you hope and wish for something long and hard enough, you will eventually get it.	1	2	3	4
13. People get ahead by using 'pull' and not because of what they know.	1	2	3	4
14. Even when things in my life are going okay, I expect them to get worse soon.	1	2	3	4
15. With enough faith, you can do almost anything.	1	2	3	4
16. I enjoy myself most when I am alone, away from other people.	1	2	3	4
17. When I undertake something new, I expect to succeed.	1	2	3	4
18. Honesty is the best policy in all cases.	1	2	3	4

---

Optimism/Pessimism Instrument (OPI), 1989. Obtained from Prof. William Dember: [Drsdember@aol.com](mailto:Drsdember@aol.com). Original reference: Dember, W.N., Martin, S.H., Hummer, M.K., Howe, S.R. & Melton, R.S. (1989). The measurement of optimism and pessimism. *Current Psychological Research and Reviews*, 8, 109-119. Reproduced with permission.

	1 - strongly agree	2 - agree	3 - disagree	4 - strongly disagree
19. I generally look at the brighter side of life.	1	2	3	4
20. If I make a decision on my own, I can pretty much count on the fact that it will turn out to be a poor one.	1	2	3	4
21. I generally make light of my problems.	1	2	3	4
22. It is always a good thing to be frank.	1	2	3	4
23. Where there's a will, there's a way.	1	2	3	4
24. I have a tendency to blow up problems so they seem worse than they really are.	1	2	3	4
25. All in all, it is better to be humble and honest than important and dishonest.	1	2	3	4
26. As time goes on, things will most likely get worse.	1	2	3	4
27. It is the slow, steady worker who usually accomplishes the most in the end.	1	2	3	4
28. When I go to a party I expect to have fun.	1	2	3	4
29. Times are getting better.	1	2	3	4
30. Everyone should have an equal chance and an equal say.	1	2	3	4
31. Better to expect defeat: then it doesn't hit so hard when it comes.	1	2	3	4
32. It is wise to flatter important people.	1	2	3	4
33. I expect to achieve most of the things I want in life.	1	2	3	4
34. It seems the cards of life are stacked against me.	1	2	3	4
35. What is lacking in the world today is the old kind of friendship that lasted for a lifetime.	1	2	3	4
36. When the weatherman predicts 50% chance of rain, you might as well count on seeing rain.	1	2	3	4
37. Before an interview, I am usually confident that things will go well.	1	2	3	4

	1	2	3	4
	1 - strongly agree 2 - agree 3 - disagree 4 - strongly disagree			
38. Sometimes I feel down, but I bounce right back again.	1	2	3	4
39. The future seems too uncertain for people to make serious plans.	1	2	3	4
40. When I have undertaken a task, I find it difficult to set it aside even for a short time.	1	2	3	4
41. Tenderness is more important than love.	1	2	3	4
42. When gambling, I expect to lose.	1	2	3	4
43. Anybody who is willing to work hard has a good chance for success.	1	2	3	4
44. The future looks very dismal.	1	2	3	4
45. If I had to choose between happiness and greatness, I'd choose greatness.	1	2	3	4
46. Minor setbacks are something I usually ignore.	1	2	3	4
47. In general, things turn out all right in the end.	1	2	3	4
48. It is better to be a dead hero than a live coward.	1	2	3	4
49. Give me 50/50 odds and I will choose the wrong answer every time.	1	2	3	4
50. It is hard to get ahead without cutting corners here and there.	1	2	3	4
51. If I were in competition and contestants were narrowed down to myself and one other person, I would expect to be runner-up.	1	2	3	4
52. April showers bring May flowers.	1	2	3	4
53. I can be comfortable with nearly all kinds of people.	1	2	3	4
54. The worst defeats come after the best victories.	1	2	3	4
55. In the history of the human race there have probably been just a handful of really great thinkers.	1	2	3	4
56. Every cloud has a silver lining.	1	2	3	4

---

Optimism/Pessimism Instrument (OPI), 1989. Obtained from Prof. William Dember: [Drsdember@aol.com](mailto:Drsdember@aol.com). Original reference: Dember, W.N., Martin, S.H., Hummer, M.K., Howe, S.R. & Melton, R.S. (1989). The measurement of optimism and pessimism. *Current Psychological Research and Reviews*, 8, 109-119. Reproduced with permission.

**Oslo 3-Item Social Support Scale**

**How easy can you get help from neighbors if you should need it?** (Very easy, easy, possible, difficult, very difficult)

**How many people are so close to you that you can count on them if you have serious personal problems?** (none, 1-2, 3-5, 5+)

**How much concern do people show in what you are doing?** (a lot, some, uncertain, little, no).

---

Oslo 3-item Social Support Scale, 1996. Obtained from Prof. Odd Steffen Dalgard. Relevant references:

Dalgard, O. S., Dowrick, C., Lehtinen, V. Vazquez-Barquero JL, Casey P, Wilkinson G, Ayuso-Mateos JL, Page H, Dunn G; ODIN Group.. (2006) Negative life events, social support and gender difference in depression. A multinational community survey with data from the ODIN study. *Soc Psychiatry Psychiatr Epidemiol*, 41, 444-451. Presenting the scale.

Meltzer, H. Development of a common instrument for mental health. In Nosikov, A.& Gudex, C. (Eds.). (2003) *EUROHIS, Developing Common Instruments for Health Surveys*. Amsterdam: IOS Press. Presenting the scale.

Reproduced with permission.

## Oxford Happiness Questionnaire

INSTRUCTIONS. Below are a number of statements about happiness. Would you please indicate how much you agree or disagree with each by entering a number alongside it according to the following code:

1 = strongly disagree;                      2 = moderately disagree;                      3 = slightly disagree;  
4 = slightly agree;                              5 = moderately agree;                              6 = strongly agree.

You will need to read the statements carefully because some are phrased positively and others negatively. Don't take too long over individual questions; there are no 'right' or 'wrong' answers and no trick questions. The first answer that comes into your head is probably the right one for you. If you find some of the questions difficult, please give the answer that is true for you in general or for most of the time.

- |      |   |       |
|------|---|-------|
| 1†.  | I don't feel particularly pleased with the way I am (–)                 | ..... |
| 2.   | I am intensely interested in other people                               | ..... |
| 3†.  | I feel that life is very rewarding                                      | ..... |
| 4.   | I have very warm feelings towards almost everyone                       | ..... |
| 5.   | I rarely wake up feeling rested (–)                                     | ..... |
| 6.   | I am not particularly optimistic about the future (–)                   | ..... |
| 7.   | I find most things amusing  | ..... |
| 8.   | I am always committed and involved                                      | ..... |
| 9.   | Life is good  | ..... |
| 10.  | I do not think that the world is a good place (–)                       | ..... |
| 11.  | I laugh a lot   | ..... |
| 12†. | I am well satisfied about everything in my life                         | ..... |
| 13†. | I don't think I look attractive (–)                                     | ..... |
| 14.  | There is a gap between what I would like to do and what I have done (–) | ..... |
| 15.  | I am very happy   | ..... |
| 16†. | I find beauty in some things  | ..... |
| 17.  | I always have a cheerful effect on others                               | ..... |
| 18†. | I can fit in everything I want to                                       | ..... |
| 19.  | I feel that I am not especially in control of my life (–)               | ..... |
| 20.  | I feel able to take anything on   | ..... |
| 21†. | I feel fully mentally alert   | ..... |
| 22.  | I often experience joy and elation                                      | ..... |
| 23.  | I do not find it easy to make decisions (–)                             | ..... |
| 24.  | I do not have a particular sense of meaning and purpose in my life (–)  | ..... |
| 25.  | I feel I have a great deal of energy                                    | ..... |
| 26.  | I usually have a good influence on events                               | ..... |
| 27.  | I do not have fun with other people (–)                                 | ..... |
| 28.  | I don't feel particularly healthy (–)                                   | ..... |
| 29†. | I do not have particularly happy memories of the past (–)               | ..... |

Notes. Items marked (–) should be scored in reverse.

## Oxford Happiness Questionnaire – Short Form

INSTRUCTIONS. Below are a number of statements about happiness. Would you please indicate how much you agree or disagree with each by entering a number alongside it according to the following code:

1 = strongly disagree;                      2 = moderately disagree;                      3 = slightly disagree;  
4 = slightly agree;                              5 = moderately agree;                              6 = strongly agree.

You will need to read the statements carefully because some are phrased positively and others negatively. Don't take too long over individual questions; there are no 'right' or 'wrong' answers and no trick questions. The first answer that comes into your head is probably the right one for you. If you find some of the questions difficult, please give the answer that is true for you in general or for most of the time.

- |  |       |
|--|-------|
| 1. I don't feel particularly pleased with the way I am   | ..... |
| 2. I feel that life is very rewarding                    | ..... |
| 3. I am well satisfied about everything in my life       | ..... |
| 4. I don't think I look attractive                       | ..... |
| 5. I find beauty in some things                          | ..... |
| 6. I can fit in everything I want to                     | ..... |
| 7. I feel fully mentally alert                           | ..... |
| 8. I do not have particularly happy memories of the past | ..... |

## Perceived Social Support from Family and Friends

*Directions:* The statements which follow refer to feelings and experiences which occur to most people at one time or another in their relationships with friends. For each statement there are three possible answers: Yes, No, Don't know. Please circle the Answer you choose for each item.

