

Family Relationship Index

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To purchase a copy and obtain permission to use the Family Relationship Index, contact:

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For further information about the Family Relationship Index (part of the Family Environment Scale), visit: <http://www.mindgarden.com/products/fescs.htm>.

Functional Dimensions of Coping Scale

Reporting a Stressful Event

In the space provided, please describe briefly **the most stressful event** that you experienced in the last three months.

Functional Dimensions of Coping (FDC) Scale

This section concerns the behaviours you adopted in attempting to deal with the major stressor you described above. There are many different ways of dealing with stress. In the space provided below I would like you to give a brief description of those activities and/or thoughts you used in attempting to deal with the event described above.

We would now like you to provide ratings of these activities and/or thoughts by circling the appropriate number on the following scales.

To what extent did this/these activities

	Not at all					Very much so	
	0	1	2	3	4	5	6
1) Allow you to directly deal with the problem?	0	1	2	3	4	5	6
2) Help you to find meaning and understand from the situation?	0	1	2	3	4	5	6
3) Allow you to manage the distress and upset caused by the event?	0	1	2	3	4	5	6
4) Allow you to grow and develop as a person?	0	1	2	3	4	5	6
5) Help you to divert your attention away from the problem?	0	1	2	3	4	5	6
6) Allow you to handle any anxiety caused by the event?	0	1	2	3	4	5	6
7) Provide you with information useful in solving the problem?	0	1	2	3	4	5	6
8) Allow you to deny that anything was wrong?	0	1	2	3	4	5	6
9) Enable you to deal with any emotional upset caused by the event?	0	1	2	3	4	5	6

To what extent did this/these activities

	Not at all					Very much so	
10) Allow you to understand something of the nature of the problem, from which you could attempt to deal directly with it?	0	1	2	3	4	5	6
11) Allow you to avoid having to dealing directly with the situation?	0	1	2	3	4	5	6
12) Allow you to learn more about yourself and others?	0	1	2	3	4	5	6
13) Distract you from thinking about the problem?	0	1	2	3	4	5	6
14) Help you to think about the problem in a new and useful way?	0	1	2	3	4	5	6
15) Allow you a more optimistic outlook on the future?	0	1	2	3	4	5	6
16) Allow you to step back and look at the problem, in a different way, such that it seemed better?	0	1	2	3	4	5	6

Thank you for your time and co-operation

General Health Questionnaire – 12 (GHQ12)

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**GENERAL HEALTH
QUESTIONNAIRE**

GHQ 12

Please read this carefully:

We should like to know if you have had any medical complaints, and how your health has been in general, *over the past few weeks*. Please answer ALL the questions simply by underlining the answer which you think most nearly applies to you. Remember that we want to know about present and recent complaints, not those you had in the past. It is important that you try to answer ALL the questions.

Thank you for your co-operation.

HAVE YOU RECENTLY:

1 – been able to concentrate on whatever you're doing?	Better than usual	Same As usual	Less than usual	Much less than usual
2 – lost much sleep over worry?	Not at all	No more than usual	Rather more than usual	Much more than usual
3 – felt that you are playing a useful part in things?	More so than usual	Same As usual	Less useful than usual	Much less useful
4 – felt capable of making decisions about things?	More so than usual	Same As usual	Less so than usual	Much less capable
5 – felt constantly under strain?	Not at all	No more than usual	Rather more than usual	Much more than usual
6 – felt you couldn't overcome difficulties?	Not at all	No more than usual	Rather more than usual	Much more than usual
7 – been able to enjoy your normal day-to-day activities?	More so than usual	Same As usual	Less so than usual	Much less than usual
8 – been able to face up to your problems?	More so than usual	Same As usual	Less able than usual	Much less able than usual

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9 – been feeling unhappy and depressed?	Not at all	No more than usual	Rather more than usual	Much more than usual
10 – been losing confidence in yourself?	Not at all	No more than usual	Rather more than usual	Much more than usual
11 – been thinking of yourself as a worthless person?	Not at all	No more than usual	Rather more than usual	Much more than usual
12 – been feeling reasonably happy, all things considered?	More so than usual	About same as usual	Less so than usual	Much less than usual

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General Health Questionnaire – 30 (GHQ30)

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GENERAL HEALTH QUESTIONNAIRE

GHQ-30

Please read this carefully.

We should like to know if you have had any medical complaints, and how your health has been in general, *over the past few weeks*. Please answer ALL the questions on the following pages simply by underlining the answer which you think most nearly applies to you. Remember that we want to know about present and recent complaints, not those you had in the past. It is important that you try to answer ALL the questions. Thank you very much for your co-operation.

HAVE YOU RECENTLY:

1 – been able to concentrate on whatever you're doing?	Better than usual	Same as usual	Less than usual	Much less than usual
2 – lost much sleep over worry?	Not at all	No more than usual	Rather more than usual	Much more than usual
3 – been having restless, disturbed nights?	Not at all	No more than usual	Rather more than usual	Much more than usual
4 – been managing to keep yourself busy and occupied?	More so than usual	Same as usual	Rather less than usual	Much less than usual
5 – been getting out of the house as much as usual?	More so than usual	Same as usual	Less than usual	Much less than usual
6 – been managing as well as most people would in your shoes?	Better than most	About the same	Rather less well	Much less well
7 – felt on the whole you were doing things well?	Better than usual	About the same	Less well than usual	Much less well
8 – been satisfied with the way you've carried out your task?	More satisfied	About same as usual	Less satisfied than usual	Much less satisfied
9 – been able to feel warmth and affection for those near to you?	Better than usual	About same as usual	Less well than usual	Much less well
10 – been finding it easy to get on with other people?	Better than usual	About same as usual	Less well than usual	Much less well
11 – Spent much time chatting with people?	More time than usual	About same as usual	Less time than usual	Much less than usual
12 – felt that you were playing a useful part in things?	More so than usual	Same as usual	Less useful than usual	Much less useful

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13 – felt capable of making decisions about things? More so than usual Same as usual Less so than usual Much less capable

PLEASE TURN OVER

HAVE YOU RECENTLY:

