

Satisfaction With Life Scale (SWLS)

Below are five statements that you may agree or disagree with. Using the 1 - 7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

- 7 - Strongly agree
- 6 - Agree
- 5 - Slightly agree
- 4 - Neither agree nor disagree
- 3 - Slightly disagree
- 2 - Disagree
- 1 - Strongly disagree

_____ In most ways my life is close to my ideal.

_____ The conditions of my life are excellent.

_____ I am satisfied with my life.

_____ So far I have gotten the important things I want in life.

_____ If I could live my life over, I would change almost nothing.

- 35 - 31 Extremely satisfied
- 26 - 30 Satisfied
- 21 - 25 Slightly satisfied
- 20 Neutral
- 15 - 19 Slightly dissatisfied
- 10 - 14 Dissatisfied
- 5 - 9 Extremely dissatisfied

Self-Acceptance Scale

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

Self-Regard Questionnaire

Please circle one number for each question below indicating your average over the last seven days, including today.

| | | | | | | | | | | |
|--|---|---|---|---|--|---|---|---|---|----|
| Sense of my facial appearance | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | Least healthy I can really look | | | | Most healthy I can really look | | | | | |
| Sense of fatigue | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | Most tired I can really feel | | | | Least tired I can really feel | | | | | |
| Sense of healthy body | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | Least healthy my body can feel | | | | Most healthy my body can feel | | | | | |
| Sense of healthy mind | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | Least healthy my mind can feel | | | | Most healthy my mind can feel | | | | | |
| Sense of my identity as a whole person | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | Least clear sense of myself as a whole person | | | | Most clear sense of myself as a whole person | | | | | |

Self-Regard Questionnaire, 1996. Obtained from Prof. Mardi Horowitz. Copyright © Prof. Mardi Horowitz. Horowitz, M. *et al.* (1996). Self regard: A new measure. *American Journal of Psychiatry*, 153, 382-385. The scale is free to use for non-commercial scientific purposes. To use for commercial purposes, each instance should involve consultation and permission from Prof. Horowitz, which may or may not be given. Please see www.mardihorowitz.com for more information. Reproduced with permission.

Sense of Coherence Scale (formerly the Orientation to Life Questionnaire)

Here is a series of questions relating to various aspects of our lives. Each question has seven possible answers. Please mark the number which expresses your answer, the numbers 1 and 7 being the extreme answers. If the words under 1 are right for you, circle 1; if the words under 7 are right for you, circle 7. If you feel differently, circle the number which best expresses your feeling. Please give only one answer to each question.

1. When you talk to people, do you have the feeling that they don't understand you?

| | | | | | | |
|----------------------------|---|---|---|---|---|-----------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| never have this feeling | | | | | | always have this feeling |

2. In the past, when you had to do something which depended upon cooperation with others, did you have the feeling that it:

| | | | | | | |
|-----------------------------|---|---|---|---|---|--------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| surely wouldn't get done | | | | | | surely would get done |

3. Think of the people with whom you come into contact daily, aside from the ones to whom you feel closest. How well do you know most of them?

| | | | | | | |
|------------------------------------|---|---|---|---|---|----------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| you feel that they're strangers | | | | | | you know them very well |

4. Do you have the feeling that you don't really care what goes on around you?

| | | | | | | |
|-------------------------|---|---|---|---|---|------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| very seldom or never | | | | | | very often |

5. Has it happened in the past that you were surprised by the behavior of people whom you thought you knew well?

| | | | | | | |
|-------------------|---|---|---|---|---|-----------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| never happened | | | | | | always happened |

6. Has it happened that people whom you counted on disappointed you?

| | | | | | | |
|-------------------|---|---|---|---|---|--------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| never happened | | | | | | always happened |

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Note: A high score represents a strong sense of coherence. Before calculating the total score, items 1, 4, 5, 6, 7, 11, 13, 14, 16, 20, 23, 25, and 27 need to be reversed.

7. Life is:

1
full of
interest

2

3

4

5

6

7
completely
routine

8. Until now your life has had:

1
no clear goals or
purpose at all

2

3

4

5

6

7
very clear goals
and purpose

9. Do you have the feeling that you're being treated unfairly?

1
very often

2

3

4

5

6

7
very seldom
or never

10. In the past ten years your life has been:

1
full of changes
without your
knowing what will
happen next

2

3

4

5

6

7
completely
consistent and
clear

11. Most of the things you do in the future will probably be:

1
completely
fascinating

2

3

4

5

6

7
deadly
boring

12. Do you have the feeling that you are in an unfamiliar situation and don't know what to do?

1
very often

2

3

4

5

6

7
very seldom
or never

13. What best describes how you see life:

1
one can always
find a solution
to painful things
in life

2

3

4

5

6

7
there is no
solution to
painful things
in life

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14. When you think about your life, you very often:

| | | | | | | |
|------------------------------------|---|---|---|---|---|--------------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| feel how good it is to be alive | | | | | | ask yourself why you exist at all |

15. When you face a difficult problem, the choice of a solution is:

| | | | | | | |
|--------------------------------------|---|---|---|---|---|----------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| always confusing and hard to find | | | | | | always completely clear |

16. Doing the things you do every day is:

| | | | | | | |
|--|---|---|---|---|---|---------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| a source of deep pleasure and satisfaction | | | | | | a source of pain and boredom |

17. Your life in the future will probably be:

| | | | | | | |
|--|---|---|---|---|---|--------------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| full of changes without your knowing what will happen next | | | | | | completely con- sistent and clear |

18. When something unpleasant happened in the past your tendency was:

| | | | | | | |
|----------------------------------|---|---|---|---|---|--|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| "to eat yourself up" about it | | | | | | to say "ok, that's that, I have to live with it," and go on |

19. Do you have very mixed-up feelings and ideas?

| | | | | | | |
|------------|---|---|---|---|---|-------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| very often | | | | | | very seldom or never |

20. When you do something that gives you a good feeling:

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| it's certain that you'll go on feeling good | | | | | | it's certain that something will happen to spoil the feeling |

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21. Does it happen that you have feelings inside you would rather not feel?

| | | | | | | |
|------------|---|---|---|---|---|-------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| very often | | | | | | very seldom or never |

22. You anticipate that your personal life in the future will be:

| | | | | | | |
|--|---|---|---|---|---|--------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| totally without meaning or pur- pose | | | | | | full of meaning and purpose |

23. Do you think that there will *always* be people whom you'll be able to count on in the future?

| | | | | | | |
|---------------------------------|---|---|---|---|---|----------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| you're certain there will be | | | | | | you doubt there will be |

24. Does it happen that you have the feeling that you don't know exactly what's about to happen?

| | | | | | | |
|------------|---|---|---|---|---|-------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| very often | | | | | | very seldom or never |

25. Many people – even those with a strong character – sometimes feel like sad sacks (losers) in certain situations. How often have you felt this way in the past?

| | | | | | | |
|-------|---|---|---|---|---|------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| never | | | | | | very often |

26. When something happened, have you generally found that:

| | | | | | | |
|---|---|---|---|---|---|--|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| you overesti- mated or under- estimated its importance | | | | | | you saw things in the right proportion |

27. When you think of difficulties you are likely to face in important aspects of your life, do you have the feeling that:

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| you will always succeed in over- coming the difficulties | | | | | | you won't succeed in over- coming the difficulties |

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28. How often do you have the feeling that there's little meaning in the things you do in your daily life?

| | | | | | | |
|------------|---|---|---|---|---|-------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| very often | | | | | | very seldom or never |

