Act as if what you do makes a difference. It does. --William James (1842-1910).
Appendix 1

Tridosha Psychological Personality Assessment Test (Level 1)

Instructions:
Some instances and some generally exhibited behaviour in those instances are given here. Each statement has three options. Kindly read each and every statement carefully and select the one which best describes you or your actions, from the group of statements, for every situation. If you feel your behaviour applies to more than one statement in a group, please select it also.

For example:

Q1. Description of my friendships:
A. I know many people, but I have few intimate friends. Min. Avg. Strong.
B. My friendships are dependable.
C. My friendships last for a long time, usually over many years. Min. Avg. Strong.

First and third options are selected here as they are the statements that are most applicable to Mr. XYZ. Similarly, all the questions are to be answered by selecting the statement/s that is/are most applicable to you as a person. Kindly make sure that you have dealt with all the statements. All of them are mandatory. Generally most people take about twenty minutes to answer this questionnaire. You may take your own time to do so.

Thank you.

Questionnaire

1. Description of my friendships:
   A. Though I have few friends, all of them are close.
   B. I know many people, but I have few close friends.
   C. All my friends are close.

2. Description of my behaviour when I meet new people:
   A. When I meet new people I don’t start a conversation first.
   B. I talk only to those new people who impress me.
   C. I do not feel shy to talk to new people.

3. Description of my anger:
   A. I get angry very quickly and stay that way for a long time.
   B. I get angry quickly but cool down also quickly.
   C. I don’t get angry easily, but when I do, I take a very long time to cool down.
4. **Description of my feeling of fear:**
   A  I feel scared easily.
   B  I feel scared sometimes.
   C  I don’t get scared easily.

5. **Description of my hobbies:**
   A  I have some hobbies, I enjoy doing whenever I am free.
   B  I have many hobbies, but I cannot do the same one for a long time. Sometimes I enjoy one and at other times I like doing something else.
   C  I do not have any hobbies.

6. **Description of the kinds of games and sports I like to play:**
   A  I enjoy games which I can sit in a place and play like chess, scrabble, carrom, etc.
   B  I like sports like football, hockey, rugby, trekking, etc., which involves a lot of running and movement.
   C  I enjoy sports like bungee jumping, sky diving, rock climbing, river rafting, etc which need a lot of courage and adventure.

7. **Description of my interest in art and craft:**
   A  I have no interest in arts and crafts.
   B  I love performing arts and crafts.
   C  I am interested in artistic and beautiful things.

8. **Description of my beliefs:**
   A  I am spiritual but may not follow rituals.
   B  I believe and follow my religion.
   C  My belief in a Supreme Power is unpredictable.

9. **Description of my self-concept:**
   A  Depending on my moods, at times I feel my family is ordinary and at other times I feel we are special.
   B  I belong to an extra ordinary family, and expect everyone to know it.
   C  I belong to an ordinary family.

10. **Description of my behaviour in problem situations:**
    **Whenever there is a problem:**
    A  I run away from them.
    B  I don’t get upset but try and solve it.
    C  I get upset but face it boldly.

11. **Description of my behaviour:**
    A  I never take others’ things without asking them.
    B  I take other’s things without bothering to ask them.
    C  Sometimes I take other’s things without their permission.
12. Description of my behaviour:
   A  Depending on the situation, I follow values and ethics.
   B  I am unpredictable about my values and ethics.
   C  I never compromise my values and ethics.

13. Description of my response to any kind of situation:
   A  Once I take a decision, I don’t change my mind.
   B  I am unpredictable in whatever I do.
   C  I am predictable in whatever I do.

14. Description of my control over myself:
   A  I behave the way I want without worrying about the consequences.
   B  I can generally control myself easily.
   C  Most of the time I find it difficult to control myself.

15. Description of my behaviour with others:
   A  In general I behave well with everyone and everywhere.
   B  I never behave badly in front of outsiders.
   C  My behaviour cannot be predicted by anyone.

16. Description of my feeling of contentment:
   A  I am always very restless.
   B  I am not happy and satisfied with what I have.
   C  I am generally satisfied and happy with what I have.

17. Description of my behaviour with others:
   A  When I am hurt, I excuse people only sometimes.
   B  I hurt back immediately if someone hurts me.
   C  I hurt back someone who hurts me even if takes long time for me.