- |                   |   |
|-------------------|---|
| Yes No Don't know | 1. My friends give me the moral support I need.   |
| Yes No Don't know | 2. Most other people are closer to their friends than I am.   |
| Yes No Don't know | 3. My friends enjoy hearing about what I think.   |
| Yes No Don't know | 4. Certain friends come to me when they have problems or need advice.   |
| Yes No Don't know | 5. I rely on my friends for emotional support.  |
| Yes No Don't know | 6. If I felt that one or more of my friends were upset with me, I'd just keep it to myself.                     |
| Yes No Don't know | 7. I feel that I'm on the fringe in my circle of friends.   |
| Yes No Don't know | 8. There is a friend I could go to if I were just feeling down, without feeling funny about it later.           |
| Yes No Don't know | 9. My friends and I are very open about what we think about things.   |
| Yes No Don't know | 10. My friends are sensitive to my personal needs.  |
| Yes No Don't know | 11. My friends come to me for emotional support.  |
| Yes No Don't know | 12. My friends are good at helping me solve problems.   |
| Yes No Don't know | 13. I have a deep sharing relationship with a number of friends.  |
| Yes No Don't know | 14. My friends get good ideas about how to do things or make things from me.                                    |
| Yes No Don't know | 15. When I confide in friends, it makes me feel uncomfortable.  |
| Yes No Don't know | 16. My friends seek me out for companionship.   |
| Yes No Don't know | 17. I think that my friends feel that I'm good at helping them solve problems.                                  |
| Yes No Don't know | 18. I don't have a relationship with a friend that is as intimate as other people's relationships with friends. |
| Yes No Don't know | 19. I've recently gotten a good idea about how to do something from a friend.                                   |
| Yes No Don't know | 20. I wish my friends were much different.  |



*Directions:* The statements which follow refer to feelings and experiences which occur to most people at one time or another in their relationships with their families. For each statement there are three possible answers: Yes, No, Don't know. Please circle the answer you choose for each item.

- Yes No Don't know 1. My family gives me the moral support I need.
- Yes No Don't know 2. I get good ideas about how to do things or make things from my family.
- Yes No Don't know 3. Most other people are closer to their family than I am.
- Yes No Don't know 4. When I confide in the members of my family who are closest to me, I get the idea that it makes them uncomfortable.
- Yes No Don't know 5. My family enjoys hearing about what I think.
- Yes No Don't know 6. Members of my family share many of my interests.
- Yes No Don't know 7. Certain members of my family come to me when they have problems or need advice.
- Yes No Don't know 8. I rely on my family for emotional support.
- Yes No Don't know 9. There is a member of my family I could go to if I were just feeling down, without feeling funny about it later.
- Yes No Don't know 10. My family and I are very open about what we think about things.
- Yes No Don't know 11. My family is sensitive to my personal needs.
- Yes No Don't know 12. Members of my family come to me for emotional support.
- Yes No Don't know 13. Members of my family are good at helping me solve problems.
- Yes No Don't know 14. I have a deep sharing relationship with a number of members of my family.
- Yes No Don't know 15. Members of my family get good ideas about how to do things or make things from me.
- Yes No Don't know 16. When I confide in members of my family, it makes me uncomfortable.
- Yes No Don't know 17. Members of my family seek me out for companionship.
- Yes No Don't know 18. I think that my family feels that I'm good at helping them solve problems.
- Yes No Don't know 19. I don't have a relationship with a member of my family that is as close as other people's relationships with family members.
- Yes No Don't know 20. I wish my family were much different.



## Personal Growth Composite Scale

The Items in the 16 Preliminary IPIP Scales Measuring Constructs Similar to Those in Cattell's 16 Personality Factors Questionnaire (16PF)

I believe in the importance of art  
 I love to think up new ways of doing things  
 I enjoy hearing new ideas  
 I am able to carry the conversation to a higher level  
 I prefer variety to routine

The Items in the 30 Preliminary IPIP Scales Measuring Constructs Similar to Those in Cloninger's Temperament and Character Inventory (TCI)

I like to solve complex problems  
 I feel up to any task  
 I can perform a wide variety of tasks  
 I accept challenging tasks  
 I know how to apply my knowledge  
 I like to meet challenges

Work Preference Inventory (5 Curiosity Items)

© Copyright 1985, Teresa M. Amabile

I enjoy tackling problems that are completely new to me  
 I enjoy trying to solve complex problems  
 The more difficult the problem, the more I enjoy trying to solve it  
 I want my work to provide me with opportunities for increasing my knowledge and skills  
 Curiosity is the driving force behind much of what I do

---

The Personal Growth Composite Scale. Obtained from Prof. Joar Vittersø. Original references:

Amabile, T.M., Hill, K.G., Hennessey, B.A., & Tighe, E.M. (1994). The work preference inventory: Assessing intrinsic and extrinsic motivational orientation. *Journal of Personality and Social Psychology*, 66, 950-967.

IPEP (2002). International Personality Item Pool. *A scientific collaboration for the development of advanced measurement of personality traits and other individual differences*. Available from <http://ipip.ori.org/>.

Kashdan, T.B., Rose, P., & Fincham, F.D. (2004). Curiosity and exploration: Facilitating positive subjective experience and personal growth opportunities. *Journal of Personality Assessment*, 82, 291-305.

Reproduced with permission from all parties.

## Personal Meaning Profile

This questionnaire measures people's perception of personal meaning in their lives. Generally, a meaningful life involves a sense of purpose and personal worthiness. However, people often differ in what endows their lives with meaning.

The following statements describe potential sources of personal meaning. Please read each statement carefully and indicate to what extent it characterizes a source of meaning in your own life. You may respond by circling the appropriate number according to the following scale:

1	2	3	4	5	6	7
Not at all		Moderately			A great deal	

For example, if going to parties does not contribute to your sense of personal meaning, you may circle 1 or 2. If taking part in volunteer work contributes quite a bit to the meaning in your life, you may circle 5 or 6.

It is important that you answer honestly on the basis of your own experience and beliefs.

- 
- |  |   |   |   |   |   |   |   |
|--|---|---|---|---|---|---|---|
| 1. I have a good family life .....   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. I believe I can make a difference in the world .....                                  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. I am at peace with God .....  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. I have learned that setbacks and disappointments are an inevitable part of life ..... | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5. I believe in an ultimate purpose in life .....  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6. I engage in creative work .....   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7. I am successful in achieving my aspirations .....                                     | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8. I pursue worthwhile objectives .....  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9. I strive to achieve my life goals .....   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

	1	2	3	4	5	6	7
	Not at all			Moderately		A great deal	
10. I care about other people . . . . .	1	2	3	4	5	6	7
11. I have someone to share intimate feelings with . . . . .	1	2	3	4	5	6	7
12. I believe in the value of my pursuits . . . . .	1	2	3	4	5	6	7
13. I seek to actualize my potentials . . . . .	1	2	3	4	5	6	7
14. I have found that there is rough justice in this world . . . . .	1	2	3	4	5	6	7
15. I strive to make this world a better place . . . . .	1	2	3	4	5	6	7
16. I am at peace with myself . . . . .	1	2	3	4	5	6	7
17. I have confidants to give me emotional support . . . . .	1	2	3	4	5	6	7
18. I relate well to others . . . . .	1	2	3	4	5	6	7
19. I have a sense of mission or calling . . . . .	1	2	3	4	5	6	7
20. I seek to do God's will . . . . .	1	2	3	4	5	6	7
21. I like challenges . . . . .	1	2	3	4	5	6	7
22. I believe that human life is governed by moral laws . . . . .	1	2	3	4	5	6	7
23. It is important to dedicate my life to a cause . . . . .	1	2	3	4	5	6	7
24. I take initiative . . . . .	1	2	3	4	5	6	7
25. I am able to make full use of my abilities . . . . .	1	2	3	4	5	6	7
26. I strive to do my best in whatever I am doing . . . . .	1	2	3	4	5	6	7
27. I have a number of good friends . . . . .	1	2	3	4	5	6	7
28. I am trusted by others . . . . .	1	2	3	4	5	6	7
29. I am committed to my work . . . . .	1	2	3	4	5	6	7

	1	2	3	4	5	6	7
	Not at all			Moderately			A great deal
30. I have a purpose and direction in life . . . . .	1	2	3	4	5	6	7
31. I seek higher values-values that transcend self-interests . . . . .	1	2	3	4	5	6	7
32. I am higher regarded by others . . . . .	1	2	3	4	5	6	7
33. I seek to glorify God . . . . .	1	2	3	4	5	6	7
34. I am enthusiastic about what I do . . . . .	1	2	3	4	5	6	7
35. Life has treated me fairly . . . . .	1	2	3	4	5	6	7
36. I accept my limitations . . . . .	1	2	3	4	5	6	7
37. I have a mutually satisfying loving relationship . . . . .	1	2	3	4	5	6	7
38. I am at peace with my past . . . . .	1	2	3	4	5	6	7
39. I believe that there is coherence and continuity in my life . . . . .	1	2	3	4	5	6	7
40. I do not give up when I encounter setbacks or obstacles . . . . .	1	2	3	4	5	6	7
41. I am altruistic and helpful . . . . .	1	2	3	4	5	6	7
42. I am liked by others . . . . .	1	2	3	4	5	6	7
43. I have found someone I love deeply . . . . .	1	2	3	4	5	6	7
44. I strive toward personal growth . . . . .	1	2	3	4	5	6	7
45. I bring happiness to others . . . . .	1	2	3	4	5	6	7
46. I accept what cannot be changed . . . . .	1	2	3	4	5	6	7
47. I am persistent and resourceful in attaining my goals . . . . .	1	2	3	4	5	6	7
48. I value my work . . . . .	1	2	3	4	5	6	7
49. I make a significant contribution to society . . . . .	1	2	3	4	5	6	7

	1	2	3	4	5	6	7
	Not at all			Moderately			A great deal
50. I contribute to the well-being of others . . . . .	1	2	3	4	5	6	7
51. I believe in afterlife . . . . .	1	2	3	4	5	6	7
52. I believe that one can have a personal relationship with God . . . . .	1	2	3	4	5	6	7
53. I attempt to leave behind a good and lasting legacy . . . . .	1	2	3	4	5	6	7
54. I believe that there is order and purpose in the universe . . . . .	1	2	3	4	5	6	7
55. I am treated fairly by others . . . . .	1	2	3	4	5	6	7
56. I have received my fair share of opportunities and rewards . . . . .	1	2	3	4	5	6	7
57. I have learned to live with suffering and make the best of it . . . . .	1	2	3	4	5	6	7

**Personal Views Survey III-R® (PVS III-R)**

---

*Personal Views Survey III-R Demographic Information*

---

Name or ID Number (If an ID#, it must be at least the combination of 5 consecutive letters and numbers):

\_\_\_\_\_

Address (optional) : \_\_\_\_\_

\_\_\_\_\_

Telephone Number (optional): (     ) \_\_\_\_\_ - \_\_\_\_\_

Please answer the following 18 questions to the best of your ability, and as honestly as possible. This is important for report accuracy. There are no right or wrong answers. You begin by responding to the **demographic categories** that appear below. If you have been asked to take this survey as part of a personnel selection procedure, an employment requirement, or a research study, you may have been assigned a **code letter** that identifies you as part of a special demographic group. If so, please enter the code letter in the appropriate demographic space and if this does not apply to you, leave the special code field blank.