29. How often do you have feelings that you're not sure you can keep under control?

| | | | | | | |
|------------|---|---|---|---|---|-------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| very often | | | | | | very seldom or never |

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SF36

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Short Depression-Happiness Scale

A number of statements that people have made to describe how they feel are given below. Please read each one and tick the box which best describes how frequently you felt that way in the past seven days, including today. Some statements describe positive feelings and some describe negative feelings. You may have experienced both positive and negative feelings at different times during the past seven days.

| | Never | Rarely | Some- times | Often |
|---------------------------------------|-------|--------|----------------|-------|
| (1) I felt dissatisfied with my life. | | | | |
| (2) I felt happy. | | | | |
| (3) I felt cheerless. | | | | |
| (4) I felt pleased with the way I am. | | | | |
| (5) I felt that life was enjoyable. | | | | |
| (6) I felt that life was meaningless. | | | | |

Short Index of Self-Actualization Scale

Please indicate to what extent you agree or disagree with each of the following statements.

| | Strongly Agree | Agree | Somewhat Agree | Somewhat Disagree | Disagree | Strongly Disagree |
|--|-------------------|-------|-------------------|----------------------|----------|----------------------|
| 1. I do not feel ashamed of any of my emotions. | | | | | | |
| 2. I feel I must do what others expect of me. | | | | | | |
| 3. I believe that people are essentially good and can be trusted. | | | | | | |
| 4. I feel free to be angry at those I love. | | | | | | |
| 5. It is always necessary that others approve what I do. | | | | | | |
| 6. I don't accept my own weaknesses. | | | | | | |
| 7. I can like people without having to approve of them. | | | | | | |
| 8. I fear failure. | | | | | | |
| 9. I avoid attempts to analyze and simplify complex domains. | | | | | | |
| 10. It is better to be yourself than to be popular. | | | | | | |
| 11. I have no mission in life to which I feel especially dedicated. | | | | | | |
| 12. I can express my feelings even when they may result in undesirable consequences. | | | | | | |
| 13. I do not feel responsible to help anybody. | | | | | | |
| 14. I am bothered by fears of being inadequate. | | | | | | |
| 15. I am loved because I give love. | | | | | | |

Single-Item Scale of Happiness

Please answer the following question on the basis of your global and general feelings (not your present state).

Note that 0 is the minimum and 10 is the maximum score.

Circle the number that best describes your general feelings.

Do you feel happy in general?

0 1 2 3 4 5 6 7 8 9 10

Social Adjustment Scale

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Social Relationship Scale

This next question concerns who you talk to when things happen to you for better or worse in your daily life. For convenience, we have categorized these things as follows:

First, work, that is: change of job, retirement, troubles on the job, change in workload, strike, promotion, etc.

Second, money and finances, that is: income increase or decrease, bill payments, investments, taxes, loans, making ends meet, etc.

Third, home and family, that it is: change in residence, home improvements, neighbourhood decline, death in the family, birth, marriage, persons moving in or out of the home, separation/divorce, etc.

Fourth, personal health, that is: change in amount of recreation, sickness, diet, allergies, pregnancy, impairment of sight or hearing, etc.

Fifth, personal and social, that is: making new friends, furthering education, changes in religious or political beliefs, "falling out" of relationships, loneliness, achievement, boredom, etc.

and lastly, society in general, that is: politics, economy, pollution, violence, housing, inflation, education, etc.

WORK

(See front page for examples)



Check here
if this
category does
not apply to
you.

Please list the people with whom you generally discuss work, using the first name or initials only. After each name or set of initials fill in a one-or two-word description of the relation each person has to you.

Then go on to check the circle which indicates the degree of helpfulness or unhelpfulness of your discussions with each person, and lastly, check off yes or no if you feel this person would come to you to discuss work.

Don't feel you have to fill up all the spaces provided. If you find you need more spaces, please inform the interviewer.

I discuss work with:

| Name or Initials | Relation | Helpfulness of discussion (check one circle) | | | | Would this person come to you to discuss work? | |
|---------------------|----------|---|---|--|--|--|-------|
| | | Yes | No | Yes | No | | |
| _____ | | makes things a lot worse <input type="radio"/> | makes things a bit worse <input type="radio"/> | helps things a bit <input type="radio"/> | helps things a lot <input type="radio"/> | () 1 | () 2 |
| _____ | | makes things a lot worse <input type="radio"/> | makes things a bit worse <input type="radio"/> | helps things a bit <input type="radio"/> | helps things a lot <input type="radio"/> | () 1 | () 2 |
| _____ | | makes things a lot worse <input type="radio"/> | makes things a bit worse <input type="radio"/> | helps things a bit <input type="radio"/> | helps things a lot <input type="radio"/> | () 1 | () 2 |
| _____ | | makes things a lot worse <input type="radio"/> | makes things a bit worse <input type="radio"/> | helps things a bit <input type="radio"/> | helps things a lot <input type="radio"/> | () 1 | () 2 |
| _____ | | makes things a lot worse <input type="radio"/> | makes things a bit worse <input type="radio"/> | helps things a bit <input type="radio"/> | helps things a lot <input type="radio"/> | () 1 | () 2 |
| _____ | | makes things a lot worse <input type="radio"/> | makes things a bit worse <input type="radio"/> | helps things a bit <input type="radio"/> | helps things a lot <input type="radio"/> | () 1 | () 2 |

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MONEY AND FINANCES

(See front page for examples)

Please list the people with whom you generally discuss money and finances, using the first name or initials only. After each name or set of initials fill in a one-or two-word description of the relation each person has to you.

Then go on to check the circle which indicates the degree of helpfulness or unhelpfulness of your discussions with each person, and lastly, check off yes or no if you feel this person would come to you to discuss money or finances.

Don't feel you have to fill up all the spaces provided. If you find you need more spaces, please inform the interviewer.

I discuss money and finances with:

| <u>Name or Initials</u> | <u>Relation</u> | <u>Helpfulness of discussion</u> (check one circle) | | | | <u>Would this person come to you to discuss money and finances?</u> | |
|-----------------------------|-----------------|---|---|---|---|---|-----------|
| | | <u>Yes</u> | <u>No</u> | | | <u>Yes</u> | <u>No</u> |
| _____ | | <div> <div>makes things a lot worse</div> <div><input type="radio"/></div> </div> | <div> <div>makes things a bit worse</div> <div><input type="radio"/></div> </div> | <div> <div>helps things a bit</div> <div><input type="radio"/></div> </div> | <div> <div>helps things a lot</div> <div><input type="radio"/></div> </div> | () 1 | () 2 |
| _____ | | <div> <div>makes things a lot worse</div> <div><input type="radio"/></div> </div> | <div> <div>makes things a bit worse</div> <div><input type="radio"/></div> </div> | <div> <div>helps things a bit</div> <div><input type="radio"/></div> </div> | <div> <div>helps things a lot</div> <div><input type="radio"/></div> </div> | () 1 | () 2 |
| _____ | | <div> <div>makes things a lot worse</div> <div><input type="radio"/></div> </div> | <div> <div>makes things a bit worse</div> <div><input type="radio"/></div> </div> | <div> <div>helps things a bit</div> <div><input type="radio"/></div> </div> | <div> <div>helps things a lot</div> <div><input type="radio"/></div> </div> | () 1 | () 2 |
| _____ | | <div> <div>makes things a lot worse</div> <div><input type="radio"/></div> </div> | <div> <div>makes things a bit worse</div> <div><input type="radio"/></div> </div> | <div> <div>helps things a bit</div> <div><input type="radio"/></div> </div> | <div> <div>helps things a lot</div> <div><input type="radio"/></div> </div> | () 1 | () 2 |
| _____ | | <div> <div>makes things a lot worse</div> <div><input type="radio"/></div> </div> | <div> <div>makes things a bit worse</div> <div><input type="radio"/></div> </div> | <div> <div>helps things a bit</div> <div><input type="radio"/></div> </div> | <div> <div>helps things a lot</div> <div><input type="radio"/></div> </div> | () 1 | () 2 |
| _____ | | <div> <div>makes things a lot worse</div> <div><input type="radio"/></div> </div> | <div> <div>makes things a bit worse</div> <div><input type="radio"/></div> </div> | <div> <div>helps things a bit</div> <div><input type="radio"/></div> </div> | <div> <div>helps things a lot</div> <div><input type="radio"/></div> </div> | () 1 | () 2 |

HOME AND FAMILY

(See front page for examples)

Please list the people with whom you generally discuss home and family, using the first name or initials only. After each name or set of initials fill in a one-or two-word description of the relation each person has to you.