18. Description of my commitment to complete any work:
   A  I finish any work I start even though I am slow.
   B  I cannot complete anything properly as I lose interest.
   C  I am quick in my work and can maintain my interest and thinking to complete it.

19. Description of my interaction with others:
   A  I am very loving and patient with people who need me or my family.
   B  I take a long time to make friends but once they are friends, they are for the rest of my life.
   C  I am good at making friends and can avoid them also when necessary.

20. Description of how I display my feelings when I am hurt:
    A  I get angry when someone hurts me.
    B  When I am hurt, I control myself and do not show others how I feel.
    C  I become sad when I am hurt.
21. **Description of my behaviour when others help me:**
   A I do not need to thank people when they help me.
   B When I get help from others I am thankful and happy, and I praise and remember them always.
   C I thank people for helping me and close the matter there.

22. **Description of how I share with others:**
   A I always share my things freely with everyone.
   B I share my things only with the people I know.
   C I keep my things with me only without sharing them.

23. **Description of my movements and speech:**
   A I am unpredictable in the speed of my actions, reactions and talk. Sometimes I move around without any purpose.
   B My actions, reactions and talk are slow and I never rush for anything.
   C My actions, reactions and talk are always quick and purposeful.

24. **Description of my intelligence:**
   A I am very intelligent and understand everything easily.
   B I find it difficult to understand many things around me.
   C I am intelligent but understand new things slowly.

25. **Description of my capacity to remember:**
   A I remember whatever is important to me and I don’t bother about other things.
   B I find it difficult to remember anything.
   C I always remember everything, without forgetting anything.

26. **Description of my capacity to understand things:**
   A I understand everything quickly and don’t forget them afterwards.
   B I take time to understand new things, but hardly forget them afterwards.
   C Though I understand things quickly, I forget them also quickly.

27. **Description of my ability to take decisions:**
   A I cannot decide about anything and keep changing my mind.
   B I don’t take much time to decide what I want and don’t change my mind once I decide.
   C I take time to think and decide and then I don’t change my mind.

28. **Description of my ability to be new and unusual in my thinking:**
   A I can think of new and unusual ways to do something sometimes only.
   B I am very new, unusual and different in everything I do.
   C I am a creative thinker in my area of interest only.
29. **Description of my style of working:**
   A I think a lot before I start any work, and I always complete it properly.
   B I am quick to start any work and make sure I finish it well.
   C I start a work quickly and also give up quickly if it is difficult.

30. **Description of my capacity to give attention to details:**
   A I cannot give attention to the finer details of any work.
   B Though I give attention to the finer details in the beginning, I cannot continue to do so for long.
   C I give attention to the smallest details also and finish the work well.

31. **Description of my behaviour when there is work to be done:**
   A I find all work difficult and I cannot complete it.
   B Though I can plan and do any work properly, I cannot do the same work daily.
   C I am good at controlling and looking after things and I can do the same work daily.

32. **Description of my behaviour when there is a problem:**
   A I get upset when there is a problem, until a solution is found.
   B I stay cool and think of a solution to set it right.
   C I worry a lot even for little things and tell everybody about it.

33. **Description of my attention to work:**
   A I can easily pay attention and complete any work without losing interest.
   B I cannot pay attention for long and even forget what I should be doing after some time.
   C I can give attention to only some things that are important and not everything.

34. **Description of my strength and capacity for work:**
   A I feel tired after doing some work as I am not very strong.
   B Even little work makes me tired.
   C I am strong, and do not feel tired after doing work.

35. **Description of my feeling of excitement:**
   A Even little things make me excited and it takes a long time for me to cool down.
   B I don’t get excited easily nor do I calm down easily.
   C I get excited fast and cool down also easily.

36. **Description of my hunger:**
   A I always feel very hungry.
   B My hunger is unpredictable.
   C I generally don’t feel very hungry.
37. **Description of the regularity of my eating habits:**
   A  I am not particular about eating and drinking at regular timings.
   B  I am very particular about eating and drinking at regular time and in proper quantities.
   C  My eating and drinking habits are regular and the quantity is less.

38. **Description of my speed while eating and drinking:**
   A  I am very quick in eating and drinking.
   B  I am slow in eating and drinking.
   C  I am neither fast nor slow in eating and drinking.