14 – felt constantly under strain?	Not at all	No more than usual	Rather more than usual	Much more than usual
15 – felt you couldn't overcome your difficulties?	Not at all	No more than usual	Rather more than usual	Much more than usual
16 – been finding life a struggle all the time?	Not at all	No more than usual	Rather more than usual	Much more than usual
17 – been able to enjoy your normal day-to-day activities?	More so than usual	Same as usual	Less so than usual	Much less than usual
18 – been taking things hard?	Not at all	No more than usual	Rather more than usual	Much more than usual
19 – been getting scared or panicky for no good reason?	Not at all	No more than usual	Rather more than usual	Much more than usual
20 – been able to face up to your problems?	More so than usual	Same as usual	Less able than usual	Much less able
21 – found everything getting on top of you?	Not at all	No more than usual	Rather more than usual	Much more than usual
22 – been feeling unhappy and depressed?	Not at all	No more than usual	Rather more than usual	Much more than usual
23 – been losing confidence in yourself?	Not at all	No more than usual	Rather more than usual	Much more than usual
24 – Been thinking of yourself as a worthless person?	Not at all	No more than usual	Rather more than usual	Much more than usual
25 – felt that life is entirely hopeless?	Not at all	No more than usual	Rather more than usual	Much more than usual
26 – been feeling hopeful about your own future?	More so than usual	About same as usual	Less so than usual	Much less hopeful
27 – been feeling reasonably happy, all things considered?	More so than usual	About same as usual	Less so than usual	Much less than usual
28 – been feeling nervous and strung-up all the time?	Not at all	No more than usual	Rather more than usual	Much more than usual
29 – feel that life isn't worth living?	Not at all	No more than usual	Rather more than usual	Much more than usual

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30 – found at times you couldn't do anything because your nerves were too bad?

Not at all

No more than usual

Rather more than usual

Much more than usual

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General Self-Efficacy Scale (GSE)

1	I can always manage to solve difficult problems if I try hard enough.
2	If someone opposes me, I can find the means and ways to get what I want.
3	It is easy for me to stick to my aims and accomplish my goals.
4	I am confident that I could deal efficiently with unexpected events.
5	Thanks to my resourcefulness, I know how to handle unforeseen situations.
6	I can solve most problems if I invest the necessary effort.
7	I can remain calm when facing difficulties because I can rely on my coping abilities.
8	When I am confronted with a problem, I can usually find several solutions.
9	If I am in trouble, I can usually think of a solution.
10	I can usually handle whatever comes my way.

1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true

General Well-Being Index (GWBI)

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To obtain permission to use the GWBI, please contact:

Dr. Stephen McKenna, smckenna@galen-research.com or
Dr. Sonja Hunt, sonja.hunt@ed.ac.uk

Generalized Expectancy for Success Scale – Revised (GESS-R)

Please indicate the degree to which you believe each statement would apply to you personally by writing the appropriate number in the space next to the item, according to the following key.

- 5 = highly probable
- 4 = probable
- 3 = equally improbable and probable, not sure
- 2 = improbable
- 1 = highly improbable

In the future I expect that I will ...

- _____ 1. succeed at most things I try.
- _____ 2. be listened to when I speak.
- _____ 3. carry through my responsibilities successfully.
- _____ 4. get the promotions I deserve.
- _____ 5. have successful close personal relationships.
- _____ 6. handle unexpected problems successfully.
- _____ 7. make a good impression on people I meet for the first time.
- _____ 8. attain the career goals I set for myself.
- _____ 9. experience many failures in my life.
- _____ 10. have a positive influence on most of the people with whom I interact.
- _____ 11. be able to solve my own problems.
- _____ 12. acquire most of the things that are important to me.
- _____ 13. find that no matter how hard I try, things just don't turn out the way I would like.
- _____ 14. be a good judge of what it takes to get ahead.
- _____ 15. handle myself well in whatever situation I'm in.
- _____ 16. reach my financial goals.
- _____ 17. have problems working with others.
- _____ 18. discover that the good in life outweighs the bad.
- _____ 19. be successful in my endeavors in the long run.
- _____ 20. be unable to accomplish my goals.
- _____ 21. be very successful working out my personal life.
- _____ 22. succeed in the projects I undertake.
- _____ 23. discover that my plans don't work out too well.
- _____ 24. achieve recognition in my profession.
- _____ 25. have rewarding intimate relationships.

Global Quality of Life Scale

100	Perfect quality of life
95	Nearly perfect quality of life
90	
85	Very good quality of life
80	
75	
70	Good quality of life
65	
60	
55	Moderately good quality of life
50	
45	
40	Somewhat bad quality of life
35	
30	
25	Bad quality of life
20	
15	Very bad quality of life
10	
5	Extremely bad quality of life
0	No quality of life

Write any number between 0 and 100 that describes your quality of life: _____

Health and Daily Living Form

Permission to reproduce a copy of the scale was not obtainable because copyright does not allow the full scale to be reproduced. The Health and Daily Living Form is a comprehensive structured scale with several parts which measure health-related daily issues, such as employment status, physical health, psychosocial adaptation and social functioning and support. The sample items listed below (with permission) are from only two parts of the scale:

This is your copy of the Health and Daily Living Form. Please answer each question as accurately as you can by placing an "X" in the box next to the answer that you select or by entering information in the space provided.

All your answers are strictly confidential. If you do not wish to answer a question, please circle the question so that we know you have decided to skip it.

Please ignore the small numbers by the boxes in the margins. They help us record your answers. We appreciate your cooperation in this important survey.

PART III. Your Health in the Last 12 Months

8. Listed below are some adjectives people use to describe themselves. For each word, check the box that shows how well the word describes you, from "not at all" to "quite accurately."

	Not at all 1	Slightly 2	Somewhat 3	Fairly Well 4	Quite Accurately 5
Aggressive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Assertive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Calm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PART VI. Your Friends and Family

12. Think of a person who is important to you. Indicate their relationship to you.

Relationship: 1 ☐ spouse 2 ☐ child 3 ☐ parent 4 ☐ other

How often do the two of you:

	<u>Never</u> 1	<u>Seldom</u> 2	<u>Sometimes</u> 3	<u>Fairly often</u> 4	<u>Often</u> 5
Calmly discuss something together?.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Disagree about something important?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

For copyright information visit: <http://www.mindgarden.com/products/hdlfs.htm>.