Then go on to check the circle which indicates the degree of helpfulness or unhelpfulness of your discussions with each person, and lastly, check off yes or no if you feel this person would come to you to discuss home and family.

Don't feel you have to fill up all the spaces provided. If you find you need more spaces, please inform the interviewer.

I discuss home and family with:

| Name or Initials | Relation | Helpfulness of discussion (check one circle) | | | | Would this person come to you to discuss home and family? | |
|---------------------|----------|---|---|---|---|--|-------|
| | | Yes | No | Yes | No | | |
| _____ | | <div> <div>makes things a lot worse</div> <div><input type="radio"/></div> </div> | <div> <div>makes things a bit worse</div> <div><input type="radio"/></div> </div> | <div> <div>helps things a bit</div> <div><input type="radio"/></div> </div> | <div> <div>helps things a lot</div> <div><input type="radio"/></div> </div> | () 1 | () 2 |
| _____ | | <div> <div>makes things a lot worse</div> <div><input type="radio"/></div> </div> | <div> <div>makes things a bit worse</div> <div><input type="radio"/></div> </div> | <div> <div>helps things a bit</div> <div><input type="radio"/></div> </div> | <div> <div>helps things a lot</div> <div><input type="radio"/></div> </div> | () 1 | () 2 |
| _____ | | <div> <div>makes things a lot worse</div> <div><input type="radio"/></div> </div> | <div> <div>makes things a bit worse</div> <div><input type="radio"/></div> </div> | <div> <div>helps things a bit</div> <div><input type="radio"/></div> </div> | <div> <div>helps things a lot</div> <div><input type="radio"/></div> </div> | () 1 | () 2 |
| _____ | | <div> <div>makes things a lot worse</div> <div><input type="radio"/></div> </div> | <div> <div>makes things a bit worse</div> <div><input type="radio"/></div> </div> | <div> <div>helps things a bit</div> <div><input type="radio"/></div> </div> | <div> <div>helps things a lot</div> <div><input type="radio"/></div> </div> | () 1 | () 2 |
| _____ | | <div> <div>makes things a lot worse</div> <div><input type="radio"/></div> </div> | <div> <div>makes things a bit worse</div> <div><input type="radio"/></div> </div> | <div> <div>helps things a bit</div> <div><input type="radio"/></div> </div> | <div> <div>helps things a lot</div> <div><input type="radio"/></div> </div> | () 1 | () 2 |
| _____ | | <div> <div>makes things a lot worse</div> <div><input type="radio"/></div> </div> | <div> <div>makes things a bit worse</div> <div><input type="radio"/></div> </div> | <div> <div>helps things a bit</div> <div><input type="radio"/></div> </div> | <div> <div>helps things a lot</div> <div><input type="radio"/></div> </div> | () 1 | () 2 |

PERSONAL HEALTH

(See front page for examples)

Please list the people with whom you generally discuss personal health, using the first name or initials only. After each name or set of initials fill in a one-or two-word description of the relation each person has to you.

Then go on to check the circle which indicates the degree of helpfulness or unhelpfulness of your discussions with each person, and lastly, check off yes or no if you feel this person would come to you to discuss personal health.

Don't feel you have to fill up all the spaces provided. If you find you need more spaces, please inform the interviewer.

I discuss personal health with:

| Name or Initials | Relation | Helpfulness of discussion (check one circle) | | | | Would this person come to you to discuss personal health? | |
|---------------------|----------|---|---|-------------------------------|-------------------------------|--|-----------|
| | | <i>makes things a lot worse</i> | <i>makes things a bit worse</i> | <i>helps things a bit</i> | <i>helps things a lot</i> | <u>Yes</u> | <u>No</u> |
| _____ | | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | () 1 | () 2 |
| _____ | | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | () 1 | () 2 |
| _____ | | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | () 1 | () 2 |
| _____ | | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | () 1 | () 2 |
| _____ | | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | () 1 | () 2 |
| _____ | | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | () 1 | () 2 |

Social Relationship Scale, 1981. Obtained from Dr. Allan H. McFarlane. Copyright © Dr. McFarlane. Authors (McFarlane *et al*) must be recognised if the scale is used. Original reference: McFarlane, A.H., Neale, K.A., Norman, G.R., Roy, R.G. & Streiner, D.L. (1981). Methodological issues in developing a scale to measure social support. *Schizophrenia Bulletin*, 7(1), 90-100. Reproduced with permission.

PERSONAL AND SOCIAL

(See front page for examples)

Please list the people with whom you generally discuss personal and social things, using the first name or initials only. After each name or set of initials fill in a one-or two-word description of the relation each person has to you.

Then go on to check the circle which indicates the degree of helpfulness or unhelpfulness of your discussions with each person, and lastly, check off yes or no if you feel this person would come to you to discuss personal and social things.

Don't feel you have to fill up all the spaces provided. If you find you need more spaces, please inform the interviewer.

I discuss personal and social things with:

| Name or Initials | Relation | Helpfulness of discussion (check one circle) | | | | Would this person come to you to discuss personal and social things? | |
|---------------------|----------|---|---|-----------------------------------|-----------------------------------|--|-----------|
| | | <div>makes things a lot worse</div> | <div>makes things a bit worse</div> | <div>helps things a bit</div> | <div>helps things a lot</div> | <u>Yes</u> | <u>No</u> |
| _____ | | <div><input type="radio"/></div> | <div><input type="radio"/></div> | <div><input type="radio"/></div> | <div><input type="radio"/></div> | () 1 | () 2 |
| _____ | | <div><input type="radio"/></div> | <div><input type="radio"/></div> | <div><input type="radio"/></div> | <div><input type="radio"/></div> | () 1 | () 2 |
| _____ | | <div><input type="radio"/></div> | <div><input type="radio"/></div> | <div><input type="radio"/></div> | <div><input type="radio"/></div> | () 1 | () 2 |
| _____ | | <div><input type="radio"/></div> | <div><input type="radio"/></div> | <div><input type="radio"/></div> | <div><input type="radio"/></div> | () 1 | () 2 |
| _____ | | <div><input type="radio"/></div> | <div><input type="radio"/></div> | <div><input type="radio"/></div> | <div><input type="radio"/></div> | () 1 | () 2 |
| _____ | | <div><input type="radio"/></div> | <div><input type="radio"/></div> | <div><input type="radio"/></div> | <div><input type="radio"/></div> | () 1 | () 2 |

Social Relationship Scale, 1981. Obtained from Dr. Allan H. McFarlane. Copyright © Dr. McFarlane. Authors (McFarlane *et al*) must be recognised if the scale is used. Original reference: McFarlane, A.H., Neale, K.A., Norman, G.R., Roy, R.G. & Streiner, D.L. (1981). Methodological issues in developing a scale to measure social support. *Schizophrenia Bulletin*, 7(1), 90-100. Reproduced with permission.