When you complete this page, you are ready to take the Personal Views Survey III-R and on your way to enhancing your performance, leadership, and health. Please answer each question by circling the number that best describes your current life attitudes and situation.

Demographic Questions : Circle or fill in the response that applies to you. If you do not see the word optional, you must respond to the question or we cannot score your test.

---

*Gender:* Male or Female

*Age* (fill in your specific age): \_\_\_\_\_

*Education:* Less than high school; high school; bachelor degree; trade school; associates degree; Ph.D., M.D., DDS., RN., Other \_\_\_\_\_.

*Culture and Race:* Caucasian; African-American; Hispanic or Latino; Asian-American; Native-American; Middle-Eastern; Other \_\_\_\_\_.

*Occupation:* Clerical; Administration; Skilled labor or trade; Teacher; Executive; Manager; Sales; Marketing; Homemaker; Architect; Military; Firefighter; Law Enforcement;

Other \_\_\_\_\_.

*Living status:* Single; Married; Divorced; Living with significant other

*The Number of Times that You Have Taken This Test:* First; Second; Third; Fourth; Fifth; Greater than Five.

*Religion* (optional): \_\_\_\_\_.

*Special Code Letter* (if relevant): \_\_\_\_\_.



---

	NOT TRUE	A LITTLE TRUE	MOSTLY TRUE	TRUE
In general.....				
1. By working hard, you can always achieve your goal.	0	1	2	3
2. I don't like to make changes in my everyday schedule.	0	1	2	3
3. I really look forward to my work.	0	1	2	3
4. I am not equipped to handle the unexpected problems of life.	0	1	2	3
5. Most of what happens in life is just meant to be.	0	1	2	3
6. When I make plans, I'm certain I can make them work.	0	1	2	3
7. No matter how hard I try, my efforts usually accomplish little.	0	1	2	3
8. I like a lot of variety in my work.	0	1	2	3
9. Most of the time, people listen carefully to what I have to say.	0	1	2	3
10. Thinking of yourself as a free person just leads to frustration.	0	1	2	3
11. Trying your best at what you do usually pays off in the end.	0	1	2	3
12. My mistakes are usually very difficult to correct.	0	1	2	3
13. It bothers me when my daily routine gets interrupted.	0	1	2	3
14. I often wake up eager to take up life wherever it left off.	0	1	2	3
15. Lots of times, I really don't know my own mind.	0	1	2	3
16. Changes in routine provoke me to learn.	0	1	2	3
17. Most days, life is really interesting and exciting for me.	0	1	2	3
18. Its hard to imagine anyone getting excited about working.	0	1	2	3

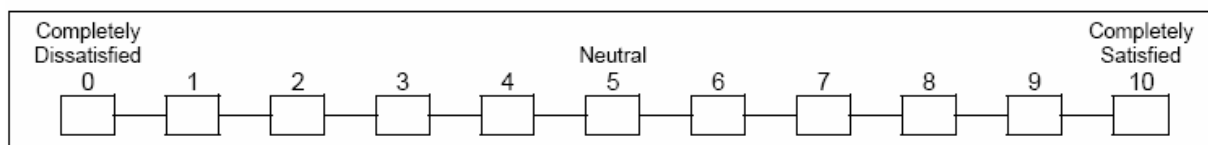
---

## Personal Wellbeing Index (PWI-A)

### 3.1 Instructions for Verbal Format (i.e. respond to test items verbally).

“I am now going to ask how satisfied you feel, on a scale from zero to 10.”

“(On this scale,) **Zero** means you feel completely dissatisfied. **10** means you feel completely satisfied. And the **middle of the scale is 5**, which means you feel neutral (i.e. neither satisfied nor dissatisfied).”



“Would you like me to go over this again for you?” [If “yes”, repeat the above. If “no”, proceed to next statement]

“In that case, I will start by asking how satisfied you are with life. So,----- (Refer to the test items below)”

### 3.2 Test Items

#### Part I (Optional item): Satisfaction with Life as a Whole

“Thinking about your own life and personal circumstances, how satisfied are you with your life as a whole ?”

Respondent's Rating  
(0-10)

#### Part II: Personal Wellbeing Index

“How satisfied are you with..... ?”

1. your standard of living ?

2. your health ?

3. what you are achieving in life ?

4. your personal relationships ?

5. how safe you feel ?

6. feeling part of your community ?

7. your future security ?

#### 4.1 Instructions for Written Format (i.e. test items answered in written questionnaire)

The following questions ask how satisfied you feel, on a scale from zero to 10. **Zero** means you feel completely dissatisfied. **10** means you feel completely satisfied. And the **middle of the scale is 5**, which means you feel neutral, neither satisfied nor dissatisfied.”

#### 4.2 Test Items

##### Part 1 [Optional Item]

1. “Thinking about your own life and personal circumstances, how satisfied are you **with your life as a whole** ?”

Completely Dissatisfied					Neutral						Completely Satisfied
0	1	2	3	4	5	6	7	8	9	10	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

##### Part 2

1. “How satisfied are you **with your standard of living** ?”

Completely Dissatisfied					Neutral						Completely Satisfied
0	1	2	3	4	5	6	7	8	9	10	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. “How satisfied are you **with your health** ?”

Completely Dissatisfied					Neutral						Completely Satisfied
0	1	2	3	4	5	6	7	8	9	10	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. “How satisfied are you **with what you are achieving in life** ?”

Completely Dissatisfied					Neutral						Completely Satisfied
0	1	2	3	4	5	6	7	8	9	10	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. “How satisfied are you **with your personal relationships** ?”

Completely Dissatisfied						Neutral					Completely Satisfied
0	1	2	3	4	5	6	7	8	9	10	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5. “How satisfied are you **with how safe you feel** ?”

Completely Dissatisfied						Neutral					Completely Satisfied
0	1	2	3	4	5	6	7	8	9	10	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. “How satisfied are you **with feeling part of your community** ?”

Completely Dissatisfied						Neutral					Completely Satisfied
0	1	2	3	4	5	6	7	8	9	10	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7. “How satisfied are you **with your future security** ?”

Completely Dissatisfied						Neutral					Completely Satisfied
0	1	2	3	4	5	6	7	8	9	10	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Positive And Negative Affect Schedule (PANAS)

### Directions

This scale consists of a number of words that describe different feelings and emotions. Read each item and then circle the appropriate answer next to that word. Indicate to what extent you have felt this way during the past week.

Use the following scale to record your answers.

(1) = Very slightly or not at all      (2) = A little      (3) = Moderately      (4) = Quite a bit      (5) = Extremely

	Very slightly or not at all	A little	Moderately	Quite a bit	Extremely
1. Interested	1	2	3	4	5
2. Distressed	1	2	3	4	5
3. Excited	1	2	3	4	5
4. Upset	1	2	3	4	5
5. Strong	1	2	3	4	5
6. Guilty	1	2	3	4	5
7. Scared	1	2	3	4	5
8. Hostile	1	2	3	4	5
9. Enthusiastic	1	2	3	4	5
10. Proud	1	2	3	4	5
11. Irritable	1	2	3	4	5
12. Alert	1	2	3	4	5
13. Ashamed	1	2	3	4	5
14. Inspired	1	2	3	4	5
15. Nervous	1	2	3	4	5
16. Determined	1	2	3	4	5
17. Attentive	1	2	3	4	5
18. Jittery	1	2	3	4	5
19. Active	1	2	3	4	5
20. Afraid	1	2	3	4	5

---

Positive And Negative Affect Schedule (PANAS), 1988. Obtained from Professor David Watson. Copyright © American Psychological Association. Reproduced with permission. The official citation that should be used in referencing this material is Watson, D., Clark, L.A. & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. *Journal of Personality and Social Psychology*, 54(6): 1063-1070. No further reproduction or distribution of this material is permitted without the written permission of the American Psychological Association.