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Telephone: (650) 322 6300
Fax: (650) 322 6398
Email: info@mindgarden.com

Hunter Opinions and Personal Expectations Scale (HOPES)

Record Number: _____

INSTRUCTIONS:

*Please read each statement below and indicate
How Well the statement describes you IN GENERAL
(i.e. Most of the Time), by choosing one of the
alternatives from the five point scale (0-4) and
writing its number in the box on the right.*

DESCRIBES ME:

4 Extremely Well
3 Very Well
2 Moderately Well
1 NOT Very Well
0 NOT At All

- | | | |
|----|--|--------------------------|
| A: | "I generally look forward to new activities and phases in my life". | <input type="checkbox"/> |
| B: | "I often feel that when I look back on my life I will be satisfied". | <input type="checkbox"/> |
| C: | "I am the sort of person who believes that life is <u>NOT</u> pointless". | <input type="checkbox"/> |
| D: | "I often feel that my future is <u>NOT</u> in my own hands". | <input type="checkbox"/> |
| E: | "I generally believe that the most important people in my life do <u>NOT</u> care
about my future". | <input type="checkbox"/> |
| F: | "I believe that I can handle most of the difficulties that I might have to face". | <input type="checkbox"/> |
| G: | "I generally believe that my life will be valuable and productive". | <input type="checkbox"/> |
| H: | "I generally have little energy to do the things I want to do". | <input type="checkbox"/> |
| I: | "I really believe that the children of today <u>CANNOT</u> expect much from
their futures". | <input type="checkbox"/> |
| J: | "I generally believe that my future will be very active". | <input type="checkbox"/> |
| K: | "The people around me see me as the sort of person who will have a valuable
and productive life". | <input type="checkbox"/> |
| L: | "I often fear that the rest of my life will <u>NOT</u> be worthwhile". | <input type="checkbox"/> |
| M: | "Even when things go right, I often fear that my future is <u>NOT</u> under my control". | <input type="checkbox"/> |
| N: | "I often feel that I will be less and less comfortable with my body as
time goes on". | <input type="checkbox"/> |
| O: | "I generally look forward to sharing my life with others". | <input type="checkbox"/> |
| P: | "I often fear that I will understand less and less about myself as time goes on". | <input type="checkbox"/> |
| Q: | "I generally am <u>NOT</u> enthusiastic about my future". | <input type="checkbox"/> |
| R: | "I am the sort of person who makes definite plans for my future". | <input type="checkbox"/> |
| S: | "I generally believe that I will get what I want out of life". | <input type="checkbox"/> |
| T: | "I often fear that I will <u>NOT</u> have the personal support that I need in the future". ... | <input type="checkbox"/> |

(Office Use Only) HS: DS: GPH: (HS+40-DS)

Interpersonal Support Evaluation List

This scale is made up of a list of statements each of which may or may not be true about you. For each statement check “definitely true” if you are sure it is true about you and “probably true” if you think it is true but are not absolutely certain. Similarly, you should check “definitely false” if you are sure the statement is false and “probably false” if you think it is false but are not absolutely certain.

1. There are several people that I trust to help solve my problems.
☐ definitely true (3) ☐ definitely false (0)
☐ probably true (2) ☐ probably false (1)
2. If I needed help fixing an appliance or repairing my car, there is someone who would help me.
☐ definitely true (3) ☐ definitely false (0)
☐ probably true (2) ☐ probably false (1)
3. Most of my friends are more interesting than I am.
☐ definitely true (3) ☐ definitely false (0)
☐ probably true (2) ☐ probably false (1)
4. There is someone who takes pride in my accomplishments.
☐ definitely true (3) ☐ definitely false (0)
☐ probably true (2) ☐ probably false (1)
5. When I feel lonely, there are several people I can talk to.
☐ definitely true (3) ☐ definitely false (0)
☐ probably true (2) ☐ probably false (1)
6. There is no one that I feel comfortable to talking about intimate personal problems.
☐ definitely true (3) ☐ definitely false (0)
☐ probably true (2) ☐ probably false (1)
7. I often meet or talk with family or friends.
☐ definitely true (3) ☐ definitely false (0)
☐ probably true (2) ☐ probably false (1)
8. Most people I know think highly of me.
☐ definitely true (3) ☐ definitely false (0)
☐ probably true (2) ☐ probably false (1)
9. If I needed a ride to the airport very early in the morning, I would have a hard time finding someone to take me.
☐ definitely true (3) ☐ definitely false (0)
☐ probably true (2) ☐ probably false (1)

10. I feel like I'm not always included by my circle of friends.
☐ definitely true (3) ☐ definitely false (0)
☐ probably true (2) ☐ probably false (1)
11. There really is no one who can give me an objective view of how I'm handling my problems.
☐ definitely true (3) ☐ definitely false (0)
☐ probably true (2) ☐ probably false (1)
12. There are several different people I enjoy spending time with.
☐ definitely true (3) ☐ definitely false (0)
☐ probably true (2) ☐ probably false (1)
13. I think that my friends feel that I'm not very good at helping them solve their problems.
☐ definitely true (3) ☐ definitely false (0)
☐ probably true (2) ☐ probably false (1)
14. If I were sick and needed someone (friend, family member, or acquaintance) to take me to the doctor, I would have trouble finding someone.
☐ definitely true (3) ☐ definitely false (0)
☐ probably true (2) ☐ probably false (1)
15. If I wanted to go on a trip for a day (e.g., to the mountains, beach, or country), I would have a hard time finding someone to go with me.
☐ definitely true (3) ☐ definitely false (0)
☐ probably true (2) ☐ probably false (1)
16. If I needed a place to stay for a week because of an emergency (for example, water or electricity out in my apartment or house), I could easily find someone who would put me up.
☐ definitely true (3) ☐ definitely false (0)
☐ probably true (2) ☐ probably false (1)
17. I feel that there is no one I can share my most private worries and fears with.
☐ definitely true (3) ☐ definitely false (0)
☐ probably true (2) ☐ probably false (1)
18. If I were sick, I could easily find someone to help me with my daily chores.
☐ definitely true (3) ☐ definitely false (0)
☐ probably true (2) ☐ probably false (1)
19. There is someone I can turn to for advice about handling problems with my family.
☐ definitely true (3) ☐ definitely false (0)
☐ probably true (2) ☐ probably false (1)

20. I am as good at doing things as most other people are.
____ definitely true (3) ____ definitely false (0)
____ probably true (2) ____ probably false (1)
21. If I decide one afternoon that I would like to go to a movie that evening, I could easily find someone to go with me.
____ definitely true (3) ____ definitely false (0)
____ probably true (2) ____ probably false (1)
22. When I need suggestions on how to deal with a personal problem, I know someone I can turn to.
____ definitely true (3) ____ definitely false (0)
____ probably true (2) ____ probably false (1)
23. If I needed an emergency loan of \$100, there is someone (friend, relative, or acquaintance) I could get it from.
____ definitely true (3) ____ definitely false (0)
____ probably true (2) ____ probably false (1)
24. In general, people do not have much confidence in me.
____ definitely true (3) ____ definitely false (0)
____ probably true (2) ____ probably false (1)
25. Most people I know do not enjoy the same things that I do.
____ definitely true (3) ____ definitely false (0)
____ probably true (2) ____ probably false (1)
26. There is someone I could turn to for advice about making career plans or changing my job.
____ definitely true (3) ____ definitely false (0)
____ probably true (2) ____ probably false (1)
27. I don't often get invited to do things with others.
____ definitely true (3) ____ definitely false (0)
____ probably true (2) ____ probably false (1)
28. Most of my friends are more successful at making changes in their lives than I am.
____ definitely true (3) ____ definitely false (0)
____ probably true (2) ____ probably false (1)
29. If I had to go out of town for a few weeks, it would be difficult to find someone who would look after my house or apartment (the plants, pets, garden, etc.).
____ definitely true (3) ____ definitely false (0)
____ probably true (2) ____ probably false (1)