SOCIETY IN GENERAL

(See front page for examples)

Please list the people with whom you generally discuss society in general, using the first name or initials only. After each name or set of initials fill in a one-or two-word description of the relation each person has to you.

Then go on to check the circle which indicates the degree of helpfulness or unhelpfulness of your discussions with each person, and lastly, check off yes or no if you feel this person would come to you to discuss society in general.

Don't feel you have to fill up all the spaces provided. If you find you need more spaces, please inform the interviewer.

I discuss society in general with:

| Name or Initials | Relation | Helpfulness of discussion (check one circle) | | | | Would this person come to you to discuss society in general? | |
|---------------------|----------|--|----|-------|-------|---|--|
| | | Yes | No | | | | |
| _____ | | <div> <div>makes things a lot worse</div> <div><input type="radio"/></div> <div>makes things a bit worse</div> <div><input type="radio"/></div> <div>helps things a bit</div> <div><input type="radio"/></div> <div>helps things a lot</div> <div><input type="radio"/></div> </div> | | () 1 | () 2 | | |
| _____ | | <div> <div>makes things a lot worse</div> <div><input type="radio"/></div> <div>makes things a bit worse</div> <div><input type="radio"/></div> <div>helps things a bit</div> <div><input type="radio"/></div> <div>helps things a lot</div> <div><input type="radio"/></div> </div> | | () 1 | () 2 | | |
| _____ | | <div> <div>makes things a lot worse</div> <div><input type="radio"/></div> <div>makes things a bit worse</div> <div><input type="radio"/></div> <div>helps things a bit</div> <div><input type="radio"/></div> <div>helps things a lot</div> <div><input type="radio"/></div> </div> | | () 1 | () 2 | | |
| _____ | | <div> <div>makes things a lot worse</div> <div><input type="radio"/></div> <div>makes things a bit worse</div> <div><input type="radio"/></div> <div>helps things a bit</div> <div><input type="radio"/></div> <div>helps things a lot</div> <div><input type="radio"/></div> </div> | | () 1 | () 2 | | |
| _____ | | <div> <div>makes things a lot worse</div> <div><input type="radio"/></div> <div>makes things a bit worse</div> <div><input type="radio"/></div> <div>helps things a bit</div> <div><input type="radio"/></div> <div>helps things a lot</div> <div><input type="radio"/></div> </div> | | () 1 | () 2 | | |
| _____ | | <div> <div>makes things a lot worse</div> <div><input type="radio"/></div> <div>makes things a bit worse</div> <div><input type="radio"/></div> <div>helps things a bit</div> <div><input type="radio"/></div> <div>helps things a lot</div> <div><input type="radio"/></div> </div> | | () 1 | () 2 | | |

Social Support Appraisals Scale (SS-A)

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The original reference must be cited if used: Vaux, A., Phillips, J., Thomson, B., Holly, L., Williams, D. & Stewart, D. (1986). The Social Support Appraisals (SSA) Scale: Studies of reliability and validity. *American Journal of Community Psychology*, 14, 195-200.

For permission to use the scale and to obtain a copy, please contact Professor Alan Vaux at alanvaux@siu.edu.

Social Support Behaviors Scale (SS-B)

The scale could not be reproduced because permission from the copyright holders could not be obtained before publication.

The original reference must be cited if used: Vaux, A., Riedel, S. & Stewart, D. (1987). Modes of social support: The Social Support Behaviors (SSB) Scale. *American Journal of Community Psychology*, 15, 209-237.

For permission to use the scale and to obtain a copy, please contact Professor Alan Vaux at alanvaux@siu.edu.

Social Support Questionnaire

INSTRUCTIONS:

The following questions ask about people in your environment who provide you with help or support. Each question has two parts. For the first part, list all the people you know, excluding yourself, whom you can count on for help or support in the manner described. Give the person's initials and their relationship to you (see example). Do not list more than one person next to each of the letters beneath the question.

For the second part, circle how satisfied you are with the overall support you have.

If you have no support for a question, check the words "No one," but still rate your level of satisfaction. Do not list more than nine persons per question.

Please answer all questions as best you can. All your responses will be kept confidential.

EXAMPLE:

Who do you know whom you can trust with information that could get you in trouble?

| | | | |
|--------|-------------------|--------------------|----|
| No one | 1) T.N. (brother) | 4) T.N. (father) | 7) |
| | 2) L.M. (friend) | 5) L.M. (employer) | 8) |
| | 3) R.S. (friend) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

1. Whom can you really count on to listen to you when you need to talk?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

2. Whom could you really count on to help you if a person whom you thought was a good friend insulted you and told you that he/she didn't want to see you again?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

3. Whose lives do you feel that you are an important part of?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

4. Whom do you feel would help you if you were married and had just separated from your spouse?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

5. Whom could you really count on to help you out in a crisis situation, even though they would have to go out of their way to do so?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

6. Whom can you talk with frankly, without having to watch what you say?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

7. Who helps you feel that you truly have something positive to contribute to others?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

8. Whom can you really count on to distract you from your worries when you feel under stress?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

9. Whom can you really count on to be dependable when you need help?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

10. Whom could you really count on to help you out if you had just been fired from your job or expelled from school?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

11. With whom can you totally be yourself?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

12. Whom do you feel really appreciates you as a person?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

13. Whom can you really count on to give you useful suggestions that help you to avoid making mistakes?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

14. Whom can you count on to listen openly and uncritically to your innermost feelings?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

15. Who will comfort you when you need it by holding you in their arms?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

16. Whom do you feel would help if a good friend of yours had been in a car accident and was hospitalized in serious condition?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

17. Whom can you really count on to help you feel more relaxed when you are under pressure or tense?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

18. Whom do you feel would help if a family member very close to you died?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

19. Who accepts you totally, including both your worst and your best points?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

20. Whom can you really count on to care about you, regardless of what is happening to you?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

21. Whom can you really count on to listen to you when you are very angry at someone else?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

22. Whom can you really count on to tell you, in a thoughtful manner, when you need to improve in some way?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

23. Whom can you really count on to help you feel better when you are feeling generally down-in-the-dumps?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

24. Whom do you feel truly loves you deeply?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

25. Whom can you count on to console you when you are very upset?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

26. Whom can you really count on to support you in major decisions you make?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

27. Whom can you really count on to help you feel better when you are very irritable, ready to get angry at almost anything?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

Social Support Questionnaire – Brief

INSTRUCTIONS:

The following questions ask about people in your environment who provide you with help or support. Each question has two parts. For the first part, list all the people you know, excluding yourself, whom you can count on for help or support in the manner described. Give the persons' initials, their relationship to you (see example). Do not list more than one person next to each of the numbers beneath the question.

For the second part, circle how satisfied you are with the overall support you have.

If you have had no support for a question, check the words "No one," but still rate your level of satisfaction. Do not list more than nine persons per question.

Please answer all the questions as best you can. All your responses will be kept confidential.