39. **Description of my body’s digestion capacity:**
   A  I digest everything I eat.
   B  My digestion is sometimes good and sometimes weak, and it is not the same always.
   C  I need more time to digest food.

40. **Description of my body’s excretion routine:**
   A  Sometimes I have loose motions.
   B  My motions are regular and normal.
   C  I have problem in motions. I pass hard stools.

41. **Description of my body’s reaction if I fast or change the food/ time of eating:**
   If I fast or change the food or time of eating:
   A  I cannot pay attention to anything and my motions also get disturbed.
   B  I get head-ache and/ or vomiting and/ or acidity sometimes.
   C  I do not have any problem.

42. **Description of my night sleep patterns:**
   A  I get good sleep.
   B  I get up at the smallest noise and wake up many times during the night.
   C  I get a good sleep and generally don’t get up during the night.

43. **Description of the quantity of sleep I need:**
   A  I cannot compromise on the quantity of sleep in need every night to feel fresh.
   B  I sleep for about 6-8 hours a night, to feel fresh.
   C  I sleep for less than 6 hours a night and still feel fresh.

44. **Description of my immunity to diseases:**
   A  I don’t fall sick easily.
   B  Sometimes I fall sick.
   C  I fall sick easily and many times a year.
45. **Description of my control over desires:**
   A  I don’t have control over what I want.
   B  I have good control over what I want.
   C  I have to make an effort to control myself.

46. **Description of my capacity to work to achieve my wants:**
   A  I am lazy.
   B  I am capable of hard work.
   C  I work hard to get what I want.

47. **Please mark the tastes you like:**
   A  Sweet.
   B  Sour
   C  Astringent

   *(Astringent Taste == The initial taste that is encountered when biting into an Apple, for instance).*

48. **Please mark the tastes you like:**
   A  Salty
   B  Bitter
   C  Spicy

49. **Please mark one of the kinds of foods you like:**
   A  Simple home cooked food.
   B  Fried and oily food.
   C  Rich and heavy food.

50. **Please mark one of the kinds of foods you like:**
   A  Food and drinks that can be (eaten) cold.
   B  Food and drinks that are served very (piping) hot.
   C  Food and drinks that are served at moderate temperatures.

51. **Please mark the statement that is true of you:**
   A  I do not like hot or cold weathers, but prefer moderate weathers.
   B  I love cold weather/ cold things.
   C  I love and enjoy hot and sunny weathers.

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Appendix 2

Triguna Personality Assessment Test –A (Level 2)

Instructions:

Some instances and some generally exhibited behaviour in those instances are given here. Each statement has three options. Kindly read each and every statement carefully and select the one which best describes you or your actions, from the group of statements, for every situation. If you feel your behaviour applies to more than one statement in a group, you can select the other options as well.

For example:

Q1. Description of my behaviour in difficult situations:
   A. Though I listen to what others say, I don’t get confused about what is right or wrong and take my own decisions.
   B. I listen to what my close friends or family tell me and do accordingly as I can’t make out the difference between right and wrong.
   C. When I am confused about what is right or wrong I listen to others and do as I am told.

First and third options are selected here as they are the statements that are most applicable to Mr. XYZ. Similarly, all the questions are to be answered by selecting the statement/s that is/are most applicable to you as a person. Kindly make sure that you have dealt with all the statements. All of them are mandatory. Generally most people take about half an hour to finish this questionnaire. You may take your own time to do so.

Thank you.

Questionnaire

1. Description of my speech:
   A. When I talk to other people, I get agitated easily but control myself.
   B. When I talk to other people, I am calm, peaceful and tolerant.
   C. I don’t think before I talk.

2. Description of my sense of humour:
   A. I don’t like it if someone makes fun of me but I enjoy making fun of others and seeing them hurt.
   B. I can laugh at myself and make jokes about others without hurting them.
   C. I get angry if someone makes fun of me, but I enjoy making fun of others.
3. **Description of the way I talk about people:**
   A I love to gossip and talk about people.
   B I never insult or talk anything that might hurt another person’s character.
   C For my personal benefit or for the sake of fun, I can talk bad about a person.

4. **Description of the importance I give towards cleanliness:**
   A As long as it is not difficult, I keep myself and my surroundings clean.
   B Generally I am not much bothered about cleanliness.
   C I am very particular about cleanliness and keep myself and my surroundings clean at all times.