30. There really is no one I can trust to give me good financial advice.
____ definitely true (3) ____ definitely false (0)
____ probably true (2) ____ probably false (1)
31. If I wanted to have lunch with someone, I could easily find someone to join me.
____ definitely true (3) ____ definitely false (0)
____ probably true (2) ____ probably false (1)
32. I am more satisfied with my life than most people are with theirs.
____ definitely true (3) ____ definitely false (0)
____ probably true (2) ____ probably false (1)
33. If I was stranded 10 miles from home, there is someone I could call who would come and get me.
____ definitely true (3) ____ definitely false (0)
____ probably true (2) ____ probably false (1)
34. No one I know would throw a birthday party for me.
____ definitely true (3) ____ definitely false (0)
____ probably true (2) ____ probably false (1)
35. It would me difficult to find someone who would lend me their car for a few hours.
____ definitely true (3) ____ definitely false (0)
____ probably true (2) ____ probably false (1)
36. If a family crisis arose, it would be difficult to find someone who could give me good advice about how to handle it.
____ definitely true (3) ____ definitely false (0)
____ probably true (2) ____ probably false (1)
37. I am closer to my friends than most other people are to theirs.
____ definitely true (3) ____ definitely false (0)
____ probably true (2) ____ probably false (1)
38. There is at least one person I know whose advice I really trust.
____ definitely true (3) ____ definitely false (0)
____ probably true (2) ____ probably false (1)
39. If I needed some help in moving to a new house or apartment, I would have a hard time finding someone to help me.
____ definitely true (3) ____ definitely false (0)
____ probably true (2) ____ probably false (1)
40. I have a hard time keeping pace with my friends.
____ definitely true (3) ____ definitely false (0)
____ probably true (2) ____ probably false (1)

Interpersonal Trust Questionnaire

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Interpersonal Trust Scale

Permission to reproduce a copy of the full scale was denied by the author. Sample items are listed below:

This is a questionnaire to determine the attitudes and beliefs of different people on a variety of statements. Please answer the statements by giving as true a picture of your own beliefs as possible. Be sure to read each item carefully and show your beliefs by marking the appropriate number in the blank.

If you strongly agree with an item fill in the space with a "1". Mark the space with a "2" if you mildly agree with the item. That is, mark number two if you think the item is generally more true than untrue according to your beliefs. Fill in the space with a "3" if you feel the item is about equally true as untrue. Fill in the space with a "4" if you mildly disagree with the item. That is, mark number four if you feel the item is more untrue than true. If you strongly disagree with an item fill in the space numbered five.

1	2	3	4	5
Strongly agree	Mildly agree	Agree <u>and</u> disagree	Mildly disagree	Strongly disagree

6. ____ Parents usually can be relied upon to keep their promises.
11. ____ Most people can be counted on to do what they say they will do.
38. ____ One should not attack the religious beliefs of other people.

To obtain permission for use of the Interpersonal Trust Scale, please contact:

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Inventory of Socially Supportive Behaviors

INSTRUCTIONS

We are interested in learning about some of the ways that you feel people have helped you or tried to make life more pleasant for you over the *past four weeks*. Below you will find a list of activities that other people might have done for you, to you, or with you in recent weeks. Please read each item carefully and indicate how often these activities happened to you during the *past four weeks*.

Use the following scale to make your ratings:

- A. Not at all
- B. Once or twice
- C. About once a week
- D. Several times a week
- E. About every day

Make all of your ratings on the answer sheet that has been provided. If, for example, the item:

45. Gave you a ride to the doctor.

happened once or twice during the past four weeks, you would make your rating like this:

- A B C D E
45. ~ □ ~ ~ ~

Please read each item carefully and select the rating that you think is the most accurate

During the past four weeks, how often did other people do these activities for you, to you, or with you:

1. Looked after a family member when you were away.
2. Was right there with you (physically) in a stressful situation.
3. Provided you with a place where you could get away for awhile.
4. Watched after your possessions when you were away (pets, plants, home, apartment, etc.).
5. Told you what she/he did in a situation that was similar to yours.
6. Did some activity with you to help you get your mind off of things.
7. Talked with you about some interests of yours.
8. Let you know that you did something well.
9. Went with you to someone who could take action.
10. Told you that you are OK just the way you are.
11. Told you that she/he would keep the things that you talk about private - just between the two of you.
12. Assisted you in setting a goal for yourself.

13. Made it clear what was expected of you.
14. Expressed esteem or respect for a competency or personal quality of yours.
15. Gave you some information on how to do something
16. Suggested some action that you should take.
17. Gave you over \$25.
18. Comforted you by showing you some physical affection.
19. Gave you some information to help you understand a situation you were in.
20. Provided you with some transportation.
21. Checked back with you to see if you followed the advice you were given.
22. Gave you under \$25.
23. Helped you understand why you didn't do something well.
24. Listened to you talk about your private feelings.
25. Loaned or gave you something (a physical object other than money) that you needed.
26. Agreed that what you wanted to do was right.
27. Said things that made your situation clearer and easier to understand.
28. Told you how he/she felt in a situation that was similar to your.
29. Let you know that he/she will always be around if you need assistance.
30. Expressed interest and concern in your well-being.
31. Told you that she/he feels very close to you.
32. Told you who you should see for assistance.
33. Told you what to expect in a situation that was about to happen.
34. Loaned you over \$25.
35. Taught you how to do something.
36. Gave you feedback on how you were doing without saying it was good or bad.
37. Joked and kidded to try to cheer you up.
38. Provided you with a place to stay.
39. Pitched in to help you do something that needed to get done.
40. Loaned you under \$25.

Katz Adjustment Scales

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Leddy Healthiness Scale

The full Leddy Healthiness Scale was not obtainable before going to print. Sample items are listed below:

Directions: Circle the number that best indicates your degree of agreement with each of the following statements. Please answer all of the questions the way you feel **right now**.