EXAMPLE:

Who do you know whom you can trust with information that could get you in trouble?

| | | | |
|--------|-------------------|--------------------|----|
| No one | 1) T.N. (brother) | 4) T.N. (father) | 7) |
| | 2) L.M. (friend) | 5) L.M. (employer) | 8) |
| | 3) R.S. (friend) | 6) | 9) |

How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

1. Whom can you really count on to be dependable when you need help?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

2. How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

3. Whom can you really count on to help you feel more relaxed when you are under pressure or tense?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

4. How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

5. Who accepts you totally, including both your worst and your best points?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

6. How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

7. Whom can you really count on to care about you, regardless of what is happening to you?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

8. How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

9. Whom can you really count on to help you feel better when you are feeling generally down-in-the dumps?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

10. How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

11. Whom can you count on to console you when you are very upset?

| | | | |
|--------|----|----|----|
| No one | 1) | 4) | 7) |
| | 2) | 5) | 8) |
| | 3) | 6) | 9) |

12. How satisfied?

| | | | | | |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|
| 6 - very satisfied | 5 - fairly satisfied | 4 - a little satisfied | 3 - a little dissatisfied | 2 - fairly dissatisfied | 1 - very dissatisfied |
|-----------------------|-------------------------|---------------------------|------------------------------|----------------------------|--------------------------|

Sources of Meaning Profile – Revised

This questionnaire contains a number of statements which assess the sources of meaning in people's lives. Read each statement carefully and decide how meaningful each source is in your life at the present time.

Select one of the 7 scale values that best describes your personal situation and place the number in the space provided, as shown below:

| | | | | | | |
|--------------------------|---|---|--------------------------|---|---|-------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Not at all meaningful | | | Moderately meaningful | | | Extremely meaningful |

| | | |
|---|--|--|
| 6 | | Making the world a better place to live. |
|---|--|--|

Please answer as honestly as possible. Be sure that your answer is in the correct blank and that all blanks are filled in.

| | | |
|--|-----|--|
| | 1. | Participation in leisure activities. |
| | 2. | Meeting basic, everyday needs. |
| | 3. | Taking part in creative activities. |
| | 4. | Engaging in personal relationships with family and/or friends. |
| | 5. | Being acknowledged for personal achievements. |
| | 6. | Experiencing personal growth. |
| | 7. | Taking part in religious activities. |
| | 8. | Interest in social causes. |
| | 9. | Being of service to others. |
| | 10. | Preserving human values and ideals. |
| | 11. | Preservation of culture and tradition. |
| | 12. | Leaving a legacy for the next generation. |
| | 13. | Feeling financially secure. |
| | 14. | Interest in human rights (humanistic concerns). |
| | 15. | Participation in "hedonistic" activities (e.g., gambling, parties, etc.) |
| | 16. | Acquiring material possessions to enjoy the good life. |
| | 17. | Relationship with nature. |

Spiritual Meaning Scale (SMS)

Directions: Please rate the extent to which you agree/disagree with each statement listed below, according to the following scale:

| | | | | |
|--------------------|----------------------|----------------|-------------------|-----------------|
| 1 | 2 | 3 | 4 | 5 |
| I totally disagree | I partially disagree | I'm in between | I partially agree | I totally agree |

- _____ 1. There is no particular reason why I exist.
- _____ 2. We are each meant to make our own special contribution to the world.
- _____ 3. I was meant to actualize my potentials.
- _____ 4. Life is inherently meaningful.
- _____ 5. I will never have a spiritual bond with anyone.
- _____ 6. When I look deep within my heart, I see a life I am compelled to pursue.
- _____ 7. My life is meaningful.
- _____ 8. In performing certain tasks, I can feel something higher or transcendent working through me.
- _____ 9. Our flawed and often horrific behavior indicates that there is little or no meaning inherent in our existence.
- _____ 10. I find meaning even in my mistakes and sins.
- _____ 11. I see a special purpose for myself in this world.
- _____ 12. There are certain activities, jobs, or services to which I feel called.
- _____ 13. There is no reason or meaning underlying human existence.
- _____ 14. Something purposeful is at the heart of this world.
- _____ 15. We are all participating in something larger and greater than any of us.

Spiritual Well-Being Scale (SWB)

For each of the following statements circle the choice that best indicates the extent of your agreement or disagreement as it describes your personal experience:

| | |
|-----------------------|--------------------------|
| SA = Strongly Agree | D = Disagree |
| MA = Moderately Agree | MD = Moderately Disagree |
| A = Agree | SD = Strongly Disagree |

- | | | | | | | |
|--|----|----|---|---|----|----|
| 1. I don't find much satisfaction in private prayer with God. | SA | MA | A | D | MD | SD |
| 2. I don't know who I am, where I came from, or where I'm going. | SA | MA | A | D | MD | SD |
| 3. I believe that God loves me and cares about me. | SA | MA | A | D | MD | SD |
| 4. I feel that life is a positive experience. | SA | MA | A | D | MD | SD |
| 5. I believe that God is impersonal and not interested in my daily situations. | SA | MA | A | D | MD | SD |
| 6. I feel unsettled about my future. | SA | MA | A | D | MD | SD |
| 7. I have a personally meaningful relationship with God. | SA | MA | A | D | MD | SD |
| 8. I feel very fulfilled and satisfied with life. | SA | MA | A | D | MD | SD |
| 9. I don't get much personal strength and support from my God | SA | MA | A | D | MD | SD |
| 10. I feel a sense of well-being about the direction my life is headed in. | SA | MA | A | D | MD | SD |
| 11. I believe that God is concerned about my problems. | SA | MA | A | D | MD | SD |
| 12. I don't enjoy much about life. | SA | MA | A | D | MD | SD |
| 13. I don't have a personally satisfying relationship with God. | SA | MA | A | D | MD | SD |
| 14. I feel good about my future. | SA | MA | A | D | MD | SD |
| 15. My relationship with God helps me not to feel lonely. | SA | MA | A | D | MD | SD |
| 16. I feel that life is full of conflict and unhappiness. | SA | MA | A | D | MD | SD |
| 17. I feel most fulfilled when I'm in close communion with God. | SA | MA | A | D | MD | SD |
| 18. Life doesn't have much meaning. | SA | MA | A | D | MD | SD |
| 19. My relation with God contributes to my sense of well-being. | SA | MA | A | D | MD | SD |
| 20. I believe there is some real purpose for my life. | SA | MA | A | D | MD | SD |

Staats Hope Index

INSTRUCTIONS: Read the item below and circle 0, 1, 2, 3, 4 or 5 on the left hand side to indicate the extent that you would wish for the item mentioned. Then circle 0, 1, 2, 3, 4, or 5 on the right hand side to indicate the extent to which you expect the thing mentioned to occur.

| To what extent would do you <i>wish</i> for this? | [Insert proper time frame here] | To what extent do you <i>expect</i> this? |
|--|--|--|
| O=not at all 5=very much | ITEM | O=not at all 5=very much |
| 0 1 2 3 4 5 | 1. To do well in school, in job, or in daily tasks.* | 0 1 2 3 4 5 |
| 0 1 2 3 4 5 | 2. To have more friends. | 0 1 2 3 4 5 |
| 0 1 2 3 4 5 | 3. To have good health. | 0 1 2 3 4 5 |
| 0 1 2 3 4 5 | 4. To be competent. | 0 1 2 3 4 5 |
| 0 1 2 3 4 5 | 5. To achieve long range goals. | 0 1 2 3 4 5 |
| 0 1 2 3 4 5 | 6. To be happy. | 0 1 2 3 4 5 |
| 0 1 2 3 4 5 | 7. To have money. | 0 1 2 3 4 5 |
| 0 1 2 3 4 5 | 8. To have leisure time. | 0 1 2 3 4 5 |
| 0 1 2 3 4 5 | 9. Other people to be helpful. | 0 1 2 3 4 5 |
| 0 1 2 3 4 5 | 10. The crime rate to go down. | 0 1 2 3 4 5 |
| 0 1 2 3 4 5 | 11. The country to be more productive. | 0 1 2 3 4 5 |
| 0 1 2 3 4 5 | 12. Understanding by my family. | 0 1 2 3 4 5 |
| 0 1 2 3 4 5 | 13. Justice in the world. | 0 1 2 3 4 5 |
| 0 1 2 3 4 5 | 14. Peace in the world. | 0 1 2 3 4 5 |
| 0 1 2 3 4 5 | 15. Personal freedom. | 0 1 2 3 4 5 |
| 0 1 2 3 4 5 | 16. Resources for all. | 0 1 2 3 4 5 |

