

## INTOLERANCE OF UNCERTAINTY SCALE

Instructions:

You will find below a series of statements which describe how people may react to the uncertainties of life. Please use the scale below to describe to what extent each item is characteristic of you (for each item please tick one of the five boxes).

	Not at all characteristic	A little characteristic	Somewhat characteristic	Very characteristic	Entirely characteristic
1. Uncertainty stops me from having a firm opinion.					
2. Being uncertain means that a person is disorganised.					
3. Uncertainty makes life intolerable.					
4. It's not fair that there are no guarantees in life.					
5. My mind can't be relaxed I don't know what will happen tomorrow.					
6. Uncertainty makes me uneasy, anxious or stressed.					
7. Unforeseen events upset me greatly.					
8. It frustrates me not having all the information I need.					
9. Uncertainty prevents me from fully enjoying life.					
10. One should always look ahead so as to avoid surprises.					
11. A small unforeseen event can spoil everything, even with the best of planning.					
12. When it's time to act uncertainty paralyses me.					
13. Being uncertain means that I'm not first rate.					
14. When I am uncertain, I can't go forward.					
15. When I am uncertain, I can't function very well.					
16. Uncertainty makes life intolerable.					
17. Unlike me, others always seem to know where they are going with their lives.					
18. Uncertainty makes me vulnerable, unhappy or sad.					
19. I always want to know what the future has in store for me.					
20. I hate being taken by surprise.					
21. The smallest doubt stops me from acting.					
22. I should be able to organise everything in advance.					
23. Being uncertain means that I lack confidence.					
24. I think it's unfair that other people seem sure about their future.					
25. Uncertainty stops me from sleeping well.					
26. I must get away from uncertain situations.					
27. The ambiguities in life stress me.					

## IMPULSIVENESS SCALE

Instructions:

People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly.

R: Rarely/Never.

O: Occasionally.

F: Frequently.

A: Almost always/Always.

	R	O	F	A
1. I plan tasks carefully.				
2. I do things without thinking.				
3. I make up my mind quickly.				
4. I am happy-go-lucky.				
5. I don't pay attention to things.				
6. I have thoughts racing around my mind.				
7. I plan my trips well ahead of time.				
8. I am self controlled.				
9. I concentrate easily.				
10. I save regularly.				
11. I squirm on my seat at plays or lectures.				
12. I am a careful thinker.				
13. I plan for job security.				
14. I say things without thinking.				
15. I like thinking about complex problems.				
16. I change jobs.				
17. I act on impulse.				
18. I easily get bored when thinking about a problem.				
19. I get regular medical check-ups.				
20. I act on the spur of the moment.				
21. I am a careful thinker.				
22. I change where I live.				
23. I buy things on impulse.				
24. I can only think about one problem at a time.				
25. I change hobbies.				
26. I walk and move quickly.				
27. I deal with problems tentatively.				
28. I spend or buy on credit more than I earn.				
29. I talk quickly.				
30. When I'm thinking, my mind often wanders.				
31. I am more interested in the present than the future.				
32. I am restless at the theatre or lectures.				
33. I like puzzles.				
34. I plan for the future.				

## ROSENBERG SELF-ESTEEM INVENTORY (1969)

Instructions:

For each of the characteristics or descriptions below, indicate to what extent it is true for you by circling the appropriate number:

	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
1. I feel that I am a person of worth, at least the equal of others.	1	2	3	4
2. I feel that I have a number of good qualities.	1	2	3	4
3. All in all, I am inclined to feel that I am a failure.	1	2	3	4
4. I am able to do things as well as most other people.	1	2	3	4
5. I feel I do not have much to be proud of.	1	2	3	4
6. I take a positive attitude toward myself.	1	2	3	4
7. On the whole I am satisfied with myself.	1	2	3	4
8. I wish I could have more respect for myself.	1	2	3	4
9. At times I think that I am no good at all.	1	2	3	4
10. I certainly feel useless at times.	1	2	3	4

## TORONTO ALEXITHYMIA SCALE (TAS 20)

Instructions:

Using the scale provided as a guide, indicate how much you agree or disagree with each of the following statements. Simply place an X in the appropriate place. Give only one answer for each statement:

(1) Strongly disagree, (2) moderately disagree, (3) neither agree nor disagree, (4) moderately agree, (5) strongly agree.