Categories: completely agree, mostly agree, slightly agree, slightly disagree, mostly disagree, completely disagree, and range from 6 down to 1.

I have more than enough energy to do what I want to do
I feel that I can accomplish anything I set out to do
I have rewarding relationships with people
I'm not what you would call a goal oriented person.

To obtain permission for use of the Leddy Healthiness Scale, please contact:

Dr. Susan Leddy
109 Valley Green Drive
Aston
PA 19014
USA

The most up-to-date publication on the healthiness theory, with psychometric data on the scale, can be found in Leddy, S.K. (2006). *Health promotion: Mobilizing strengths to enhance health, wellness, and well-being*. Philadelphia: F.A. Davis.

Life Attitude Profile – Revised (LAP-R)

about yourself and life in general. Read each statement carefully, then indicate the extent to which you agree or disagree by circling one of the alternative categories provided. For example, if you **STRONGLY AGREE**, circle **SA** following the statement. If you **MODERATELY DISAGREE**, circle **MD**. If you are **UNDECIDED**, circle **U**. Try to use the undecided category sparingly.

SA	A	MA	U	MD	D	SD
STRONGLY AGREE	AGREE	MODERATELY AGREE	UNDECIDED	MODERATELY DISAGREE	DISAGREE	STRONGLY DISAGREE

- | | | | | | | | | |
|-----|--|----|---|----|---|----|---|----|
| 1. | My past achievements have given my life meaning and purpose. | SA | A | MA | U | MD | D | SD |
| 2. | In my life I have very clear goals and aims. | SA | A | MA | U | MD | D | SD |
| 3. | I regard the opportunity to direct my life as very important. | SA | A | MA | U | MD | D | SD |
| 4. | I seem to change my <u>main</u> objectives in life. | SA | A | MA | U | MD | D | SD |
| 5. | I have discovered a satisfying life purpose. | SA | A | MA | U | MD | D | SD |
| 6. | I feel that some element which I can't quite define is missing from my life. | SA | A | MA | U | MD | D | SD |
| 7. | The meaning of life is evident in the world around us. | SA | A | MA | U | MD | D | SD |
| 8. | I think I am generally much less concerned about death than those around me. | SA | A | MA | U | MD | D | SD |
| 9. | I feel the lack of and a need to find a real meaning and purpose in my life. | SA | A | MA | U | MD | D | SD |
| 10. | New and different things appeal to me. | SA | A | MA | U | MD | D | SD |
-

SA	A	MA	U	MD	D	SD
STRONGLY AGREE	AGREE	MODERATELY AGREE	UNDECIDED	MODERATELY DISAGREE	DISAGREE	STRONGLY DISAGREE

11. My accomplishments in life are <u>largely</u> determined by my own efforts.	SA	A	MA	U	MD	D	SD
12. I have been aware of an all powerful and consuming purpose towards which my life has been directed.	SA	A	MA	U	MD	D	SD
13. I try new activities or areas of interest and then these soon lose their attractiveness.	SA	A	MA	U	MD	D	SD
14. I would enjoy breaking loose from the routine of life.	<u>SA</u>	A	MA	U	MD	D	SD
15. Death makes little difference to me one way or another.	<u>SA</u>	A	MA	U	MD	D	SD
16. I have a philosophy of life that gives my existence significance.	SA	A	MA	U	MD	D	SD
17. I determine what happens in my life.	<u>SA</u>	A	MA	U	MD	D	SD
18. Basically, I am living the kind of life I want to life.	SA	A	MA	U	MD	D	SD
19. Concerning my freedom to make my choice, I believe I am absolutely free to make all life choices.	<u>SA</u>	A	MA	U	MD	D	SD
20. I have experienced the feeling that while I am destined to accomplish something important, I cannot put my finger on just what it is.	<u>SA</u>	A	MA	U	MD	D	SD
21. <u>I</u> am restless.	SA	A	MA	U	MD	D	SD
22. Even though death awaits me, I am not concerned about it.	<u>SA</u>	<u>A</u>	MA	U	MD	D	SD
23. It is possible for me to live my life in terms of what I want to do.	SA	A	MA	U	MD	D	SD
24. I feel the need for adventure and "new worlds to conquer".	<u>SA</u>	A	MA	U	MD	D	SD

SA	A	MA	U	MD	D	SD
STRONGLY AGREE	AGREE	MODERATELY AGREE	UNDECIDED	MODERATELY DISAGREE	DISAGREE	STRONGLY DISAGREE

25.	I would neither fear death nor welcome it.	SA	A	MA	U	MD	D	SD
26.	I know where my life is going in the future.	SA	A	MA	U	MD	D	SD
27.	In thinking of my life, I see a reason for my being here.	SA	A	MA	U	MD	D	SD
28.	Since death is a natural aspect of life, there is no sense worrying about it.	SA	A	MA	U	MD	D	SD
29.	I have a framework that allows me to understand or make sense of my life.	SA	A	MA	U	MD	D	SD
30.	My life is in my hands and I am in control of it.	SA	A	MA	U	MD	D	SD
31.	In achieving life's goals, I have felt completely fulfilled.	SA	A	MA	U	MD	D	SD
32.	Some people are very frightened of death, but I am not.	SA	A	MA	U	MD	D	SD
33.	I daydream of finding a new place for my life and a new identity.	SA	A	MA	U	MD	D	SD
34.	A new challenge in my life would appeal to me now.	SA	A	MA	U	MD	D	SD
35.	I have the sense that parts of my life fit together into a unified pattern.	SA	A	MA	U	MD	D	SD
36.	I hope for something exciting in the future.	SA	A	MA	U	MD	D	SD
37.	I have a mission in life that gives me a sense of direction.	SA	A	MA	U	MD	D	SD
38.	I have a clear understanding of the ultimate meaning of life.	SA	A	MA	U	MD	D	SD
39.	When it comes to important life matters, I make my own decisions.	SA	A	MA	U	MD	D	SD

SA	A	MA	U	MD	D	SD
STRONGLY AGREE	AGREE	MODERATELY AGREE	UNDECIDED	MODERATELY DISAGREE	DISAGREE	STRONGLY DISAGREE

40.	I find myself withdrawing from life with an "I don't care" attitude.	SA	A	MA	U	MD	D	SD
41.	I am eager to get more out of life than I have so far.	SA	A	MA	U	MD	D	SD
42.	Life to me seems boring and uneventful.	SA	A	MA	U	MD	D	SD
43.	I am determined to achieve new goals in the future.	SA	A	MA	U	MD	D	SD
44.	The thought of death seldom enters my mind.	SA	A	MA	U	MD	D	SD
45.	I accept personal responsibility for the choices I have made in my life.	SA	A	MA	U	MD	D	SD
46.	My personal existence is orderly and coherent.	SA	A	MA	U	MD	D	SD
47.	I accept death as another life experience.	SA	A	MA	U	MD	D	SD
48.	My life is running over with exciting good things.	SA	A	MA	U	MD	D	SD

Life Effectiveness Questionnaire

PLEASE DO NOT TURN OVER YET READ THESE INSTRUCTIONS

This is a chance for you to consider how you think and feel about yourself in some ways. **This is not a test** - there are no right or wrong answers, and everyone will have different responses. It is important that you give your own views and that you be honest in your answers and do not talk to others while you think about your answers. They will be used only for research purposes and will in no way be used to refer to you as an individual at any time.