## Positive And Negative Expectancy Questionnaire (PANEQ)

Name:

Age:

Gender:

**INSTRUCTIONS:** Please circle the one alternative which is most like you for each of the questions listed below.

- |   |      |       |
|---|------|-------|
| 1. I easily get excited   | TRUE | FALSE |
| 2. I usually expect the best.   | TRUE | FALSE |
| 3. I usually do worse than other people.                              | TRUE | FALSE |
| 4. I usually expect to do well in everything I plan to do.            | TRUE | FALSE |
| 5. I need to be constantly alert or I feel unprepared.                | TRUE | FALSE |
| 6. I am certainly not enjoying life.                                  | TRUE | FALSE |
| 7. I always give things my best shot.                                 | TRUE | FALSE |
| 8. I don't need much to get anxious.                                  | TRUE | FALSE |
| 9. I am often annoyed for no reason.                                  | TRUE | FALSE |
| 10. I often get so happy that I have to be "peeled off the ceiling".  | TRUE | FALSE |
| 11. Often after I get something done, I feel depressed.               | TRUE | FALSE |
| 12. Being alone makes me scared.                                      | TRUE | FALSE |
| 13. I am a determined person.   | TRUE | FALSE |
| 14. I often imagine that the worst possible thing is about to happen. | TRUE | FALSE |
| 15. I am easily pleased.  | TRUE | FALSE |
| 16. I don't expect to do well in life.                                | TRUE | FALSE |
| 17. I would never enter competitions, because I am sure to lose.      | TRUE | FALSE |
| 18. My feelings often irritate me.                                    | TRUE | FALSE |
| 19. I normally feel relaxed.  | TRUE | FALSE |
| 20. I am very curious about life.                                     | TRUE | FALSE |
| 21. I usually worry about the possible outcome of what I do.          | TRUE | FALSE |
| 22. I frequently get the blues.                                       | TRUE | FALSE |
| 23. I am ambitious.   | TRUE | FALSE |
| 24. I don't need much to feel delighted.                              | TRUE | FALSE |
| 25. I have a rather cynical view of life.                             | TRUE | FALSE |
| 26. I am a strong person.   | TRUE | FALSE |
| 27. I find other people interesting.                                  | TRUE | FALSE |
| 28. It doesn't take much to stress me out.                            | TRUE | FALSE |

29. I tend to be alert.	TRUE	FALSE
30. I easily get angry.	TRUE	FALSE
31. I often feel I do not deserve all the bad things that happen to me.	TRUE	FALSE
32. I often think about how unfair life is.	TRUE	FALSE
33. Things usually turn out for the best for me.	TRUE	FALSE
34. I often feel powerful.	TRUE	FALSE
35. I seldom laugh.	TRUE	FALSE
36. I am constantly afraid of failure.	TRUE	FALSE
37. I am sensitive about my looks.	TRUE	FALSE
38. I always try again if I fail.	TRUE	FALSE
39. I am often tense for no particular reason.	TRUE	FALSE
40. I often feel a bit down.	TRUE	FALSE
41. I look forward to discovering new things in life.	TRUE	FALSE
42. I look forward to almost all new tasks.	TRUE	FALSE
43. I am a fortunate person.	TRUE	FALSE
44. The world is a dangerous place.	TRUE	FALSE
45. Often just out of the blue I get very restless.	TRUE	FALSE
46. I am unforgiving.	TRUE	FALSE
47. I am a fighter.	TRUE	FALSE
48. If I had a test tomorrow, I would expect to fail.	TRUE	FALSE



**Positive Relations with Others Scale**

Refer to Ryff's Scales of Psychological Well-Being.

---

## Proactive Coping Inventory (PCI)

---

### Seven Scales

Proactive Coping  
 Reflective Coping  
 Strategic Planning  
 Preventive Coping  
 Instrumental Support Seeking  
 Emotional Support Seeking  
 Avoidance Coping

---

### Instructions to Subjects:

**Title of Scale Given to Respondents: Reactions to Daily Events Questionnaire**

*“The following statements deal with reactions you may have to various situations. Indicate how true each of these statements is depending on how you feel about the situation. Do this by checking the most appropriate box.”*

Respondents are presented with four alternatives : “not at all true”, “barely true”, “somewhat true”, “completely true.”

---

### Proactive Coping Inventory Items by Scale

#### THE PROACTIVE COPING SCALE

---

- 1 I am a "take charge" person.
  - 2 I try to let things work out on their own. (-)
  - 3 After attaining a goal, I look for another, more challenging one.
  - 4 I like challenges and beating the odds.
  - 5 I visualise my dreams and try to achieve them.
  - 6 Despite numerous setbacks, I usually succeed in getting what I want.
  - 7 I try to pinpoint what I need to succeed.
  - 8 I always try to find a way to work around obstacles; nothing really stops me.
  - 9 I often see myself failing so I don't get my hopes up too high. (-)
  - 10 When I apply for a position, I imagine myself filling it.
  - 11 I turn obstacles into positive experiences.
  - 12 If someone tells me I can't do something, you can be sure I will do it.
  - 13 When I experience a problem, I take the initiative in resolving it.
  - 14 When I have a problem, I usually see myself in a no-win situation. (-)
- 

-Reverse items

### REFLECTIVE COPING SCALE

- 1 I imagine myself solving difficult problems.
  - 2 Rather than acting impulsively, I usually think of various ways to solve a problem.
  - 3 In my mind I go through many different scenarios in order to prepare myself for different outcomes.
  - 4 I tackle a problem by thinking about realistic alternatives.
  - 5 When I have a problem with my co-workers, friends, or family, I imagine beforehand how I will deal with them successfully.
  - 6 Before tackling a difficult task I imagine success scenarios.
  - 7 I take action only after thinking carefully about a problem.
  - 8 I imagine myself solving a difficult problem before I actually have to face it.
  - 9 I address a problem from various angles until I find the appropriate action.
  - 10 When there are serious misunderstandings with co-workers, family members or friends, I practice before how I will deal with them.
  - 11 I think about every possible outcome to a problem before tackling it.
- 

### STRATEGIC PLANNING SCALE

- 1 I often find ways to break down difficult problems into manageable components.
  - 2 I make a plan and follow it.
  - 3 I break down a problem into smaller parts and do one part at a time.
  - 4 I make lists and try to focus on the most important things first.
- 

### PREVENTIVE COPING SCALE

- 1 I plan for future eventualities.
  - 2 Rather than spending every cent I make, I like to save for a rainy day.
  - 3 I prepare for adverse events.
  - 4 Before disaster strikes I am well-prepared for its consequences.
  - 5 I plan my strategies to change a situation before I act.
  - 6 I develop my job skills to protect myself against unemployment.
  - 7 I make sure my family is well taken care of to protect them from adversity in the future.
  - 8 I think ahead to avoid dangerous situations.
  - 9 I plan strategies for what I hope will be the best possible outcome.
  - 10 I try to manage my money well in order to avoid being destitute in old age.
-

---

**INSTRUMENTAL SUPPORT SEEKING SCALE**

---

- 1 When solving my own problems other people's advice can be helpful.
  - 2 I try to talk and explain my stress in order to get feedback from my friends.
  - 3 Information I get from others has often helped me deal with my problems.
  - 4 I can usually identify people who can help me develop my own solutions to problems.
  - 5 I ask others what they would do in my situation.
  - 6 Talking to others can be really useful because it provides another perspective on the problem.
  - 7 Before getting messed up with a problem I'll call a friend to talk about it.
  - 8 When I am in trouble I can usually work out something with the help of others.
- 

---

**EMOTIONAL SUPPORT SEEKING SCALE**

---

- 1 If I am depressed I know who I can call to help me feel better.
  - 2 Others help me feel cared for.
  - 3 I know who can be counted on when the chips are down.
  - 4 When I'm depressed I get out and talk to others.
  - 5 I confide my feelings in others to build up and maintain close relationships.
- 

---

**AVOIDANCE COPING SCALE**

---

- 1 When I have a problem I like to sleep on it.
  - 2 If I find a problem too difficult sometimes I put it aside until I'm ready to deal with it.
  - 3 When I have a problem I usually let it simmer on the back burner for a while.
-

## Psychological General Well-Being Index© (PGWBI)©

NAME: \_\_\_\_\_ SEX: M: [ ] F: [ ] AGE: \_\_\_\_\_  
                     Last                      First                      Middle

*READ: This section of the examination contains questions about how you feel and how things have been going with you. For each question check [ ] the answer which best applies to you.*

### 1. How have you been feeling in general during the past month?

(Check one box)

- |  |                            |
|--|----------------------------|
| In excellent spirits .....                     | <input type="checkbox"/> 5 |
| In very good spirits .....                     | <input type="checkbox"/> 4 |
| In good spirits mostly .....                   | <input type="checkbox"/> 3 |
| I have been up and down in spirits a lot ..... | <input type="checkbox"/> 2 |
| In low spirits mostly .....                    | <input type="checkbox"/> 1 |
| In very low spirits .....                      | <input type="checkbox"/> 0 |

### 2. How often were you bothered by any illness, bodily disorder, aches or pains during the past month?

(Check one box)

- |   |                            |
|---|----------------------------|
| Every day .....                                 | <input type="checkbox"/> 0 |
| Almost every day .....                          | <input type="checkbox"/> 1 |
| About half of the time .....                    | <input type="checkbox"/> 2 |
| Now and then, but less than half the time ..... | <input type="checkbox"/> 3 |
| Rarely .....                                    | <input type="checkbox"/> 4 |
| None of the time .....                          | <input type="checkbox"/> 5 |

### 3. Did you feel depressed during the past month?

(Check one box)

- |   |                            |
|---|----------------------------|
| Yes - to the point that I felt like taking my life .....    | <input type="checkbox"/> 0 |
| Yes - to the point that I did not care about anything ..... | <input type="checkbox"/> 1 |
| Yes - very depressed almost every day .....                 | <input type="checkbox"/> 2 |
| Yes - quite depressed several times .....                   | <input type="checkbox"/> 3 |
| Yes - a little depressed now and then .....                 | <input type="checkbox"/> 4 |
| No - never felt depressed at all .....                      | <input type="checkbox"/> 5 |

**4. Have you been in firm control of your behavior, thoughts, emotions or feelings during the past month?**

(Check one box)

- |                                       |                            |
|---------------------------------------|----------------------------|
| Yes, definitely so .....              | <input type="checkbox"/> 5 |
| Yes, for the most part .....          | <input type="checkbox"/> 4 |
| Generally so .....                    | <input type="checkbox"/> 3 |
| Not too well .....                    | <input type="checkbox"/> 2 |
| No, and I am somewhat disturbed ..... | <input type="checkbox"/> 1 |
| No, and I am very disturbed .....     | <input type="checkbox"/> 0 |