5. **Description of how I get angry:**
   A I don’t get angry easily.
   B I get angry very easily and find it difficult to cool down.
   C Though I get angry fast, I cool down also quickly.

6. **Description of my fear:**
   A Generally I get scared very easily.
   B I am a brave person.
   C Though I am brave, I get scared if my opponent is stronger.

7. **Description of my ‘show off’ behaviour:**
   A I do not show off, whatever I have, to others.
   B I love to show off all my things to others.
   C Even if I don’t have anything, I pretend that I have everything and show off to others.

8. **Description of how satisfied I am:**
   A I am satisfied and happy with what I have.
   B I am not satisfied and happy with what I have and crave for what others have.
   C I am generally satisfied with what I have, but sometimes I may want what others’ have.

9. **Description of my need for sleep:**
   A I have to sleep for 6-8 hours a night to feel fresh when I wake up.
   B Even if I sleep for a couple of hours a night, I feel fresh when I wake up.
   C I need 8 hours or more sleep at night to feel fresh.

10. **Description of the kind of food I like:**
    A I enjoy foods that are light, nourishing and healthy.
    B I enjoy eating any and every kind of food, whether vegetarian or not.
    C I enjoy foods that are hot, tasty, heavy and spicy, even at the cost of my health.

11. **Description of my preference for non-vegetarian food:**
    A I enjoy eating non-vegetarian food occasionally.
    B I never eat non-vegetarian food as I am against it.
    C I love to eat non-vegetarian food every day.
12. **Description of my behaviour towards work to be done:**
   When there is work to be done:
   A I do it howsoever difficult it might be.
   B I find it very difficult and have to push myself to complete it.
   C I work only if I am going to benefit in any way.

13. **Description of the type of work I like doing:**
   A I like to work peacefully and quietly on my own, without disturbances.
   B I don’t like to exert myself to work and instead prefer to have fun and enjoyment as much as possible.
   C I cannot work alone and enjoy working in a team.

14. **Description of my enthusiasm towards work and its results:**
   A I work to impress others and get benefits from it.
   B I dislike working but if I work, it is for immediate benefits.
   C I do not work to impress others or to get benefits but work for the joy of it.

15. **Description of my commitment towards work:**
   A Once I make up my mind to do something, I do it in spite of any difficulty.
   B I do work as long as it is not difficult to do so.
   C I find most work difficult and usually cannot complete what I start.

16. **Description of my behaviour after completion of work:**
   A Once I complete any work, I am happy and don’t worry about it afterwards.
   B Even after I complete any work, I like to see if I can improve it in any way.
   C I complete any work with difficulty and get irritated if I have to make any changes.

17. **Description of my creativity:**
   A I am not a creative person.
   B Whatever I do, I am very creative and unusual.
   C I am creative in my area of work.

18. **Description of my loyalty:**
   A I do not change my mind once I trust a person and a cause.
   B I support a person or a cause only if it benefits me.
   C I listen to others and support people or causes.

19. **Description of my ambition:**
   A I am happy with what I have.
   B I want what others have, but cannot work to achieve it.
   C I work hard to reach my goals.

20. **Description of my acceptance towards change:**
   A Without understanding the effects of changes fully, I get excited but don’t know how to work in those changed situations.
   B I don’t like or accept change and ignore changing situations.
   C I welcome change and can work in changed situations.
21. **Description of the way I interact with others:**
   A I am happiest when I am on my own, though I enjoy interacting with people.
   B I am very scared to be alone and prefer to be with people always.
   C I love to be with people and interact with them.

22. **Description of the way I deal with others:**
   A I find it easy to use people for my personal gain, without their knowledge.
   B For the sake of personal gains sometimes I can cheat also.
   C I am always clear and straight-forward in all my dealings and dislike cheating.

23. **Description of my helpfulness towards others:**
   A If I am going to benefit in some way, I help people.
   B I always try to help people who are in pain or some trouble without expecting anything.
   C I do not help others.

24. **Description of how important money is to me:**
   A Money is important but there are more important things than money.
   B I make sure that someone or the other is always around to take care of my needs & spend for me.
   C Money is very important and I work hard to earn as much as possible.