	Strongly disagree	Moderately disagree	Neither agree nor disagree	Moderately agree	Strongly agree
1. I am often confused about what emotion I am feeling.					
2. It is difficult for me to find the right words for my feelings.					
3. I have physical sensations that even doctors don't understand.					
4. I am able to describe my feelings easily.					
5. I prefer to analyse problems rather than just describe them.					
6. When I am upset, I don't know if I am sad, frightened, or angry.					
7. I am often puzzled by sensations in my body.					
8. I prefer to just let things happen rather than to understand why they turned out that way.					
9. I have feelings that I can't quite identify.					
10. In touch with emotions is essential.					
11. I find it hard to describe how I feel about people.					
12. People tell me to describe my feelings more.					
13. I don't know what's going on inside me.					
14. I often don't know why I am angry.					
15. I prefer talking to people about their daily activities rather than their feelings.					
16. I prefer to watch "light" entertainment shows rather than psychological dramas.					
17. It is difficult for me to reveal my innermost feelings, even to close friends.					
18. I can feel close to someone, even in moments of silence.					
19. I find examination of my feelings useful in solving personal problems.					
20. Looking for hidden meanings in movies or plays distracts from their enjoyment.					

## SOCIOTROPY AUTONOMY SCALE

Instructions:

Indicate to what degree each of the statements below applies to you. Choose the percentage that comes closest to how the statements describe you, using the scale placed to the right of the statements.

	0 %	25 %	50 %	75 %	100 %
1. I feel I have to be nice to people.					
2. It is important to me to be free and independent.					
3. It is more important that I know I've done a good job than having others know it.					
4. Being able to share experiences with other people makes them much more enjoyable for me.					
5. I am afraid of hurting other people's feelings.					
6. It bothers me when people try to direct my behaviour or activities.					
7. I find it difficult to say "no" to people.					
8. I feel bad if I do not have some social plans for the weekend.					
9. I prize being a unique individual more than being a member of a group.					
10. When I feel sick, I prefer to be left alone.					
11. I worry that if people know my faults or weaknesses, they may not like me.					
12. If I think I am right about something, I feel comfortable expressing myself even if others don't like it.					
13. When visiting people, I get fidgety when sitting around talking and would rather get up and do something.					
14. It is more important to meet your own objectives on a task than to meet another person's objective.					
15. I do things that are not in my best interest in order to please others.					
16. I like going for long walks on my own.					
17. I am more concerned that people like me than I am about making important achievements.					
18. I would be uncomfortable dining out in a restaurant by myself.					

19. I don't enjoy what I am doing when I don't feel that someone in my life really cares about me.					
20. I am not influenced by others in what I decide to do.					
21. It is very important that I feel free to get up whenever I want and go wherever I want.					
22. I value work accomplishments more than I value making friends.					
23. I believe it is important to be in control of one's emotions.					
24. I get uncomfortable when I am not sure how I am expected to behave in the presence of other people.					
25. I feel more comfortable helping others than receiving help.					
26. It would not be much for me to travel to a new place all alone.					
27. If a friend has not called for a while I get worried that he or she has forgotten me.					
28. It is more important to be active and doing things than having close relationships with other people.					
29. I get uncomfortable around a person who does not clearly like me.					
30. If a goal is important to me I will pursue it even if it may make other people uncomfortable.					
31. I find it difficult to be separated from people I love.					
32. When I achieve a goal I get more satisfaction from reaching the goal than from any praise I might get.					
33. I censor what I say because I am concerned that the other person may disapprove or disagree.					
34. I get lonely when I am home by myself at night.					
35. I often find myself thinking about friends or family.					
36. I prefer planning things myself so I'm not controlled by other people.					
37. I can feel perfectly fine being alone all day, without needing someone with me.					
38. If somebody criticises my appearance, I feel I am not attractive to other people.					
39. It is more important to get a job done than worry about people's reactions.					
40. I like to spend my free time with others.					
41. I don't like to answer personal questions because they feel like an invasion of my privacy.					
42. When I have a problem, I like to go off on my own and think it through rather than being influenced by others.					