Over the page are a number of statements that are more or less true (that is like you) or more or less false (that is unlike you). Please use the eight point scale to indicate how true (like you) or how false (unlike you), each statement is as a description of you. **Answer the statements as you feel now**, even if you have felt differently at some other time in your life. Please do not leave any statements blank.

FALSE NOT LIKE ME				TRUE LIKE ME			
1	2	3	4	5	6	7	8
This statement doesn't describe me at all; it isn't like me at all				This statement describes me very well; it is very much like me.			
More false than true				More true than false			

SOME EXAMPLES

- A. I am a fast thinker. 1 2 3 4 5 **6** 7 8
(The 6 has been circled because the person answering believes the statement "I am a fast thinker" is sometimes true. That is, the statement is sometimes like him/her.)
- B. I am a good storyteller. 1 **2** 3 4 5 6 7 8
(The 2 has been circled because the person answering believes that the statement is mostly false as far as he/she is concerned. That is, he/she feels he/she does not tell good stories.)
- C I enjoy working on puzzles. 1 2 3 4 5 6 7 **8**
(The 8 has been circled because the person really enjoys working on puzzles a great deal, therefore the statement is definitely true about him/her.)

**** ARE YOU SURE WHAT TO DO? ****

If yes, then please turn the page over, write your name, today's date, and circle your answers for all the statements.

If still unsure about what to do, ASK FOR HELP.

PLEASE GIVE HONEST, PRIVATE ANSWERS

NAME: _____ AGE: _____ (years) DATE: ____/____/____
 MALE / FEMALE (circle one) COURSE CODE: _____ GROUP: _____

STATEMENT	FALSE not like me								TRUE like me							

01. I plan and use my time efficiently.	1	2	3	4	5	6	7	8								
02. I am successful in social situations.	1	2	3	4	5	6	7	8								
03. When working on a project, I do my best to get the details right.	1	2	3	4	5	6	7	8								
04. I change my thinking or opinions easily if there is a better idea.	1	2	3	4	5	6	7	8								
05. I can get people to work for me.	1	2	3	4	5	6	7	8								

06. I can stay calm in stressful situations.	1	2	3	4	5	6	7	8								
07. I like to be busy and actively involved in things.	1	2	3	4	5	6	7	8								
08. I know I have the ability to do anything I want to do.	1	2	3	4	5	6	7	8								
09. I do not waste time.	1	2	3	4	5	6	7	8								
10. I am competent in social situations.	1	2	3	4	5	6	7	8								

11. I try to get the best results when I do things.	1	2	3	4	5	6	7	8								
12. I am open to new ideas.	1	2	3	4	5	6	7	8								
13. I am a good leader when a task needs to be done.	1	2	3	4	5	6	7	8								
14. I stay calm and overcome anxiety in new or changing situations.	1	2	3	4	5	6	7	8								
15. I like to be active and energetic.	1	2	3	4	5	6	7	8								

16. When I apply myself to something I am confident I will succeed.	1	2	3	4	5	6	7	8								
17. I manage the way I use my time well.	1	2	3	4	5	6	7	8								
18. I communicate well with people.	1	2	3	4	5	6	7	8								
19. I try to do the best that I possibly can.	1	2	3	4	5	6	7	8								
20. I am adaptable and flexible in my thinking and ideas.	1	2	3	4	5	6	7	8								

21. As a leader I motivate other people well when tasks need to be done.	1	2	3	4	5	6	7	8								
22. I stay calm when things go wrong.	1	2	3	4	5	6	7	8								
23. I like to be an active, 'get into it' person.	1	2	3	4	5	6	7	8								
24. I believe I can do it.	1	2	3	4	5	6	7	8								

Life Orientation Test (LOT)

Instructions:

Please answer the following questions about yourself by indicating the extent of your agreement using the following scale:

- [0] = strongly disagree
- [1] = disagree
- [2] = neutral
- [3] = agree
- [4] = strongly agree

Be as honest as you can throughout, and try not to let your responses to one question influence your response to other questions. There are no right or wrong answers.

- _____ 1. In uncertain times, I usually expect the best.
- _____ 2. It's easy for me to relax.
- _____ 3. If something can go wrong for me it will.
- _____ 4. I always look on the bright side of things.
- _____ 5. I'm always optimistic about my future.
- _____ 6. I enjoy my friends a lot.
- _____ 7. It's important for me to keep busy.
- _____ 8. I hardly ever expect things to go my way.
- _____ 9. Things never work out the way I want them to.
- _____ 10. I don't get upset too easily.
- _____ 11. I'm a believer in the idea that "every cloud has a silver lining."
- _____ 12. I rarely count on good things happening to me.

Scoring:

- 1. Reverse code items 3, 8, 9, and 12 prior to scoring.
- 2. Sum items 1, 3, 4, 5, 8, 9, 11, and 12 to obtain an overall score.

Note: Items 2, 6, 7, and 10 are filler items only. They are not scored as part of the scale.

Life Orientation Test – Revised (LOT-R)

Instructions: Please answer the following questions about yourself by indicating the extent of your agreement using the following scale:

- [0] = strongly disagree
- [1] = disagree
- [2] = neutral
- [3] = agree
- [4] = strongly agree

Be as honest as you can throughout, and try not to let your responses to one question influence your response to other questions. There are no right or wrong answers.

- _____ 1. In uncertain times, I usually expect the best.
- _____ 2. It's easy for me to relax.
- _____ 3. If something can go wrong for me, it will.
- _____ 4. I'm always optimistic about my future.
- _____ 5. I enjoy my friends a lot.
- _____ 6. It's important for me to keep busy.
- _____ 7. I hardly ever expect things to go my way.
- _____ 8. I don't get upset too easily.
- _____ 9. I rarely count on good things happening to me.
- _____ 10. Overall, I expect more good things to happen to me than bad.