25. **Description of the strength of my values and beliefs:**
   A I am very firm in my beliefs and values and never compromise.
   B I do not follow beliefs and values and easily change them for my enjoyment.
   C I am not particular about following beliefs and values if others’ don’t notice what I do.

26. **Description of my ability to concentrate:**
   A I have to make an effort to control my thoughts and organize myself when working.
   B I have good control over my thoughts and actions and can concentrate over anything when I am at work.
   C I cannot complete any work by myself and I always need help from others.

27. **Description of my feelings towards failure:**
   A In spite of good planning, if things go wrong I get very angry.
   B I fail because of someone else’s fault and I get angry when I am blamed for it.
   C In spite of my efforts if I fail, I identify the mistakes and try to change it.

28. **Description of my reaction to others’ pain:**
   A I generally don’t hurt or harm anyone, but if I am hurt, I hurt back.
   B I can never think of hurting or harming anybody, even if I am hurt by them, by words or action.
   C I find pleasure by hurting others.

29. **Description of my feelings towards taking others’ things:**
   A I generally don’t take things that don’t belong to me, but may do so sometimes.
   B I will never take things that don’t belong to me.
   C If I see something I want, I take it even if it belongs to others.
30. **Description of my control over my speech:**
   A. At times I talk something for which I regret later on.
   B. I never talk what I should not.
   C. I talk without thinking.

31. **Description of my control over my senses:**
   A. Generally I can control my hunger, thirst, etc., but sometimes I cannot do it.
   B. I cannot control my hunger, thirst, etc.
   C. I can easily control my hunger, thirst, etc.

32. **Description of my willingness to correct others’ wrongs:**
   A. I don’t mind supporting others’ wrong deeds if it benefits me.
   B. I never support others’ wrong deeds whoever it may be and correct them immediately.
   C. I am concerned about correcting only those people whom I like.

33. **Description of my service to others:**
   A. I enjoy serving the Almighty and people in any way I can.
   B. I cannot and will not serve others.
   C. Only if I am benefitting in some way, I will serve others.

34. **Description of my ability to concentrate:**
   A. I cannot concentrate on anything even if it is important.
   B. I can concentrate only on some things and not all.
   C. I can generally concentrate on anything that needs to be done easily.

35. **Description of my ability to remember:**
   A. I can generally remember everything easily and not forget it even after a long time.
   B. I forget things easily even if it is important to me.
   C. I remember only those which are important and interesting.

36. **Description of my honesty and truthfulness:**
   A. I am always honest and truthful.
   B. I am generally honest and truthful, but don’t mind compromising if it benefits me or others who are close to me.
   C. I will do anything and everything to get better over others, even if I have to lie and cheat.

37. **Description of my ability to forgive:**
   A. I forgive others easily, without keeping anything in my mind.
   B. I cannot forgive others and carry grudges for a long time.
   C. I find it difficult to forgive others and have to make an effort to do so.

38. **Description of my respect for people:**
   A. I respect my elders, teachers and all people.
   B. I respect only such people who have power, control and influence.
   C. I respect people because of the money and prestige they have.
39. **Description of my behaviour in a problem situation:**
   A When I cannot solve problem situations even with the help of my family and friends I need help from doctors/professionals and medicines.
   B I may take some time to solve problem situations, but I can always overcome them.
   C Since most of my problems are because of others, I get very angry and I want people around me to help me in sorting it out.

40. **Description of my reactions in extreme situations:**
   A I do not get excited or upset in any situation and stay calm always.
   B I get very upset if things don’t go my way and I become very aggressive.
   C If things don’t go according to my plan I get depressed.

41. **Description of my preference for activities:**
   A I prefer to participate in vigorous team sports rather than sitting quietly.
   B I prefer to be with people partying and having fun rather than to be alone.
   C I prefer to read/study books and do things by myself, rather than be in a crowd.

42. **Description of my reading preferences:**
   A I read only those books which are useful to my work.
   B I enjoy reading classic, serious and thought provoking books.
   C I do not enjoy reading at all. At the most I may read newspapers and magazines.

43. **Description of my preference for games:**
   A I enjoy games which require thinking and planning and play for the joy of playing and not to win or lose.
   B Generally I don’t like sports and get very depressed if I lose when I do play sometimes.
   C I enjoy playing competitive games.