**5. Have you been bothered by nervousness or your "nerves" during the past month?**

(Check one box)

- |   |                            |
|---|----------------------------|
| Extremely so - to the point where I could not work or take care of things ..... | <input type="checkbox"/> 0 |
| Very much so .....  | <input type="checkbox"/> 1 |
| Quite a bit .....   | <input type="checkbox"/> 2 |
| Some - enough to bother me .....  | <input type="checkbox"/> 3 |
| A little .....  | <input type="checkbox"/> 4 |
| Not at all .....  | <input type="checkbox"/> 5 |

**6. How much energy, pep, or vitality did you have or feel during the past month?**

(Check one box)

- |  |                            |
|--|----------------------------|
| Very full of energy - lots of pep .....                | <input type="checkbox"/> 5 |
| Fairly energetic most of the time .....                | <input type="checkbox"/> 4 |
| My energy level varied quite a bit .....               | <input type="checkbox"/> 3 |
| Generally low in energy or pep .....                   | <input type="checkbox"/> 2 |
| Very low in energy or pep most of the time .....       | <input type="checkbox"/> 1 |
| No energy or pep at all - I felt drained, sapped ..... | <input type="checkbox"/> 0 |

**7. I felt downhearted and blue during the past month.**

(Check one box)

- |                              |                            |
|------------------------------|----------------------------|
| None of the time .....       | <input type="checkbox"/> 5 |
| A little of the time .....   | <input type="checkbox"/> 4 |
| Some of the time .....       | <input type="checkbox"/> 3 |
| A good bit of the time ..... | <input type="checkbox"/> 2 |
| Most of the time .....       | <input type="checkbox"/> 1 |
| All of the time .....        | <input type="checkbox"/> 0 |

**8. Were you generally tense or did you feel any tension during the past month?**  
(Check one box)

- Yes - extremely tense, most or all of the time .....  0  
 Yes - very tense most of the time .....  1  
 Not generally tense, but did feel fairly tense several times .....  2  
 I felt a little tense a few times .....  3  
 My general tension level was quite low .....  4  
 I never felt tense or any tension at all .....  5

**9. How happy, satisfied, or pleased have you been with your personal life during the past month?**  
(Check one box)

- Extremely happy - could not have been more satisfied or pleased .....  5  
 Very happy most of the time .....  4  
 Generally satisfied - pleased .....  3  
 Sometimes fairly happy, sometimes fairly unhappy .....  2  
 Generally dissatisfied or unhappy .....  1  
 Very dissatisfied or unhappy most or all the time .....  0

**10. Did you feel healthy enough to carry out the things you like to do or had to do during the past month?**  
(Check one box)

- Yes - definitely so .....  5  
 For the most part .....  4  
 Health problems limited me in some important ways .....  3  
 I was only healthy enough to take care of myself .....  2  
 I needed some help in taking care of myself .....  1  
 I needed someone to help me with most or all of the things I had to do .....  0

**11. Have you felt so sad, discouraged, hopeless, or had so many problems that you wondered if anything was worthwhile during the past month?**  
(Check one box)

- Extremely so - to the point that I have just about given up .....  0  
 Very much so .....  1  
 Quite a bit .....  2  
 Some - enough to bother me .....  3  
 A little bit .....  4  
 Not at all .....  5



**12. I woke up feeling fresh and rested during the past month.**

(Check one box)

- |                              |                            |
|------------------------------|----------------------------|
| None of the time .....       | <input type="checkbox"/> 0 |
| A little of the time .....   | <input type="checkbox"/> 1 |
| Some of the time .....       | <input type="checkbox"/> 2 |
| A good bit of the time ..... | <input type="checkbox"/> 3 |
| Most of the time .....       | <input type="checkbox"/> 4 |
| All of the time .....        | <input type="checkbox"/> 5 |

**13. Have you been concerned, worried, or had any fears about your health during the past month?**

(Check one box)

- |                           |                            |
|---------------------------|----------------------------|
| Extremely so .....        | <input type="checkbox"/> 0 |
| Very much so .....        | <input type="checkbox"/> 1 |
| Quite a bit .....         | <input type="checkbox"/> 2 |
| Some, but not a lot ..... | <input type="checkbox"/> 3 |
| Practically never .....   | <input type="checkbox"/> 4 |
| Not at all .....          | <input type="checkbox"/> 5 |

**14. Have you had any reason to wonder if you were losing your mind, or losing control over the way you act, talk, think, feel or of your memory during the past month?**

(Check one box)

- |  |                            |
|--|----------------------------|
| Not at all .....   | <input type="checkbox"/> 5 |
| Only a little .....  | <input type="checkbox"/> 4 |
| Some - but not enough to be concerned or worried about ..... | <input type="checkbox"/> 3 |
| Some and I have been a little concerned .....                | <input type="checkbox"/> 2 |
| Some and I am quite concerned .....                          | <input type="checkbox"/> 1 |
| Yes, very much so and I am very concerned .....              | <input type="checkbox"/> 0 |

**15. My daily life was full of things that were interesting to me during the past month.**

(Check one box)

- |                              |                            |
|------------------------------|----------------------------|
| None of the time .....       | <input type="checkbox"/> 0 |
| A little of the time .....   | <input type="checkbox"/> 1 |
| Some of the time .....       | <input type="checkbox"/> 2 |
| A good bit of the time ..... | <input type="checkbox"/> 3 |
| Most of the time .....       | <input type="checkbox"/> 4 |
| All of the time .....        | <input type="checkbox"/> 5 |

**16. Did you feel active, vigorous, or dull, sluggish during the past month?**

(Check one box)

- |   |                          |   |
|---|--------------------------|---|
| Very active, vigorous every day .....                       | <input type="checkbox"/> | 5 |
| Mostly active, vigorous - never really dull, sluggish ..... | <input type="checkbox"/> | 4 |
| Fairly active, vigorous - seldom dull, sluggish .....       | <input type="checkbox"/> | 3 |
| Fairly dull, sluggish - seldom active, vigorous .....       | <input type="checkbox"/> | 2 |
| Mostly dull, sluggish - never really active, vigorous ..... | <input type="checkbox"/> | 1 |
| Very dull, sluggish every day .....                         | <input type="checkbox"/> | 0 |

**17. Have you been anxious, worried, or upset during the past month?**

(Check one box)

- |  |                          |   |
|--|--------------------------|---|
| Extremely so - to the point of being sick or almost sick ..... | <input type="checkbox"/> | 0 |
| Very much so .....   | <input type="checkbox"/> | 1 |
| Quite a bit .....  | <input type="checkbox"/> | 2 |
| Some - enough to bother me .....                               | <input type="checkbox"/> | 3 |
| A little bit .....   | <input type="checkbox"/> | 4 |
| Not at all .....   | <input type="checkbox"/> | 5 |

**18. I was emotionally stable and sure of myself during the past month.**

(Check one box)

- |                              |                          |   |
|------------------------------|--------------------------|---|
| None of the time .....       | <input type="checkbox"/> | 0 |
| A little of the time .....   | <input type="checkbox"/> | 1 |
| Some of the time .....       | <input type="checkbox"/> | 2 |
| A good bit of the time ..... | <input type="checkbox"/> | 3 |
| Most of the time .....       | <input type="checkbox"/> | 4 |
| All of the time .....        | <input type="checkbox"/> | 5 |

**19. Did you feel relaxed, at ease or high strung, tight, or keyed-up during the past month?**

(Check one box)

- |   |                          |   |
|---|--------------------------|---|
| Felt relaxed and at ease the whole month .....                    | <input type="checkbox"/> | 5 |
| Felt relaxed and at ease most of the time .....                   | <input type="checkbox"/> | 4 |
| Generally felt relaxed but at times felt fairly high strung ..... | <input type="checkbox"/> | 3 |
| Generally felt high strung but at times felt fairly relaxed ..... | <input type="checkbox"/> | 2 |
| Felt high strung, tight, or keyed-up most of the time .....       | <input type="checkbox"/> | 1 |
| Felt high strung, tight, or keyed-up the whole month .....        | <input type="checkbox"/> | 0 |

**20. I felt cheerful, lighthearted during the past month.**

(Check one box)

- |                              |                            |
|------------------------------|----------------------------|
| None of the time .....       | <input type="checkbox"/> 0 |
| A little of the time .....   | <input type="checkbox"/> 1 |
| Some of the time .....       | <input type="checkbox"/> 2 |
| A good bit of the time ..... | <input type="checkbox"/> 3 |
| Most of the time .....       | <input type="checkbox"/> 4 |
| All of the time .....        | <input type="checkbox"/> 5 |

**21. I felt tired, worn out, used up, or exhausted during the past month.**

(Check one box)

- |                              |                            |
|------------------------------|----------------------------|
| None of the time .....       | <input type="checkbox"/> 5 |
| A little of the time .....   | <input type="checkbox"/> 4 |
| Some of the time .....       | <input type="checkbox"/> 3 |
| A good bit of the time ..... | <input type="checkbox"/> 2 |
| Most of the time .....       | <input type="checkbox"/> 1 |
| All of the time .....        | <input type="checkbox"/> 0 |

**22. Have you been under or felt you were under any strain, stress, or pressure during the past month?**

(Check one box)

- |  |                            |
|--|----------------------------|
| Yes - almost more than I could bear or stand ..... | <input type="checkbox"/> 0 |
| Yes - quite a bit of pressure .....                | <input type="checkbox"/> 1 |
| Yes, some - more than usual .....                  | <input type="checkbox"/> 2 |
| Yes, some - but about usual .....                  | <input type="checkbox"/> 3 |
| Yes - a little .....                               | <input type="checkbox"/> 4 |
| Not at all .....                                   | <input type="checkbox"/> 5 |

**Purpose In Life Scale**

Refer to Ryff's Scales of Psychological Well-Being.