* Use the item most appropriate to sample, e.g. daily tasks for retired persons

State Hope Scale

Directions: Read each item carefully. Using the scale shown below, please select the number that best describes *how you think about your-self right now* and put that number in the blank provided. *Please take a few moments to focus on yourself and what is going on in your life at this moment. Once you have this "here and now" set, go ahead and answer each item according to the following scale: 1 = Definitely False; 2 = Mostly False; 3 = Somewhat False; 4 = Slightly False; 5 = Slightly True; 6 = Somewhat True; 7 = Mostly True; and 8 = Definitely True.*

- __1. If I should find myself in a jam, I could think of many ways to get out of it.
- __2. At the present time, I am energetically pursuing my goals.
- __3. There are lots of ways around any problem that I am facing now.
- __4. Right now I see myself as being pretty successful.
- __5. I can think of many ways to reach my current goals.
- __6. At this time, I am meeting the goals I have set for myself.

Note. When administering this measure, it is labelled the Goals Scale. The even-numbered items are agency, and the odd-numbered items are pathways. Subscale scores for agency or pathways are derived by adding the three even- and odd-numbered items, and the total State Hope Scale score is the sum of all six items.

State Self-Esteem Scale

This is a questionnaire designed to measure what you are thinking at this moment. There is, of course, no right answer for any statement. The best answer is what you feel is true of yourself at this moment. Be sure to answer all of the items, even if you are not certain of the best answer. Again, answer these questions as they are true for you **RIGHT NOW**.

1 = Not at All
2 = A Little Bit
3 = Somewhat
4 = Very Much
5 = Extremely

- | | | | | | |
|---|---|---|---|---|---|
| 1. I feel confident about my abilities. | 1 | 2 | 3 | 4 | 5 |
| 2. I am worried about whether I am regarded as a success or failure. | 1 | 2 | 3 | 4 | 5 |
| 3. I feel satisfied with the way my body looks right now. | 1 | 2 | 3 | 4 | 5 |
| 4. I feel frustrated or rattled about my performance. | 1 | 2 | 3 | 4 | 5 |
| 5. I feel that I am having trouble understanding things that I read. | 1 | 2 | 3 | 4 | 5 |
| 6. I feel that others respect and admire me. | 1 | 2 | 3 | 4 | 5 |
| 7. I am dissatisfied with my weight. | 1 | 2 | 3 | 4 | 5 |
| 8. I feel self-conscious. | 1 | 2 | 3 | 4 | 5 |
| 9. I feel as smart as others. | 1 | 2 | 3 | 4 | 5 |
| 10. I feel displeased with myself. | 1 | 2 | 3 | 4 | 5 |
| 11. I feel good about myself. | 1 | 2 | 3 | 4 | 5 |
| 12. I am pleased with my appearance right now. | 1 | 2 | 3 | 4 | 5 |
| 13. I am worried about what other people think of me. | 1 | 2 | 3 | 4 | 5 |
| 14. I feel confident that I understand things. | 1 | 2 | 3 | 4 | 5 |
| 15. I feel inferior to others at this moment. | 1 | 2 | 3 | 4 | 5 |
| 16. I feel unattractive. | 1 | 2 | 3 | 4 | 5 |
| 17. I feel concerned about the impression I am making. | 1 | 2 | 3 | 4 | 5 |
| 18. I feel that I have less scholastic ability right now than others. | 1 | 2 | 3 | 4 | 5 |
| 19. I feel like I'm not doing well. | 1 | 2 | 3 | 4 | 5 |
| 20. I am worried about looking foolish. | 1 | 2 | 3 | 4 | 5 |

Subjective Happiness Scale

For each of the following statements and/or questions, please circle the point on the scale that you feel is most appropriate in describing you.

1. In general, I consider myself:

| | | | | | | |
|-------------------------------|---|---|---|---|---|---------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not a very happy person | | | | | | a very happy person |

2. Compared to most of my peers, I consider myself:

| | | | | | | |
|---------------|---|---|---|---|---|---------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| less happy | | | | | | more happy |

3. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?

| | | | | | | |
|---------------|---|---|---|---|---|-----------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all | | | | | | a great deal |

4. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?

| | | | | | | |
|---------------|---|---|---|---|---|-----------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all | | | | | | a great deal |

Temporal Satisfaction With Life Scale (TSWLS)

Below are fifteen statements with which you may agree or disagree. These statements concern either your past, present, or future. Using the 1 - 7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding. The 7-point scale is:

- 1 = strongly disagree
- 2 = disagree
- 3 = slightly disagree
- 4 = neither agree nor disagree
- 5 = slightly agree
- 6 = agree
- 7 = strongly agree

- ____ 1. If I had my past to live over, I would change nothing.
- ____ 2. I am satisfied with my life in the past.
- ____ 3. My life in the past was ideal for me.
- ____ 4. The conditions of my life in the past were excellent.
- ____ 5. I had the important things I wanted in my past.

- ____ 6. I would change nothing about my current life.
- ____ 7. I am satisfied with my current life.
- ____ 8. My current life is ideal for me.
- ____ 9. The current conditions of my life are excellent.
- ____ 10. I have the important things I want right now.

- ____ 11. There will be nothing that I will want to change about my future.
- ____ 12. I will be satisfied with my life in the future.
- ____ 13. I expect my future life will be ideal for me.
- ____ 14. The conditions of my future life will be excellent.
- ____ 15. I will have the important things I want in the future.

Tennessee Self-Concept Scale, Second Edition (TSCS:2)

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Sample items from the TSCS's subscales are listed below:

Physical – Identity

- 1. I am an attractive person.
- 21. I have a healthy body.

Moral – Identity

- 2. I am an honest person.
- 23. I am a decent sort of person.

Personal – Identity

- 25. I am a cheerful person
- 82. I have a lot of self-control.

Family – Identity

- 3. I am a member of a happy family.
- 27. My family would always help me with any kind of trouble.

Social – Identity

- 7. I am a friendly person.
- 38. I am mad at the whole world.

Academic/Work

- 12. It is easy for me to learn new things.
- 63. I do as well as I want to at almost any job.

To obtain permission for use of the Tennessee Self-Concept Scale, please contact:

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Website: www.wpspublish.com

Trait (Dispositional) Hope Scale

Directions: Read each item carefully. Using the scale shown below, please select the number that best describes YOU and put that number in the blank provided.