44. **Description of my patience and tolerance:**
   A I do not tolerate people talking against me.
   B I am generally patient and tolerant with people.
   C I punish those who oppose me as I am always correct.

45. **Description of my gratitude:**
   A I expect everyone to help me get what I want whenever I want it.
   B I am grateful to those who help me and like to help others without any expectation.
   C I help others if it benefits me.

46. **Description of my behaviour in difficult situations:**
   A Though I listen to what others say, I don’t get confused about what is right or wrong and take my own decisions.
   B I always listen to what my close friends or family tell me and do accordingly as I can’t make out the difference between right and wrong.
   C Only when I am confused I listen to others and act on their advice.
47. **Description of my fighting nature:**
   A I am aggressive and love to fight.
   B I feel everything can be settled by patience and discussions and do not like to fight.
   C I fight weak people and avoid fighting with stronger people.

48. **Description of my preference for alcohol:**
   A I don’t like alcohol.
   B I enjoy drinking alcohol every day.
   C I enjoy drinking alcohol occasionally.

49. **Description of my preference for coffee and tea:**
   A I do not like tea or coffee.
   B I drink coffee or tea only once or twice a day.
   C I drink coffee or tea many times a day.

50. **Description of how violent I get:**
   A I become violent in some situations.
   B I never become violent with anyone in any situation.
   C When I get angry I cannot control myself even if they are little things.

51. **Description of my sexual activity:**
   A I am never violent in sexual matters and indulge in it only with my spouse/ someone I love deeply.
   B I am very rough in my sexual activity.
   C I indulge in sex with others sometimes even though I have good relationship with my spouse/ loved one.

52. **Description of my sensuality:**
   A I cannot do without sex for long periods of time.
   B I can do without sex for long periods of time, without being bothered about it.
   C Sexual pleasure is very important and I indulge in it regularly.

53. **Description of the kind of clothes I wear:**
   A I dress to attract others and also get attracted to people who dress accordingly.
   B I enjoy wearing revealing clothes and enjoy the company of such people too.
   C I don’t wear revealing clothes and don’t keep such company also.

54. **Description of my preference for types of performances:**
   A I enjoy performing/ watching programs with strong and deep emotions.
   B I enjoy watching programs which are cultural and classical.
   C I enjoy watching/ performing programs that are basically sexual in nature.

55. **Description of my feelings towards music/ dance:**
   A Literature, arts and music interest me.
   B I am not interested in performing arts or watching them.
   C I enjoy performing music/dance on stage and earn recognition.
56. **Description of my love and care towards others:**
   A I care for others and I feel others also care for me.
   B I love myself.
   C I know that people care for me if I am useful to them, while I care for those who are close to me.

57. **Description of my gifting nature:**
   A Irrespective of the occasion, I gift people and make them aware of the price of those gifts.
   B I gift people according to the occasion and to those who deserve it.
   C I gift people if they are useful to me.

58. **Description of my belief in a Higher Power:**
   A My belief in a Higher Power is not stable and constant.
   B My belief in a Higher Power is very strong, and constant always.
   C I don’t believe in any Higher Power.

59. **Description of my feelings towards religion and spirituality:**
   A I generally follow the rules of society, religion and spirituality but will deviate if it benefits me.
   B I don’t care about the rules of society, religion and spirituality and do whatever I want.
   C I obediently follow rules of religion and society and enjoy reading about religion and/or spirituality.

60. **Description of the importance I give to prayer/ religious traditions:**
   A I am not regular in practicing my religious duties, but in times of crises, I may pray seeking benefits.
   B I pray as I enjoy praying and not for material benefits.
   C I never pray or follow any religious duties if I am not forced to do so.

61. **Description of my behaviour towards charity:**
   A I share with my family and friends only when I know I will benefit from it.
   B I am very possessive and don’t share my things with anyone.
   C I believe in sharing and giving to all with no expectations.

62. **Description of my need for meditation:**
   A I meditate everyday which makes me happy.
   B I am not interested in meditation.
   C I find it very difficult to sit calm and meditate even though I want to.

63. **Description of my general state of mind:**
   A I am always calm, peaceful and undisturbed even if others try to disturb me.
   B I am not calm and peaceful but I do get disturbed very easily and find it difficult to calm down.
   C I am generally calm and peaceful, but I do get disturbed sometimes and need some effort to calm down.