---

## **Purpose in Life Test**

Permission to reproduce a copy of the scale was not obtainable prior to publication.

To obtain more information about the Purpose in Life Test, please contact:

Psychometric Affiliates  
P.O. Box 3167  
Munster  
Indiana 46321  
USA

---

## Quality of Life Questionnaire

Permission to reproduce a copy of the scale was not obtainable because copyright does not allow the full scale to be reproduced.

For more information, please contact the copyright holders:

Multi-Health Systems, Inc. (UK)  
39a Kingfisher Court  
Hambridge Road  
Newbury  
Berkshire  
RG14 5SJ

Telephone: 0845 601 7603  
Fax: 0845 601 7604  
Email: [customerservice-uk@mhs.com](mailto:customerservice-uk@mhs.com)  
Website: [www.mhs.com](http://www.mhs.com)

---

## Quality of Relationships Inventory

Please use the scale below to answer the following questions regarding your relationship with \_\_\_\_\_.

	-1-	-2-	-3-	-4-	
	Not at all	A little	Quite a bit	Very much	
1.	To what extent could you turn to this person for advice about problems?	1	2	3	4
2.	How often do you need to work hard to avoid conflict with this person?	1	2	3	4
3.	To what extent could you count on this person for help with a problem?	1	2	3	4
4.	How upset does this person sometimes make you feel?	1	2	3	4
5.	To what extent can you count on this person to give you honest feedback, even if you might not want to hear it?	1	2	3	4
6.	How much does this person make you feel guilty?	1	2	3	4
7.	How much do you have to "give in" in this relationship?	1	2	3	4
8.	To what extent can you count on this person to help you if a family member very close to you died?	1	2	3	4
9.	How much does this person want you to change?	1	2	3	4
10.	How positive a role does this person play in your life?	1	2	3	4
11.	How significant is this relationship in your life?	1	2	3	4
12.	How close will your relationship be with this person in 10 years?	1	2	3	4
13.	How much would you miss this person if the two of you could not see or talk with each other for a month?	1	2	3	4
14.	How critical of you is this person?	1	2	3	4
15.	If you wanted to go out and do something this evening, how confident are you that this person would be willing to do something with you?	1	2	3	4
16.	How responsible do you feel for this person's well-being?	1	2	3	4
17.	How much do you depend on this person?	1	2	3	4
18.	To what extent can you count on this person to listen to you when you are very angry at someone else?	1	2	3	4
19.	How much would you like this person to change?	1	2	3	4
20.	How angry does this person make you feel?	1	2	3	4
21.	How much do you argue with this person?	1	2	3	4
22.	To what extent can you really count on this person to distract you from your worries when you feel under stress?	1	2	3	4
23.	How often does this person make you feel angry?	1	2	3	4
24.	How often does this person try to control or influence your life?	1	2	3	4
25.	How much more do you give than you get from this relationship?	1	2	3	4



## Rand Mental Health Inventory

### SECTION 5: YOUR FEELINGS

These questions are about how you feel and how things have been with you during the past month.

For each question, please circle a number for the one answer that comes closest to the way you have been feeling.

20. How happy, satisfied, or pleased have you been with your personal life during the past month?

(Circle One)

- Extremely happy, could not have been  
more satisfied or pleased.....1
- Very happy most of the time .....2
- Generally satisfied, pleased .....3
- Sometimes fairly satisfied, sometimes  
fairly unhappy .....4
- Generally dissatisfied, unhappy .....5
- Very dissatisfied, unhappy  
most of the time .....6

21. During the past month, how often did you feel there were people you were close to?

(Circle One)

- Always .....1
- Very often.....2
- Fairly often.....3
- Sometimes.....4
- Almost never.....5
- Never.....6

22. During the past month, how often has feeling depressed interfered with what you usually do?

(Circle One)

- Always .....1  
 Very often.....2  
 Fairly often.....3  
 Sometimes.....4  
 Almost never.....5  
 Never.....6
- 

23. How much of the time, during the past month, did you have difficulty reasoning and solving problems; for example, making plans, making decisions, learning new things?

(Circle One)

- All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time .....6
- 

24. During the past month, how much of the time have you generally enjoyed the things you do?

(Circle One)

- All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time .....6
-

25. How much of the time, during the past month, has your daily life been full of things that were interesting to you?

(Circle One)

- All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time .....6

26. During the past month, how much of the time have you felt loved and wanted?

(Circle One)

- All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time .....6

27. How much of the time, during the past month, have you been a very nervous person?

(Circle One)

- All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time .....6

28. During the past month, how much of the time did you have difficulty doing activities involving concentration and thinking?

(Circle One)

All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time .....6

---

29. During the past month, how much of the time did you feel depressed?

(Circle One)

All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time .....6

---

30. During the past month, how much of the time have you felt tense or "high-strung"?

(Circle One)

All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time .....6

---

31. During the past month, how much of the time have you been in firm control of your behavior, thoughts, emotions, feelings?

(Circle One)

All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time .....6

---

32. During the past month, how much of the time did you become confused and start several actions at a time?

(Circle One)

All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time .....6

---

33. During the past month, how much of the time did you feel that you had nothing to look forward to?

(Circle One)

All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time .....6

---

34. How much of the time, during the past month, have you felt calm and peaceful?

(Circle One)

- All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time .....6
- 

35. How much of the time, during the past month, have you felt emotionally stable?

(Circle One)

- All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time .....6
- 

36. How much of the time, during the past month, have you felt downhearted and blue?

(Circle One)

- All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time .....6
-

37. How often have you felt like crying during the past month?

(Circle One)

- Always .....1  
 Very often.....2  
 Fairly often.....3  
 Sometimes.....4  
 Almost never.....5  
 Never.....6
- 

38. How much of the time, during the past month, did you feel left out?

(Circle One)

- All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time .....6
- 

39. During the past month, how often did you feel that others would be better off if you were dead?

(Circle One)

- Always .....1  
 Very often.....2  
 Fairly often.....3  
 Sometimes.....4  
 Almost never.....5  
 Never.....6
-

40. During the past month, how much of the time did you forget, for example, things that happened recently, where you put things, appointments?

(Circle One)

All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time .....6

41. During the past month, how much of the time did you feel that your love relationships, loving and being loved, were full and complete?

(Circle One)

All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time .....6

42. How much have you been bothered by nervousness, or your "nerves," during the past month?

(Circle One)

Extremely so, to the point where I could  
 not take care of things .....1  
 Very much bothered .....2  
 Bothered quite a bit.....3  
 Bothered some, enough to notice.....4  
 Bothered just a little .....5  
 Not bothered at all.....6



43. During the past month, how much of the time has living been a wonderful adventure for you?

(Circle One)

- All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time .....6
- 

44. How much of the time, during the past month, have you felt so down in the dumps that nothing could cheer you up?

(Circle One)

- All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time .....6
- 

45. During the past month, did you ever think about taking your own life?

(Circle One)

- Yes, constantly .....1  
 Yes, very often.....2  
 Yes, fairly often .....3  
 Yes, a couple of times.....4  
 Yes, once.....5  
 No, never.....6
-

46. During the past month, how much of the time have you felt restless, fidgety, or impatient?

(Circle One)

- All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time .....6
- 

47. During the past month, how much of the time have you been moody or brooded about things?

(Circle One)

- All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time .....6
- 

48. During the past month, how often did you get rattled, upset, or flustered?

(Circle One)

- Always .....1  
 Very often.....2  
 Fairly often.....3  
 Sometimes .....4  
 Almost never.....5  
 Never.....6
-

49. How much of the time, during the past month, did you have trouble keeping your attention on any activity for long?

(Circle One)

All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time .....6

---

50. During the past month, how much of the time have you been anxious or worried?

(Circle One)

All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time .....6

---

51. During the past month, how much of the time have you been a happy person?

(Circle One)

All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time .....6

---

52. How often during the past month did you find yourself having difficulty trying to calm down?

(Circle One)

- Always .....1  
 Very often.....2  
 Fairly often.....3  
 Sometimes .....4  
 Almost never.....5  
 Never.....6
- 

53. During the past month, how much of the time have you been in low or very low spirits?

(Circle One)

- All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time .....6
- 

54. How much of the time, during the past month, have you felt cheerful, lighthearted?

(Circle One)

- All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time .....6
-

55. During the past month, how depressed (at its worst) have you felt?

(Circle One)

- Extremely depressed.....1  
 Very depressed .....2  
 Quite depressed .....3  
 Somewhat depressed .....4  
 A little depressed .....5  
 Not depressed at all .....6
- 

56. How much of the time, during the past month, did you react slowly to things that were said or done?

(Circle One)

- All of the time .....1  
 Most of the time .....2  
 A good bit of the time .....3  
 Some of the time .....4  
 A little of the time .....5  
 None of the time.....6
- 

57. During the past month, how often did you feel isolated from others?

(Circle One)

- Always .....1  
 Very often.....2  
 Fairly often.....3  
 Sometimes .....4  
 Almost never.....5  
 Never.....6
-

## Revised Janis-Field Feelings of Inadequacy Scale (now known as Multidimensional Self-Esteem Scales)

Rate yourself on each of the following items using a five-point scale in the boxes on the right.