Scoring:

1. Reverse code items 3, 7, and 9 prior to scoring (0=4) (1=3) (2=2) (3=1) (4=0).
2. Sum items 1, 3, 4, 7, 9, and 10 to obtain an overall score.

Note: Items 2, 5, 6, and 8 are filler items only. They are not scored as part of the revised scale.

The revised scale was constructed in order to eliminate two items from the original scale, which dealt more with coping style than with positive expectations for future outcomes. The correlation between the revised scale and the original scale is .95.

Reference:

Scheier, M.F., Carver C.S., and Bridges, M.W. (1994). Distinguishing optimism from neuroticism (and trait anxiety, self-mastery, and self-esteem): A re-evaluation of the Life Orientation Test. *Journal of Personality and Social Psychology*, 67, 1063-1078.

Life Regard Index

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Lubben Social Network Scale

Permission from the copyright holders could not be obtained before publication. For more information about the Lubben Social Network Scale, please contact Professor James Lubben at lubben@bc.edu or lubben@ucla.edu.

Mayer-Salovey-Caruso Emotional Intelligence Test – MSCEIT

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Meaning in Life Questionnaire (MLQ)

MLQ Please take a moment to think about what makes your life feel important to you. Please respond to the following statements as truthfully and accurately as you can, and also please remember that these are very subjective questions and that there are no right or wrong answers. Please answer according to the scale below:

Absolutely Untrue 1	Mostly Untrue 2	Somewhat Untrue 3	Can't Say True or False 4	Somewhat True 5	Mostly True 6	Absolutely True 7
---------------------------	-----------------------	-------------------------	---------------------------------	-----------------------	---------------------	-------------------------

1. _____ I understand my life's meaning.
2. _____ I am looking for something that makes my life feel meaningful.
3. _____ I am always looking to find my life's purpose.
4. _____ My life has a clear sense of purpose.
5. _____ I have a good sense of what makes my life meaningful.
6. _____ I have discovered a satisfying life purpose.
7. _____ I am always searching for something that makes my life feel significant.
8. _____ I am seeking a purpose or mission for my life.
9. _____ My life has no clear purpose.
10. _____ I am searching for meaning in my life.

Mental Health Continuum – Long Form (MHC-LF)

EWB1. During the past 30 days, how much of the time did you feel...

	ALL THE TIME	MOST OF THE TIME	SOME OF THE TIME	A LITTLE OF THE TIME	NONE OF THE TIME
a. ...cheerful?	1	2	3	4	5
b. ...in good spirits?	1	2	3	4	5
c. ...extremely happy?	1	2	3	4	5
d. ...calm and peaceful?	1	2	3	4	5
e. ...satisfied?	1	2	3	4	5
f. ...full of life?	1	2	3	4	5

EWB2. Using a scale from 0 to 10 where 0 means “the worst possible life overall” and 10 means “the best possible life overall,” how would you rate your life overall these days?

WORST											BEST
0	1	2	3	4	5	6	7	8	9	10	

PWB. Please indicate how strongly you agree or disagree with each of the following statements.

	AGREE				DISAGREE		
	STRONGLY	SOME WHAT	A LITTLE	DON'T KNOW	A LITTLE	SOME WHAT	STRONGLY
1. I like most parts of my personality	1	2	3	4	5	6	7
2. When I look at the story of my life, I am pleased with how things have turned out so far.	1	2	3	4	5	6	7
3. Some people wander aimlessly through life, but I am not one of them	1	2	3	4	5	6	7
4. The demands of everyday life often get me down	1	2	3	4	5	6	7
5. In many ways I feel disappointed about my achievements in life	1	2	3	4	5	6	7
6. Maintaining close relationships has been difficult and frustrating for me	1	2	3	4	5	6	7
7. I live life one day at a time and don't really think about the future	1	2	3	4	5	6	7
8. In general, I feel I am in charge of the situation in which I live	1	2	3	4	5	6	7
9. I am good at managing the responsibilities of daily life	1	2	3	4	5	6	7
10. I sometimes feel as if I've done all there is to do in life.	1	2	3	4	5	6	7
11. For me, life has been a continuous process of learning, changing, and growth	1	2	3	4	5	6	7
12. I think it is important to have new experiences that challenge how I think about myself and the world	1	2	3	4	5	6	7
13. People would describe me as a giving person, willing to share my time with others.	1	2	3	4	5	6	7

(PWB continued)

	AGREE				DISAGREE		
	STRONGLY	SOME WHAT	A LITTLE	DON'T KNOW	A LITTLE	SOME WHAT	STRONGLY
14. I gave up trying to make big improvements or changes in my life a long time ago	1	2	3	4	5	6	7
15. I tend to be influenced by people with strong opinions	1	2	3	4	5	6	7
16. I have not experienced many warm and trusting relationships with others	1	2	3	4	5	6	7
17. I have confidence in my own opinions, even if they are different from the way most other people think	1	2	3	4	5	6	7
18. 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	7

SWB. Please indicate how strongly you agree or disagree with each of the following statements.

	AGREE				DISAGREE		
	STRONGLY	SOME WHAT	A LITTLE	DON'T KNOW	A LITTLE	SOME WHAT	STRONGLY
1. The world is too complex for me.	1	2	3	4	5	6	7
2. I don't feel I belong to anything I'd call a community.	1	2	3	4	5	6	7
3. People who do a favor expect nothing in return.	1	2	3	4	5	6	7
4. I have something valuable to give the world.	1	2	3	4	5	6	7
5. The world is becoming a better place for everyone.	1	2	3	4	5	6	7
6. I feel close to other people in my community.	1	2	3	4	5	6	7
7. My daily activities do not create anything worthwhile for my community.	1	2	3	4	5	6	7
8. I cannot make sense of what's going on in the world.	1	2	3	4	5	6	7
9. Society has stopped making progress.	1	2	3	4	5	6	7
10. People do not care about other people's problems.	1	2	3	4	5	6	7
11. My community is a source of comfort.	1	2	3	4	5	6	7
12. I try to think about and understand what could happen next in our country.	1	2	3	4	5	6	7
13. Society isn't improving for people like me.	1	2	3	4	5	6	7
14. I believe that people are kind.	1	2	3	4	5	6	7
15. I have nothing important to contribute to society.	1	2	3	4	5	6	7

Mental Health Continuum – Short Form (MHC-SF)

Please answer the following questions are about how you have been feeling in the past month. Place a check mark in the box that best represents how often you have felt each feeling.

