

⇒ Please fill in your SID No. \_\_\_\_\_

⇒ GENDER (circle): MALE FEMALE

### Self-Evaluation Questionnaire

DIRECTIONS: A number of statements which people have used to describe themselves appear below. Read each statement then use the scale below to fill in the value that best indicates 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 which seems to describe how you generally feel.

1	2	3	4
almost never	sometimes	often	almost always

- \_\_\_ 1. I feel pleasant.
- \_\_\_ 2. I feel nervous and restless.
- \_\_\_ 3. I feel satisfied with myself.
- \_\_\_ 4. I wish I were as happy as others seem to be.
- \_\_\_ 5. I feel like a failure.
- \_\_\_ 6. I feel rested.
- \_\_\_ 7. I am "calm, cool, and collected."
- \_\_\_ 8. I feel that difficulties are piling up so that I cannot overcome them.
- \_\_\_ 9. I worry too much over something that really doesn't matter.
- \_\_\_ 10. I am happy.
- \_\_\_ 11. I have disturbing thoughts.
- \_\_\_ 12. I lack self-confidence.
- \_\_\_ 13. I feel secure.
- \_\_\_ 14. I make decisions easily.
- \_\_\_ 15. I feel inadequate.
- \_\_\_ 16. I am content.
- \_\_\_ 17. Some unimportant thought runs through my mind and bothers me.
- \_\_\_ 18. I take disappointments so keenly that I can't put them out of my mind.
- \_\_\_ 19. I am a steady person.
- \_\_\_ 20. I get in a state of tension or turmoil as I think over my recent concerns & interests.
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- \_\_\_ 21. I feel quite cheerful.
- \_\_\_ 22. I look at the sunny side of life.
- \_\_\_ 23. My friends seem to feel I'm unhappy.
- \_\_\_ 24. I consider myself a happy person.
- \_\_\_ 25. Compared to my friends, I think less positively about life in general.
- \_\_\_ 26. I laugh joyfully.
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- \_\_\_ 27. I am quick tempered.
- \_\_\_ 28. I have a fiery temper.
- \_\_\_ 29. I am a hotheaded person.
- \_\_\_ 30. I get angry when I'm slowed down by others' mistakes.
- \_\_\_ 31. I feel annoyed when I am not given recognition for doing good work.
- \_\_\_ 32. I fly off the handle.
- \_\_\_ 33. When I get mad, I say nasty things.
- \_\_\_ 34. It makes me furious when I am criticized in front of others.
- \_\_\_ 35. When I get frustrated, I feel like hitting someone.
- \_\_\_ 36. I feel infuriated when I do a good job and get a poor evaluation.
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- \_\_\_ 37. I fear being criticized.
- \_\_\_ 38. I'm afraid of not being a success.
- \_\_\_ 39. Spiders scare me.
- \_\_\_ 40. I feel uneasy when I'm with someone I find physically attractive.
- \_\_\_ 41. I'm afraid of snakes.
- \_\_\_ 42. I'm uneasy speaking before a group.
- \_\_\_ 43. Being teased/made self-conscious makes me anxious.
- \_\_\_ 44. I feel anxious that I might make mistakes.
- \_\_\_ 45. I feel uneasy around people in authority.
- \_\_\_ 46. Tough looking people scare me.
- \_\_\_ 47. When I'm in enclosed places, I feel scared.
- \_\_\_ 48. I'm fearful/anxious in hospitals.
- \_\_\_ 49. I try to answer surveys honestly.

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Thank you for filling out our questionnaire! In order to use your data-set, we need you to respond to every item listed above. Please take a minute to make sure you answered each item before going to the next page.

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