When items refer to *frequency* of thought or activity use these anchor points for your ratings:

- 1: Very often
- 2: Fairly often
- 3: Sometimes
- 4: Once in a great while
- 5: Practically never

When items refer to *confidence* in yourself use these anchor points:

- 1: Very confident
- 2: Fairly confident
- 3: Slightly confident
- 4: Not very confident
- 5: Not at all confident

1. How often do you feel inferior to most of the people you know?	
2. How often do you feel worried or bothered about what other people think of you?	
3. How confident are you that others see you as being physically appealing?	
4. Have you ever thought of yourself as physically uncoordinated?	
5. How much do you worry about how well you get along with other people?	
6. When you make an embarrassing mistake or have done something that makes you look foolish, how long does it take you to get over it?	
7. Do you ever think that you are a worthless individual?	
8. When trying to do well at a sport and you know other people are watching, how rattled or flustered to you get?	
9. When you have to read an essay and understand it for a class assignment, how worried or concerned do you feel about it?	
10. Compared with classmates, how often do you feel you must study more than they do to get the same grades?	
11. When in a group of people, do you have trouble thinking of the right things to talk about?	
12. How often are you troubled with shyness?	
13. How often do you have the feeling that there is nothing you can do well?	
14. How confident do you feel that someday people you know will look up to you and respect you?	
15. How often do you worry about criticisms that might be made of your work by your teacher or employer?	
16. Do you often feel uncomfortable meeting new people?	

Revised Janis-Field Feelings of Inadequacy Scale now known as Multidimensional Self-Esteem Scales, 1984. Obtained from Dr. James Fleming. Copyright © 1984 American Psychological Association. Reproduced with permission. The official citation that should be used in referencing this material is Fleming, J.S. & Courtney, B.E. (1984). The dimensionality of self-esteem: II. Hierarchical facet models for revised measurement scales. *Journal of Personality and Social Psychology*, 46, 404-421. No further reproduction or distribution of this material is permitted without the written permission of the American Psychological Association. The author would like to hear from researchers about their research. Results can be sent to 2275 Pine Drive, Prescott, AZ 86305, USA.

17. When you have to write an argument to convince your teacher, who may disagree with your ideas, how concerned or worried do you feel about it?	
18. Have you ever felt inferior to most other people in athletic ability?	
19. In turning in a major assignment such as a term paper, how often do you feel you did an excellent job on it?	
20. Do you ever feel afraid or anxious when you are going into a room by yourself where other people have already gathered and are talking?	
21. How often do you worry whether other people like to be with you?	
22. How often do you have trouble expressing your ideas when you have to put them into writing as an assignment?	
23. Do you often feel that most of your friends or peers are more physically attractive than yourself?	
24. When involved in sports requiring physical coordination, are you often concerned that you will not do well?	
25. Have you ever felt ashamed of your physique or figure?	
26. In general, how confident do you feel about your abilities?	
27. How often do you feel self-conscious?	
28. How often do you have trouble understanding things you read for class assignments?	
29. Do you often wish or fantasize that you were better looking?	
30. Have you ever thought that you lacked the ability to be a good dancer or do well at recreational activities involving coordination?	
31. How much do you worry about whether other people regard you as a success or failure in your job or at school?	
32. How often do you dislike yourself?	
33. When you think that some of the people you meet might have an unfavorable opinion of you, how concerned or worried do you feel about it?	
34. How often do you imagine that you have less scholastic ability than your classmates?	
35. Do you ever feel so discouraged with yourself that you wonder whether you are a worthwhile person?	
36. Have you ever been concerned or worried about your ability to attract members of the opposite sex?	

*(This instrument is the Fleming-Courtney revision of Janis-Field Scale.)*

Revised Janis-Field Feelings of Inadequacy Scale now known as Multidimensional Self-Esteem Scales, 1984. Obtained from Dr. James Fleming. Copyright © 1984 American Psychological Association. Reproduced with permission. The official citation that should be used in referencing this material is Fleming, J.S. & Courtney, B.E. (1984). The dimensionality of self-esteem: II. Hierarchical facet models for revised measurement scales. *Journal of Personality and Social Psychology*, 46, 404-421. No further reproduction or distribution of this material is permitted without the written permission of the American Psychological Association. The author would like to hear from researchers about their research. Results can be sent to 2275 Pine Drive, Prescott, AZ 86305, USA.

## Robson Self Concept Questionnaire (RSCQ)

This questionnaire deals with attitudes and beliefs that some people have about themselves.

Please indicate how much you agree or disagree with each statement by ringing a single number in each section which represents how you typically feel most of the time.

Since people vary so much in the opinions they hold, there are no right or wrong answers.

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M / F

Date: \_\_\_\_\_

<u>Statements</u>	<u>Answers</u>							
	Completely disagree		disagree		agree		Completely agree	
1. I have control over my own life	0	1	2	3	4	5	6	7
2. I'm easy to like	0	1	2	3	4	5	6	7
3. I never feel down in the dumps for very long	0	1	2	3	4	5	6	7
4. I can never seem to achieve anything worthwhile	0	1	2	3	4	5	6	7
5. There are lots of things I'd change about myself if I could	0	1	2	3	4	5	6	7
6. I am not embarrassed to let people know my opinions	0	1	2	3	4	5	6	7
7. I don't care what happens to me	0	1	2	3	4	5	6	7



<u>Statements</u>	<u>Answers</u>							
	0	1	2	3	4	5	6	7
8. I seem to be very unlucky	0	1	2	3	4	5	6	7
9. Most people find me reasonably attractive	0	1	2	3	4	5	6	7
10. I'm glad I'm who I am	0	1	2	3	4	5	6	7
11. Most people would take advantage of me if they could	0	1	2	3	4	5	6	7
12. I am a reliable person	0	1	2	3	4	5	6	7
13. It would be boring if I talked about myself	0	1	2	3	4	5	6	7
14. When I'm successful, there's usually a lot of luck involved	0	1	2	3	4	5	6	7
15. I have a pleasant personality	0	1	2	3	4	5	6	7
16. If a task is difficult that just makes me all the more determined	0	1	2	3	4	5	6	7
17. I often feel humiliated	0	1	2	3	4	5	6	7
18. I can usually make up my mind and stick to it	0	1	2	3	4	5	6	7
19. Everyone else seems much more confident and contented than me	0	1	2	3	4	5	6	7
20. Even when I quite enjoy myself there doesn't seem much purpose to it all	0	1	2	3	4	5	6	7

<u>Statements</u>	<u>Answers</u>							
	Completely disagree		disagree		agree		Completely agree	
21. I often worry about what other people are thinking about me	0	1	2	3	4	5	6	7
22. There's a lot of truth in the saying "what will be, will be"	0	1	2	3	4	5	6	7
23. I look awful these days	0	1	2	3	4	5	6	7
24. If I really try I can overcome most of my problems	0	1	2	3	4	5	6	7
25. It's pretty tough to be me	0	1	2	3	4	5	6	7
26. I feel emotionally mature	0	1	2	3	4	5	6	7
27. When people criticise me I often feel helpless and second-rate	0	1	2	3	4	5	6	7
28. When progress is difficult, I often find myself thinking it's just not worth the effort	0	1	2	3	4	5	6	7
29. I can like myself even when others don't	0	1	2	3	4	5	6	7
30. Those who know me well are fond of me	0	1	2	3	4	5	6	7

**Please check that you have responded to every statement**

## **Rosenberg Self-Esteem Scale (RSES)**

Every effort was made to obtain permission to reproduce the RSES. However, the author is deceased, and the appropriate parties could not be reached.

To view a copy of the scale, readers are referred to the following website:

[http://www.bsos.umd.edu/socy/grad/socpsy\\_rosenberg.html](http://www.bsos.umd.edu/socy/grad/socpsy_rosenberg.html), which states that the RSES may be used without explicit permission. The author's family, however, would like to be kept informed of its use. Send information about how you have used the scale, or send published research from its use, to the following address:

The Morris Rosenberg Foundation  
c/o Department of Sociology  
University of Maryland  
2112 Art/Soc Building  
College Park  
MD 20742-1315  
USA.

---

### Ryff's Scales of Psychological Well-Being

The Scales of Psychological Well-Being include 6 subscales, each comprising 14 items (the numbers of the items are shown in brackets):

- Autonomy (2, 8, 14, 20, 26, 32, 38, 44, 50, 56, 62, 68, 74, 80)
- Environmental Mastery (3, 9, 15, 21, 27, 33, 39, 45, 51, 57, 63, 69, 75, 81)
- Personal Growth (4, 10, 16, 22, 28, 34, 40, 46, 52, 58, 64, 70, 76, 82)
- Positive Relations with Others (1, 7, 13, 19, 25, 31, 37, 43, 49, 55, 61, 67, 73, 79)
- Purpose in Life (5, 11, 17, 23, 29, 35, 41, 47, 53, 59, 65, 71, 77, 83)
- Self-Acceptance (6, 12, 18, 24, 30, 36, 42, 48, 54, 60, 66, 72, 78, 84)

A shorter version of the Scales (with 9 items per subscale, underlined above) exists and is currently in use in the Wisconsin Longitudinal Study.

Please note, a 3-item version of the scales is available. However, Professor Ryff strongly discourages use of the 3-item scales: 'That level of assessment has psychometric problems and does not do a good job of measuring the constructs. The 3-item scales were developed for national telephone surveys. They have low internal consistency and are not recommended for high quality assessment of well-being'.

The following set of questions deals with how you feel about yourself and your life. Please remember that there are no right or wrong answers.