In the past month, how often did you feel ...	NEVER (0)	ONCE OR TWICE (1)	ABOUT ONCE A WEEK (2)	2 OR 3 TIMES A WEEK (3)	ALMOST EVERY DAY (4)	EVERY DAY (5)
1. happy						
2. interested in life						
3. satisfied						
4. that you had something important to contribute to society						
5. that you belonged to a community (like a social group, your neighborhood, your city)						
6. that our society is becoming a better place for people						
7. that people are basically good						
8. that the way our society works makes sense to you						
9. that you liked most parts of your personality						
10. good at managing the responsibilities of your daily life						
11. that you had warm and trusting relationships with others						
12. that you have experiences that challenge you to grow and become a better person						
13. confident to think or express your own ideas and opinions						
14. that your life has a sense of direction or meaning to it						

MOS Social Support Survey

	None of the time	A little of the time	Some of the time	Most of the time	All of the time
Emotional/informational support					
Someone you can count on to listen to you when you need to talk	1	2	3	4	5
Someone to give you information to help you understand a situation	1	2	3	4	5
Someone to give you good advice about a crisis	1	2	3	4	5
Someone to confide in or talk to about yourself or your problems	1	2	3	4	5
Someone whose advice you really want	1	2	3	4	5
Someone to share your most private worries and fears with	1	2	3	4	5
Someone to turn to for suggestions about how to deal with a personal problem	1	2	3	4	5
Someone who understands your problems	1	2	3	4	5
Tangible support					
Someone to help you if you were confined to bed	1	2	3	4	5
Someone to take you to the doctor if you needed it	1	2	3	4	5
Someone to prepare your meals if you were unable to do it yourself	1	2	3	4	5
Someone to help with daily chores if you were sick	1	2	3	4	5
Affectionate support					
Someone who shows you love and affection	1	2	3	4	5
Someone to love and make you feel wanted	1	2	3	4	5
Someone who hugs you	1	2	3	4	5
Positive social interaction					
Someone to have a good time with	1	2	3	4	5
Someone to get together with for relaxation	1	2	3	4	5
Someone to do something enjoyable with	1	2	3	4	5
Additional item					
Someone to do things with to help you get your mind off things	1	2	3	4	5

Multidimensional Scale of Perceived Social Support

Instructions: We are interested in how you feel about the following statements. Read each statement carefully. Indicate how you feel about each statement.

Circle the "1" if you **Very Strongly Disagree**

Circle the "2" if you **Strongly Disagree**

Circle the "3" if you **Mildly Disagree**

Circle the "4" if you are **Neutral**

Circle the "5" if you **Mildly Agree**

Circle the "6" if you **Strongly Agree**

Circle the "7" if you **Very Strongly Agree**

1.	There is a special person who is around when I am in need.	1	2	3	4	5	6	7	SO
2.	There is a special person with whom I can share my joys and sorrows.	1	2	3	4	5	6	7	SO
3.	My family really tries to help me.	1	2	3	4	5	6	7	Fam
4.	I get the emotional help and support I need from my family.	1	2	3	4	5	6	7	Fam
5.	I have a special person who is a real source of comfort to me.	1	2	3	4	5	6	7	SO
6.	My friends really try to help me.	1	2	3	4	5	6	7	Fri
7.	I can count on my friends when things go wrong.	1	2	3	4	5	6	7	Fri
8.	I can talk about my problems with my family.	1	2	3	4	5	6	7	Fam
9.	I have friends with whom I can share my joys and sorrows.	1	2	3	4	5	6	7	Fri
10.	There is a special person in my life who cares about my feelings.	1	2	3	4	5	6	7	SO
11.	My family is willing to help me make decisions.	1	2	3	4	5	6	7	Fam
12.	I can talk about my problems with my friends.	1	2	3	4	5	6	7	Fri

The items tended to divide into factor groups relating to the source of the social support, namely family (Fam), friends (Fri) or significant other (SO).

Mysticism Scale

Instructions: The attached booklet contains brief descriptions of a number of experiences. Some descriptions refer to phenomena that you may not have experienced. In each case note the description carefully and then place a mark in the left margin according to how much the description applies to your own experiences. Write +1, +2, or -1, 2, or ? depending on how you feel in each case.

- +1: This description is probably true of my own experience or experiences.
- 1: This description is probably not true of my own experience or experiences.
- +2: This description is definitely true of my own experience or experiences.
- 2: This description is definitely not true of my own experience or experiences.
- ?: I cannot decide.

Please mark each item trying to avoid if at all possible marking any item with a ?. In responding to each item, please understand that the items may be considered as applying to one experience or as applying to several different experiences. After completing the booklet, please be sure that all items have been marked – leave no items unanswered.

1. I have had an experience which was both timeless and spaceless.
2. I have never had an experience which was incapable of being expressed in words.
3. I have had an experience in which something greater than myself seemed to absorb me.
4. I have had an experience in which everything seemed to disappear from my mind until I was conscious of only a void.
5. I have experienced profound joy.
6. I have never had an experience in which I felt myself to be absorbed as one with all things.
7. I have never experienced a perfectly peaceful state.
8. I have never had an experience in which I felt as if all things were alive.
9. I have never had an experience which seemed holy to me.
10. I have never had an experience in which all things seemed to be aware.
11. I have had an experience in which I had no sense of time or space.
12. I have had an experience in which I realized the oneness of myself with all things.
13. I have had an experience in which a new view of reality was revealed to me.
14. I have never experienced anything to be divine.
15. I have never had an experience in which time and space were nonexistent.
16. I have never experienced anything that I could call ultimate reality.
17. I have had an experience in which ultimate reality was revealed to me.
18. I have had an experience in which I felt that all was perfection at that time.
19. I have had an experience in which I felt everything in the world to be part of the same whole.
20. I have had an experience which I knew to be sacred.
21. I have never had an experience which I was unable to express adequately through language.
22. I have had an experience which left me with a feeling of awe.
23. I have had an experience that is impossible to communicate.

24. I have never had an experience in which my own self seemed to merge into something greater.
25. I have never had an experience which left me with a feeling of wonder.
26. I have never had an experience in which deeper aspects of reality were revealed to me.
27. I have never had an experience in which time, place, and distance were meaningless.
28. I have never had an experience in which I became aware of the unity of all things.
29. I have had an experience in which all things seemed to be conscious.
30. I have never had an experience in which all things seemed to be unified into a single whole.
31. I have had an experience in which I felt nothing is ever really dead.
32. I have had an experience that cannot be expressed in words.