1 = Definitely False 2 = Mostly False 3 = Mostly True 4 = Definitely True

- _____ 1. I can think of many ways to get out of a jam. (Pathways)
- _____ 2. I energetically pursue my goals. (Agency)
- _____ 3. I feel tired most of the time. (Filler)
- _____ 4. There are lots of ways around any problem. (Pathways)
- _____ 5. I am easily downed in an argument. (Filler)
- _____ 6. I can think of many ways to get the things in life that are most important to me. (Pathways)
- _____ 7. I worry about my health. (Filler)
- _____ 8. Even when others get discouraged, I know I can find a way to solve the problem. (Pathways)
- _____ 9. My past experiences have prepared me well for my future. (Agency)
- _____ 10. I've been pretty successful in life. (Agency)
- _____ 11. I usually find myself worrying about something. (Filler)
- _____ 12. I meet the goals that I set for myself. (Agency)

Trait Emotional Intelligence Questionnaire (TEIQue)

Instructions

- Please complete this questionnaire on your own and in quiet conditions.
- Please answer each statement below by putting a circle around the number that best reflects your degree of agreement or disagreement with that statement. *There are no right or wrong answers.*
- Work quickly, and don't think too long about the exact meaning of the statements.
- Try to answer as accurately as possible.
- You have seven possible responses, ranging from 1=Completely Disagree to 7=Completely Agree
- Many thanks for your time and interest

| | | DISAGREE COMPLETELY | | | | | AGREE COMPLETELY | |
|-----|---|------------------------|---|---|---|---|---------------------|---|
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. | I'm usually able to control other people | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. | Generally, I don't take notice of other people's emotions | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. | When I receive wonderful news, I find it difficult to calm down quickly | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. | I tend to see difficulties in every opportunity rather than opportunities in every difficulty | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5. | On the whole, I have a gloomy perspective on most things | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6. | I don't have a lot of happy memories | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7. | Understanding the needs and desires of others is not a problem for me | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8. | I generally believe that things will work out fine in my life | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9. | I often find it difficult to recognise what emotion I'm feeling | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10. | I'm not socially skilled | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 11. | I find it difficult to tell others that I love them even when I want to | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 12. | Others admire me for being relaxed | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 13. | I rarely think about old friends from the past | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 14. | Generally, I find it easy to tell others how much they really mean to me | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 15. | Generally, I must be under pressure to really work hard | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 16. | I tend to get involved in things I later wish I could get out of | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 17. | I'm able to "read" most people's feelings like an open book | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 18. | I'm usually able to influence the way other people feel | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 19. | I normally find it difficult to calm angry people down | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 20. | I find it difficult to take control of situations at home | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 21. | I generally hope for the best | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 22. | Others tell me that they admire me for my integrity | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 23. | I really don't like listening to my friends' problems | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 24. | I'm normally able to "get into someone's shoes" and experience their emotions | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 25. | I believe I'm full of personal weaknesses | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 26. | I find it difficult to give up things I know and like | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 27. | I always find ways to express my affection to others when I want to | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 28. | I feel that I have a number of good qualities | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 29. | I tend to rush into things without much planning | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 30. | I find it difficult to speak about my intimate feelings even to my closest friends | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 31. | I'm not able to do things as well as most people | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 32. | I'm never really sure what I'm feeling | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 33. | I'm usually able to express my emotions when I want to | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 34. | When I disagree with someone, I usually find it easy to say so | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 35. | I normally find it difficult to keep myself motivated | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 36. | I know how to snap out of my negative moods | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 37. | On the whole, I find it difficult to describe my feelings | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 38. | I find it difficult not to feel sad when someone tells me about something bad that happened to them | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 39. | When something surprises me, I find it difficult to get it out of my mind | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 40. | I often pause and think about my feelings | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 41. | I tend to see the glass as half-empty rather than as half-full | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 42. | I often find it difficult to see things from another person's viewpoint | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Trait Emotional Intelligence Questionnaire (TEIQue), 2001. Obtained from Dr. K.V. Petrides. Please see the research website for more information: http://www.ioe.ac.uk/schools/phd/kpetrides/trait_ei.htm. Reproduced with permission.

| | | DISAGREE COMPLETELY | | | | AGREE COMPLETELY | | | |
|-----|--|------------------------|---|---|---|---------------------|---|---|--|
| 43. | I'm a follower, not a leader | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 44. | Those close to me often complain that I don't treat them right | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 45. | Many times, I can't figure out what emotion I'm feeling | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 46. | I couldn't affect other people's feelings even if I wanted to | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 47. | If I'm jealous of someone, I find it difficult not to behave badly towards them | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 48. | I get stressed by situations that others find comfortable | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 49. | I find it difficult to sympathize with other people's plights | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 50. | In the past, I have taken credit for someone else's input | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 51. | On the whole, I can cope with change effectively | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 52. | I don't seem to have any power at all over other people's feelings | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 53. | I have many reasons for not giving up easily | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 54. | I like putting effort even into things that are not really important | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 55. | I always take responsibility when I do something wrong | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 56. | I tend to change my mind frequently | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 57. | When I argue with someone, I can only see my point of view | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 58. | Things tend to turn out right in the end | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 59. | When I disagree with someone, I generally prefer to remain silent rather than make a scene | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 60. | If I wanted to, it would be easy for me to make someone feel bad | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 61. | I would describe myself as a calm person | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 62. | I often find it difficult to show my affection to those close to me | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 63. | There are many reasons to expect the worst in life | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 64. | I usually find it difficult to express myself clearly | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 65. | I don't mind frequently changing my daily routine | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 66. | Most people are better liked than I am | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 67. | Those close to me rarely complain about how I behave toward them | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 68. | I usually find it difficult to express my emotions the way I would like to | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 69. | Generally, I'm able to adapt to new environments | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 70. | I often find it difficult to adjust my life according to the circumstances | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 71. | I would describe myself as a good negotiator | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 72. | I can deal effectively with people | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 73. | On the whole, I'm a highly motivated person | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 74. | I have stolen things as a child | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 75. | On the whole, I'm pleased with my life | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 76. | I find it difficult to control myself when I'm extremely happy | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 77. | Sometimes, it feels like I'm producing a lot of good work effortlessly | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 78. | When I take a decision, I'm always sure it is the right one | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 79. | If I went on a blind date, the other person would be disappointed with my looks | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 80. | I normally find it difficult to adjust my behaviour according to the people I'm with | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 81. | On the whole, I'm able to identify myself with others | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 82. | I try to regulate pressures in order to control my stress levels | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 83. | I don't think I'm a useless person | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 84. | I usually find it difficult to regulate my emotions | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 85. | I can handle most difficulties in my life in a cool and composed manner | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 86. | If I wanted to, it would be easy for me to make someone angry | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 87. | On the whole, I like myself | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 88. | I believe I'm full of personal strengths | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 89. | I generally don't find life enjoyable | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 90. | I'm usually able to calm down quickly after I've got mad at someone | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 91. | I can remain calm even when I'm extremely happy | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 92. | Generally, I'm not good at consoling others when they feel bad | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 93. | I'm usually able to settle disputes | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 94. | I never put pleasure before business | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 95. | Imagining myself in someone else's position is not a problem for me | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 96. | I need a lot of self-control to keep myself out of trouble | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 97. | It is easy for me to find the right words to describe my feelings | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |

Trait Emotional Intelligence Questionnaire (TEIQue), 2001. Obtained from Dr. K.V. Petrides. Please see the research website for more information: http://www.ioe.ac.uk/schools/phd/kpetrides/trait_ei.htm. Reproduced with permission.