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Appendix 3

Triguna Personality Assessment Test –B (Level 3)

Instructions:
There are some statements given here. Please read them and see if they are applicable to you. If the statement describes your behaviour, please mark it as present (Yes) in you. If not mark it as Absent (No) and go on to the next statement.

For example:

1. I am good at convincing people.                       Yes         No                       Min.
   Avg.   Strong

All statements in this checklist are to be answered in this manner. Kindly make sure that you have dealt with all the statements. All of them are mandatory. Generally most people take about ten minutes to finish this questionnaire. You may take your own time to do so.

Thank you.

Questionnaire

1. I am good at convincing people.                       Min.   Avg.   Strong
2. I identify others’ weak points and attack them.       Min.   Avg.   Strong
3. I praise people for my benefit.                       Min.   Avg.   Strong
4. I am knowledgeable about sciences.                    Min.   Avg.   Strong
5. I love to travel.                                     Min.   Avg.   Strong
6. I am very thin in size.                               Min.   Avg.   Strong
7. I command respect from all people.                     Min.   Avg.   Strong
8. I dislike sex.                                        Min.   Avg.   Strong
9. I am specialized in the area of my interest.          Min.   Avg.   Strong
10. I have varied interests in academic studies.          Min.   Avg.   Strong
11. I enjoy having weapons always. 

12. I am an excellent host. 

13. I am protective of people around me. 

14. I prefer large places which are not crowded. 

15. I love to use creams, powders, etc. every day. 

16. I am capable of protecting myself. 

17. I destroy my enemies. 

18. I am very graceful in all movements. 

19. I have a good and attractive voice. 

20. I am conscious of the quality of the clothes I wear. 

21. I eat food even if I am not hungry. 

22. I enjoy listening to mythology. (Stories from ancient times). 

23. I enjoy doing prestigious work. 

24. I love perfumes. 

25. I am in touch with current affairs. 

26. I roam around a lot, sometimes without any work. 

27. I can think ahead in most situations. 

28. I can show my happiness easily to those around me. 

29. I love and enjoy watching and observing all life forms in water (and feel a deep oneness with them). 

30. I believe in gradual, slow changes.
31. I am quick and sharp in all activities. Min. Avg. Strong

32. I can be fooled/ cheated easily. Min. Avg. Strong

33. My behaviour is average in all aspects of life. Min. Avg. Strong

34. I can change the way I look as and when I want. Min. Avg. Strong

35. I constantly indulge in sex. Min. Avg. Strong

36. I get plenty of dreams. Min. Avg. Strong

37. I repent after gifting anything to anyone. Min. Avg. Strong

***
Appendix 4

SRT Scale

Renu Sharma, Reader, Department of Psychology, M. S. University of Baroda, Vadodara

Directions:
Given below are some statements indicating certain aspects of behaviour/thinking. Please read, think and indicate honestly the extent to which the item is applicable to you. A separate answer sheet showing five levels of applicability is provided. Please tick mark [     ] below the suitable level. Five levels are: ‘Not at all’, ‘Little’, ‘Average’, ‘Much’ and ‘Very much’.

Example:
‘I can easily guess other person’s intention by just observing his behaviour’.

If it is ‘Not at all’ applicable to you, tick mark [   ] under the column ‘Not at all’, if it is very much applicable then tick mark [   ] under column ‘Very much’. Similarly you can choose one of the other three options too.