43. In relationships, people often are too demanding of each other.					
44. I am uneasy when I cannot tell whether or not someone I've met likes me.					
45. I set my own standards and goals for myself rather than accepting those of other people.					
46. I am more apologetic to others than I need to be.					
47. It is important to be liked and approved by others.					
48. I enjoy accomplishing things more than being given credit for them.					
49. Having close ties with others makes me feel safe.					
50. When I am with other people, I look for signs whether or not they like being with me.					
51. I like to go off on my own exploring new places.					
52. If I think somebody may be upset at me, I want to apologise.					
53. I like to be certain that there is somebody close I can contact in case I have a problem.					
54. I feel confined when I have to remain sitting for a long time during a meeting.					
55. I don't like intrusions into my private life.					
56. I don't feel at ease if I don't fit in.					
57. The worst thing about prison would be being deprived of your freedom of movement.					
58. The worst part about growing old is being left alone.					
59. I worry that somebody I love will die.					
60. The possibility of being rejected by others for standing up for my rights would not stop me.					

## BECK DEPRESSION INVENTORY

### Instructions:

For each item, choose the statement that best describes how you feel today by circling the number beside it. If several statements apply equally well, choose the highest number of that group.

0	I do not feel sad.
1	I feel sad.
2	I am sad all the time and can't snap out of it.
3	I am so sad or unhappy that I can't stand it.
0	I am not particularly discouraged about the future.
1	I feel discouraged about the future.
2	I feel I have nothing to look forward to.
3	I feel that the future is hopeless and that things cannot improve.
0	I do not feel like a failure.
1	I feel I have failed more than the average person.
2	As I look back on my life, all I can see is a lot of failures.
3	I feel I am a complete failure as a person.
0	I get as much satisfaction out of things as I used to.
1	I don't enjoy things the way I used to.
2	I don't get real satisfaction out of anything anymore.
3	I am dissatisfied or bored with everything.
0	I don't feel particularly guilty.
1	I feel guilty a good part of the time.
2	I feel quite guilty most of the time.
3	I feel guilty all of the time.
0	I don't feel I am being punished.
1	I feel I may be punished.
2	I expect to be punished.
3	I feel I am being punished.
0	I don't feel disappointed in myself.
1	I am disappointed in myself.
2	I am disgusted with myself.
3	I hate myself.

0	I don't feel I am worse than anybody else.
1	I am critical of myself for my weaknesses or mistakes.
2	I blame myself all the time for my faults.
3	I blame myself for everything bad that happens.
0	I don't have any thoughts of killing myself.
1	I have thoughts of killing myself, but I would not carry them out.
2	I would like to kill myself.
3	I would kill myself if I had the chance.
0	I don't cry any more than usual.
1	I cry more now than I used to.
2	I cry all the time now.
3	I used to be able to cry, but now I can't even cry even though I want to.
0	I am no more irritated by things than I ever am.
1	I am slightly more irritated now than usual.
2	I am quite annoyed or irritated a good deal of the time.
3	I feel irritated all the time now.
0	I have not lost interest in other people.
1	I am less interested in other people than I used to be.
2	I have lost most of my interest in other people.
3	I have lost all of my interest in other people.
0	I make decisions about as well as I ever could.
1	I put off making decisions more than I used to.
2	I have greater difficulty in making decisions than before.
3	I can't make decisions at all anymore.
0	I don't feel that I look any worse than I used to.
1	I am worried that I am looking old or unattractive.
2	I feel that there are permanent changes in my appearance that make me look unattractive.
3	I believe that I look ugly.
0	I can work about as well as before.
1	It takes an extra effort to get started at doing something.
2	I have to push myself very hard to do anything.
3	I can't do any work at all.