| | | DISAGREE COMPLETELY | | | | | AGREE COMPLETELY | |
|------|--|------------------------|---|---|---|---|---------------------|---|
| 98. | I expect that most of my life will be enjoyable | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 99. | I am an ordinary person | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 100. | I tend to get "carried away" easily | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 101. | I usually try to resist negative thoughts and think of positive alternatives | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 102. | I don't like planning ahead | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 103. | Just by looking at somebody, I can understand what he or she feels | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 104. | Life is beautiful | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 105. | I normally find it easy to calm down after I have been scared | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 106. | I want to be in command of things | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 107. | I usually find it difficult to change other people's opinions | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 108. | I'm generally good at social chit-chat | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 109. | Controlling my urges is not a big problem for me | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 110. | I really don't like my physical appearance | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 111. | I tend to speak well and clearly | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 112. | On the whole, I'm not satisfied with how I tackle stress | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 113. | Most of the time, I know exactly why I feel the way I do | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 114. | I find it difficult to calm down after I have been strongly surprised | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 115. | On the whole, I would describe myself as assertive | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 116. | On the whole, I'm not a happy person | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 117. | When someone offends me, I'm usually able to remain calm | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 118. | Most of the things I manage to do well seem to require a lot of effort | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 119. | I have never lied to spare someone else's feelings | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 120. | I find it difficult to bond well even with those close to me | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 121. | I consider all the advantages and disadvantages before making up my mind | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 122. | I don't know how to make others feel better when they need it | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 123. | I usually find it difficult to change my attitudes and views | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 124. | Others tell me that I rarely speak about how I feel | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 125. | On the whole, I'm satisfied with my close relationships | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 126. | I can identify an emotion from the moment it starts to develop in me | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 127. | On the whole, I like to put other people's interests above mine | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 128. | Most days, I feel great to be alive | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 129. | I tend to get a lot of pleasure just from doing something well | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 130. | It is very important to me to get along with all my close friends and family | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 131. | I frequently have happy thoughts | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 132. | I have many fierce arguments with those close to me | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 133. | Expressing my emotions with words is not a problem for me | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 134. | I find it difficult to take pleasure in life | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 135. | I'm usually able to influence other people | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 136. | When I'm under pressure, I tend to lose my cool | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 137. | I usually find it difficult to change my behaviour | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 138. | Others look up to me | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 139. | Others tell me that I get stressed very easily | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 140. | I'm usually able to find ways to control my emotions when I want to | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 141. | I believe that I would make a good salesperson | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 142. | I lose interest in what I do quite easily | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 143. | On the whole, I'm a creature of habit | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 144. | I would normally defend my opinions even if it meant arguing with important people | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 145. | I would describe myself as a flexible person | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 146. | Generally, I need a lot of incentives in order to do my best | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 147. | Even when I'm arguing with someone, I'm usually able to take their perspective | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 148. | On the whole, I'm able to deal with stress | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 149. | I try to avoid people who may stress me out | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 150. | I often indulge without considering all the consequences | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 151. | I tend to "back down" even if I know I'm right | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 152. | I find it difficult to take control of situations at work | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 153. | Some of my responses on this questionnaire are not 100% honest | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

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QUESTION SECTION 2

About you

Please note that in this section you are occasionally asked to ✎ write in your answer.

What is your gender?

☐ MALE ☐ FEMALE

What is your natural hand for writing?

☐ RIGHT ☐ LEFT

Your marital status?

- ☐ Single
☐ Living together
☐ Married, no children in education
☐ Married with children in education
☐ Divorced/ Separated
☐ Widowed
☐ Other

How would you describe yourself ethnically?

- ☐ White – UK heritage
☐ White - other
☐ Pakistani
☐ Bangladeshi
☐ Indian
☐ Black – African heritage
☐ Black – Caribbean heritage
☐ Chinese
☐ Other

What is your total pre-tax annual income?

- ☐ Below £5000
☐ £5001-10000
☐ £10001-£15000
☐ £15001-£20,000
☐ £20001-£25000
☐ £25001-£30000
☐ £30001-£35000
☐ £35001-£40000
☐ £41001-£45000
☐ £45001-£50000
☐ Over £50000

How happy in your job are you?

On a scale of 1-7, where
 1=Not at All Happy
 4=Average
 7=Very Happy
 Please write in your score ✎

Is English your native language?

☐ YES ☐ NO

What is your year of birth?

✎ 19...

Your birth order? (e.g. 1st, 2nd child)

☐ 1st ☐ 2nd ☐ 3rd ☐ 4
☐ 5th ☐ 6th

Your current occupation?

- ☐ Private sector, manufacturer
☐ Private sector, service company
☐ Armed forces
☐ Health Service
☐ Other public sector
☐ Voluntary sector/charities
☐ Academic/teaching
☐ Self-employed
☐ Not employed
☐ Other

What sort of family religious background do you have?

- ☐ Christian – Protestant
☐ Christian – Roman Catholic
☐ Christian – Other
☐ Muslim
☐ Hindu
☐ Jewish
☐ Buddhist
☐ Other belief system
☐ None at all

How religious are you?

On a scale of 1-7, where
 1=Not Religious At All
 4=Average
 7=Very Religious
 Please write in your score ✎

How good are you at your line of work?

On a scale of 1-7, where
 1=Poor
 4=Average
 7=Very Good
 Please write in your score ✎

What is your job title?

✎

Was your upbringing mainly in

☐ Large City ☐ Town ☐ Village ☐ Other

How many children have you had?

☐ None ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 5+

Your highest educational qualification?

- ☐ GCSE/O Level or similar
☐ A Level or similar
☐ BA/BSc or similar
☐ MA/MSc or similar
☐ MBA
☐ PhD
☐ Other

If you are currently in higher education, what subject are you studying?

✎

And with which religion would you say you most closely identify now?

- ☐ Christian – Protestant
☐ Christian – Catholic
☐ Christian – Other
☐ Muslim
☐ Hindu
☐ Jewish
☐ Buddhist
☐ Other belief system
☐ None at all

What are your political convictions?

On a scale of 1-7, where
 1=Strongly Left Wing
 4=Neither
 7=Strongly Right wing
 Please write in your score ✎

How many hours a month do you dedicate to voluntary public or civic work?

✎

Trait Emotional Intelligence Questionnaire – Short Form (TEIQue-SF)

Instructions: Please answer each statement below by putting a circle around the number that best reflects your degree of agreement or disagreement with that statement. Do not think too long about the exact meaning of the statements. Work quickly and try to answer as accurately as possible. There are no right or wrong answers. There are seven possible responses to each statement ranging from 'Completely Disagree' (number 1) to 'Completely Agree' (number 7).

1 2 3 4 5 6 7
Completely Disagree **Completely Agree**

| | | | | | | | |
|--|---|---|---|---|---|---|---|
| 1. Expressing my emotions with words is not a problem for me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. I often find it difficult to see things from another person's viewpoint. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. On the whole, I'm a highly motivated person. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. I usually find it difficult to regulate my emotions. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5. I generally don't find life enjoyable. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6. I can deal effectively with people. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7. I tend to change my mind frequently. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8. Many times, I can't figure out what emotion I'm feeling. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9. I feel that I have a number of good qualities. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10. I often find it difficult to stand up for my rights. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 11. I'm usually able to influence the way other people feel. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 12. On the whole, I have a gloomy perspective on most things. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 13. Those close to me often complain that I don't treat them right. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 14. I often find it difficult to adjust my life according to the circumstances. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 15. On the whole, I'm able to deal with stress. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 16. I often find it difficult to show my affection to those close to me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 17. I'm normally able to "get into someone's shoes" and experience their emotions. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 18. I normally find it difficult to keep myself motivated. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 19. I'm usually able to find ways to control my emotions when I want to. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 20. On the whole, I'm pleased with my life. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 21. I would describe myself as a good negotiator. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 22. I tend to get involved in things I later wish I could get out of. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 23. I often pause and think about my feelings. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 24. I believe I'm full of personal strengths. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 25. I tend to "back down" even if I know I'm right. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 26. I don't seem to have any power at all over other people's feelings. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 27. I generally believe that things will work out fine in my life. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 28. I find it difficult to bond well even with those close to me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 29. Generally, I'm able to adapt to new environments. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 30. Others admire me for being relaxed. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

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