Circle the number that best describes your present agreement or disagreement with each statement.	Strongly Disagree	Disagree Somewhat	Disagree Slightly	Agree Slightly	Agree Somewhat	Strongly Agree
1. Most people see me as loving and affectionate.	1	2	3	4	5	6
2. Sometimes I change the way I act or think to be more like those around me.	1	2	3	4	5	6
3. In general, I feel I am in charge of the situation in which I live.	1	2	3	4	5	6
4. I am not interested in activities that will expand my horizons.	1	2	3	4	5	6
5. I feel good when I think of what I've done in the past and what I hope to do in the future.	1	2	3	4	5	6
6. When I look at the story of my life, I am pleased with how things have turned out.	1	2	3	4	5	6
7. Maintaining close relationships has been difficult and frustrating for me.	1	2	3	4	5	6
8. I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.	1	2	3	4	5	6
9. The demands of everyday life often get me down.	1	2	3	4	5	6
10. In general, I feel that I continue to learn more about myself as time goes by.	1	2	3	4	5	6
11. I live life one day at a time and don't really think about the future.	1	2	3	4	5	6
12. In general, I feel confident and positive about myself.	1	2	3	4	5	6
13. I often feel lonely because I have few close friends with whom to share my concerns.	1	2	3	4	5	6
14. My decisions are not usually influenced by what everyone else is doing.	1	2	3	4	5	6

Ryff Scales of Psychological Well-Being, 1989. Obtained from Prof. Carol Ryff. Please send copies of any findings generated from the use of these scales to Prof. Carol Ryff, University of Wisconsin, Institute on Aging, 2245 Medical Science Center, 1300 University Avenue, Madison, WI 53706, USA. Phone: (608) 262 1818. Fax: (608) 263 6211. Reproduced with permission.

Circle the number that best describes your present agreement or disagreement with each statement.	Strongly Disagree	Disagree Somewhat	Disagree Slightly	Agree Slightly	Agree Somewhat	Strongly Agree
15. I do not fit very well with the people and the community around me.	1	2	3	4	5	6
16. I am the kind of person who likes to give new things a try.	1	2	3	4	5	6
17. I tend to focus on the present, because the future nearly always brings me problems.	1	2	3	4	5	6
18. I feel like many of the people I know have gotten more out of life than I have.	1	2	3	4	5	6
19. I enjoy personal and mutual conversations with family members or friends.	1	2	3	4	5	6
20. I tend to worry about what other people think of me.	1	2	3	4	5	6
21. I am quite good at managing the many responsibilities of my daily life.	1	2	3	4	5	6
22. I don't want to try new ways of doing things - my life is fine the way it is.	1	2	3	4	5	6
23. I have a sense of direction and purpose in life.	1	2	3	4	5	6
24. Given the opportunity, there are many things about myself that I would change.	1	2	3	4	5	6
25. It is important to me to be a good listener when close friends talk to me about their problems.	1	2	3	4	5	6
26. Being happy with myself is more important to me than having others approve of me.	1	2	3	4	5	6
27. I often feel overwhelmed by my responsibilities.	1	2	3	4	5	6
28. I think it is important to have new experiences that challenge how you think about yourself and the world.	1	2	3	4	5	6
29. My daily activities often seem trivial and unimportant to me.	1	2	3	4	5	6
30. I like most aspects of my personality.	1	2	3	4	5	6
31. I don't have many people who want to listen when I need to talk.	1	2	3	4	5	6

Ryff Scales of Psychological Well-Being, 1989. Obtained from Prof. Carol Ryff. Please send copies of any findings generated from the use of these scales to Prof. Carol Ryff, University of Wisconsin, Institute on Aging, 2245 Medical Science Center, 1300 University Avenue, Madison, WI 53706, USA. Phone: (608) 262 1818. Fax: (608) 263 6211. Reproduced with permission.

Circle the number that best describes your present agreement or disagreement with each statement.	Strongly Disagree	Disagree Somewhat	Disagree Slightly	Agree Slightly	Agree Somewhat	Strongly Agree
32. I tend to be influenced by people with strong opinions.	1	2	3	4	5	6
33. If I were unhappy with my living situation, I would take effective steps to change it.	1	2	3	4	5	6
34. When I think about it, I haven't really improved much as a person over the years.	1	2	3	4	5	6
35. I don't have a good sense of what it is I'm trying to accomplish in life.	1	2	3	4	5	6
36. I made some mistakes in the past, but I feel that all in all everything has worked out for the best.	1	2	3	4	5	6
37. I feel like I get a lot out of my friendships.	1	2	3	4	5	6
38. People rarely talk to me into doing things I don't want to do.	1	2	3	4	5	6
39. I generally do a good job of taking care of my personal finances and affairs.	1	2	3	4	5	6
40. In my view, people of every age are able to continue growing and developing.	1	2	3	4	5	6
41. I used to set goals for myself, but that now seems like a waste of time.	1	2	3	4	5	6
42. In many ways, I feel disappointed about my achievements in life.	1	2	3	4	5	6
43. It seems to me that most other people have more friends than I do.	1	2	3	4	5	6
44. It is more important to me to "fit in" with others than to stand alone on my principles.	1	2	3	4	5	6
45. I find it stressful that I can't keep up with all of the things I have to do each day.	1	2	3	4	5	6
46. With time, I have gained a lot of insight about life that has made me a stronger, more capable person.	1	2	3	4	5	6
47. I enjoy making plans for the future and working to make them a reality.	1	2	3	4	5	6
48. For the most part, I am proud of who I am and the life I lead.	1	2	3	4	5	6

Ryff Scales of Psychological Well-Being, 1989. Obtained from Prof. Carol Ryff. Please send copies of any findings generated from the use of these scales to Prof. Carol Ryff, University of Wisconsin, Institute on Aging, 2245 Medical Science Center, 1300 University Avenue, Madison, WI 53706, USA. Phone: (608) 262 1818. Fax: (608) 263 6211. Reproduced with permission.

Circle the number that best describes your present agreement or disagreement with each statement.	Strongly Disagree	Disagree Somewhat	Disagree Slightly	Agree Slightly	Agree Somewhat	Strongly Agree
49. People would describe me as a giving person, willing to share my time with others.	1	2	3	4	5	6
50. I have confidence in my opinions, even if they are contrary to the general consensus.	1	2	3	4	5	6
51. I am good at juggling my time so that I can fit everything in that needs to be done.	1	2	3	4	5	6
52. I have a sense that I have developed a lot as a person over time.	1	2	3	4	5	6
53. I am an active person in carrying out the plans I set for myself.	1	2	3	4	5	6
54. I envy many people for the lives they lead.	1	2	3	4	5	6
55. I have not experienced many warm and trusting relationships with others.	1	2	3	4	5	6
56. It's difficult for me to voice my own opinions on controversial matters.	1	2	3	4	5	6
57. My daily life is busy, but I derive a sense of satisfaction from keeping up with everything.	1	2	3	4	5	6
58. I do not enjoy being in new situations that require me to change my old familiar ways of doing things.	1	2	3	4	5	6
59. Some people wander aimlessly through life, but I am not one of them.	1	2	3	4	5	6
60. My attitude about myself is probably not as positive as most people feel about themselves.	1	2	3	4	5	6
61. I often feel as if I'm on the outside looking in when it comes to friendships.	1	2	3	4	5	6
62. I often change my mind about decisions if my friends or family disagree.	1	2	3	4	5	6
63. I get frustrated when trying to plan my daily activities because I never accomplish the things I set out to do.	1	2	3	4	5	6
64. For me, life has been a continuous process of learning, changing, and growth.	1	2	3	4	5	6

Ryff Scales of Psychological Well-Being, 1989. Obtained from Prof. Carol Ryff. Please send copies of any findings generated from the use of these scales to Prof. Carol Ryff, University of Wisconsin, Institute on Aging, 2245 Medical Science Center, 1300 University Avenue, Madison, WI 53706, USA. Phone: (608) 262 1818. Fax: (608) 263 6211. Reproduced with permission.



Circle the number that best describes your present agreement or disagreement with each statement.	Strongly Disagree	Disagree Somewhat	Disagree Slightly	Agree Slightly	Agree Somewhat	Strongly Agree
65. I sometimes feel as if I've done all there is to do in life.	1	2	3	4	5	6
66. Many days I wake up feeling discouraged about how I have lived my life.	1	2	3	4	5	6
67. I know that I can trust my friends, and they know they can trust me.	1	2	3	4	5	6
68. I am not the kind of person who gives in to social pressures to think or act in certain ways.	1	2	3	4	5	6
69. My efforts to find the kinds of activities and relationships that I need have been quite successful.	1	2	3	4	5	6
70. I enjoy seeing how my views have changed and matured over the years.	1	2	3	4	5	6
71. My aims in life have been more a source of satisfaction than frustration to me.	1	2	3	4	5	6
72. The past had its ups and downs, but in general, I wouldn't want to change it.	1	2	3	4	5	6
73. I find it difficult to really open up when I talk with others.	1	2	3	4	5	6
74. I am concerned about how other people evaluate the choices I have made in my life.	1	2	3	4	5	6
75. I have difficulty arranging my life in a way that is satisfying to me.	1	2	3	4	5	6
76. I gave up trying to make big improvements or changes in my life a long time ago.	1	2	3	4	5	6
77. I find it satisfying to think about what I have accomplished in life.	1	2	3	4	5	6
78. When I compare myself to friends and acquaintances, it makes me feel good about who I am.	1	2	3	4	5	6
79. My friends and I sympathize with each other's problems.	1	2	3	4	5	6
80. I judge myself by what I think is important, not by the values of what others think is important.	1	2	3	4	5	6

Ryff Scales of Psychological Well-Being, 1989. Obtained from Prof. Carol Ryff. Please send copies of any findings generated from the use of these scales to Prof. Carol Ryff, University of Wisconsin, Institute on Aging, 2245 Medical Science Center, 1300 University Avenue, Madison, WI 53706, USA. Phone: (608) 262 1818. Fax: (608) 263 6211. Reproduced with permission.

Circle the number that best describes your present agreement or disagreement with each statement.	Strongly Disagree	Disagree Somewhat	Disagree Slightly	Agree Slightly	Agree Somewhat	Strongly Agree
81. I have been able to build a home and a lifestyle for myself that is much to my liking.	1	2	3	4	5	6
82. There is truth to the saying that you can't teach an old dog new tricks.	1	2	3	4	5	6
83. In the final analysis, I'm not so sure that my life adds up to much.	1	2	3	4	5	6
84. Everyone has their weaknesses, but I seem to have more than my share.	1	2	3	4	5	6