<p>0 I can sleep as well as usual.          1 I don't sleep as well as I used to.          2 I wake up 1-2 hours earlier than usual and find it hard to get back to sleep.          3 I wake up several hours earlier than I used to and cannot get back to sleep.</p>
<p>0 I don't get tired more than usual.          1 I get tired more easily than I used to.          2 I get tired from doing almost anything.          3 I am too tired to do anything.</p>
<p>0 My appetite is no worse than usual.          1 My appetite is not as good as it used to be.          2 My appetite is much worse now.          3 I have no appetite at all anymore.</p>
<p>0 I haven't lost much weight, if any, lately.          1 I have lost more than five pounds.          2 I have lost more than ten pounds.          3 I have lost more than fifteen pounds.</p>
<p>0 I am no more worried about my health than usual.          1 I am worried about physical problems such as aches or pains, or upset stomach, or constipation.          2 I am very worried about physical problems and it's hard to think of much else.          3 I am so worried about my physical problems that I cannot think about anything else.</p>
<p>0 I have not noticed any recent change in my interest in sex.          1 I am less interested in sex than I used to be.          2 I am much less interested in sex now.          3 I have lost interest in sex completely.</p>

## SPIELBERGER SELF-ASSESSMENT QUESTIONNAIRE

### Anxiety Inventory form E

**Instructions:**

A number of statements which people use to describe themselves are given below. Read each statement then tick the appropriate response among the four choices to indicate how you feel at **this very moment**. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer that best describes **your present feelings**.

	Not at all	A little	Somewhat	Very Much So
1. I feel calm.				
2. I feel secure.				
3. I am tense.				
4. I feel strained.				
5. I feel at ease.				
6. I feel upset.				
7. I am presently worrying over possible misfortunes.				
8. I feel satisfied.				
9. I feel frightened.				
10. I feel good.				
11. I feel self-confident.				
12. I feel nervous and irritable.				
13. I feel jittery.				
14. I feel indecisive.				
15. I am relaxed.				
16. I feel content.				
17. I am worried.				
18. I feel confused.				
19. I feel steady.				
20. I feel pleasant.				

## SPIELBERGER SELF-ASSESSMENT QUESTIONNAIRE

### Anxiety Inventory form T

**Instructions:**

A number of statements which people use to describe themselves are given below. Read each statement and then tick one of the four answers that best fits with how you, **generally** feel. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer that best describes your usual feelings.

	Not at all	A little	Somewhat	Very Much So
1. I feel pleasant.				
2. I feel nervous and restless.				
3. I feel satisfied with myself.				
4. I wish I could be as happy as others seem to be.				
5. I feel like a failure.				
6. I feel rested.				
7. I am cool, calm and collected.				
8. I feel that difficulties are piling up and that I cannot overcome them.				
9. I worry too much over things that don't really matter.				
10. I am happy.				
11. I have disturbing thoughts.				
12. I lack self-confidence.				
13. I feel worry-free and secure.				
14. I make decisions easily.				
15. I feel inadequate.				
16. I am content.				
17. Some unimportant thoughts run through my mind and bother me.				
18. I take disappointments so keenly that I can't get them out of my mind.				
19. I am steady person.				
20. I get in a state of turmoil as I think over my recent concerns and interests.				

## ENERGY QUESTIONNAIRE

	Yes	No	Don't know
1. Do you often feel tired?			
2. Do you often have trouble falling asleep?			
3. Do you wake up repeatedly during the night?			
4. Do you feel weak all over?			
5. Do you have the feeling that you haven't been accomplishing much lately?			
6. Do you have the feeling that you can't cope with everyday problems as well as you used to?			
7. Do you believe that you have come to a 'dead end'?			
8. Do you lately feel more listless than before?			
9. I enjoy sex as much as ever.			
10. Have you experienced a feeling of hopelessness recently?			
11. Does it take more time to grasp a difficult problem than it did a year ago?			
12. Do little things irritate you more lately than they used to?			
13. Do you feel you want to give up trying?			
14. I feel fine.			
15. Do you sometimes feel that your body is like a battery that is losing its power?			
16. Would you want to be dead at times?			
17. Do you have the feeling these days that you just don't have what it takes anymore?			
18. Do you feel dejected?			
19. Do you feel like crying sometimes?			
20. Do you ever wake up with a feeling of exhaustion and fatigue?			
21. Do you have increasing difficulty in concentrating on a single problem?			

Yes = 2

NSP = 1

Non = 0, except for 9 and 14.

**TOTAL:**