Statements

1. Everything that one does in trade and business is fair and just.
2. Truth is sometimes unpleasant and at other times it may result in personal loss, still I prefer to be truthful.
3. I consider “Nishkam Karma” (un-desirous of fruit) as best way of performing an action.
4. I believe that leading one’s life according to religious scriptures makes the life happy.
5. Prestige and power are the values which should be achieved even if one has to pay high price for it.
6. I try to regulate my life strictly by ethics.
7. Sometimes I feel enlightened and I attribute this to the grace of Supreme power.
8. At times I find myself at odds with the society because of my inability to act against some of the principles of my life.
9. Actually I did not like going to school and study.
10. Even the idea of my own death cannot upset me.
11. Bad days are ahead, future seems disappointing to me.
12. I believe that education without ethical and moral orientation is meaningless.
13. I think there is nothing wrong in free society, where everyone is free to have physical relation with anyone.
14. It is difficult to concentrate on something for long in view of the fact that mind always fluctuates from moment to moment.
15. I do not want to be benefitted by undue favours.
16. I try to be careful about what I say, so that I do not hurt anyone’s feelings.
17. I would not like to accept any benefit for which I have not contributed anything.
18. It is wise to change according to the demands of the situation, rather than sticking to principles.
19. I think that methods of self-physical torture such as fasting for many days, standing on one leg, walking bare footed on fire, etc., are justified for attaining occult power.
20. I feel that spiritual knowledge should be pursued because it makes a man wise and leads him to salvation (Moksha).
21. One should not feel contented by satisfying one’s basic needs only and should aspire for more.
22. I do not mind helping anyone if it benefits me also.
23. One cannot think of one’s own status and standard of living without having money, and hence should explore all the sources to get money.
24. Delay in success is really disheartening.
25. Although, it is desirable to have moral and ethical considerations while active, in real practice it is impossible to do so.
26. A man should seek his own interest. It is not his essential duty that he should help others.
27. One can have real peace and happiness if one accepts the guidance of some holy person.
28. I am conventional with regard to religious and social activities.
29. I am greatly concerned about the well-being of my family members and I am prepared to do anything to promote their happiness.
30. I pray to God for the fulfillment of my desires.
31. I believe that doing social-service is good because it enhances the prestige and recognition of the person.
32. Public warnings/ notices are generally not based on realistic considerations and therefore I do not bother about them.
33. I enjoy tasty and different variety of foods.
34. I enjoy getting involved in some project that calls for rapid action.
35. I think that first impression is the last impression. So I am very particular about my style of living, dressing and conversation.
36. Capital punishment is justified.
37. Since thought processes are closely linked up with type of food, I prefer simple and pure food.
38. I cannot keep my room clean and orderly.
39. Money earned only through honest and fair means can give real pleasure and satisfaction.
40. As the society has not done anything good for me, I have no respect for it.

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Appendix 5

Job Satisfaction Scale

By Amar Singh and T.R. Sharma, Patiala.

Instructions:
Here are a few statements, dealing with your job, vis-à-vis yourself. Each statement has five alternatives. You are requested to select just one alternative, which candidly expresses your response and encircle the same. Usually the spontaneous choice is the most correct response. Therefore, you need not unnecessarily give a longer thought over any statement. Act spontaneously. Kindly make sure that you have dealt with all statements. Thanks. Rest assured your responses will not be in any way a reflection of your job or your personality.

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Statements</th>
<th>Answer</th>
<th>Answer</th>
<th>Answer</th>
<th>Answer</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>In the society in general, as a result of the job I hold, my social status is</td>
<td>Excellent</td>
<td>Good</td>
<td>So-so</td>
<td>Poor</td>
<td>Very poor</td>
</tr>
<tr>
<td>2</td>
<td>With regard to economic advantages, like salary, allowances, etc., I rate my job as</td>
<td>Extremely satisfying</td>
<td>Very satisfying</td>
<td>Moderately satisfying</td>
<td>Poorly satisfying</td>
<td>Not satisfying</td>
</tr>
<tr>
<td>3</td>
<td>The training, orientation and experiences that I have got while on job has improved my competence and efficiency as a man</td>
<td>Very greatly</td>
<td>Greatly</td>
<td>Sufficiently</td>
<td>Inadequately</td>
<td>Not at all</td>
</tr>
<tr>
<td>4</td>
<td>Keeping individual factors like intelligence, capacity, diligence, etc., in view, I genuinely feel that I am</td>
<td>Far superior to the job</td>
<td>Superior to the job</td>
<td>Equal to the job</td>
<td>Less than the job</td>
<td>Much less than the job</td>
</tr>
<tr>
<td>5</td>
<td>With regard to post retirement benefits like pension, gratuity, etc., I rate my job as</td>
<td>Aye-One</td>
<td>Good</td>
<td>So-so</td>
<td>Bad</td>
<td>Very bad</td>
</tr>
<tr>
<td>6</td>
<td>In/ at my job the inbuilt programs for recreation, entertainments, like picnics, outings, variety programs etc., are there</td>
<td>In plenty</td>
<td>In good measure</td>
<td>Sufficient</td>
<td>Poor</td>
<td>Very poor</td>
</tr>
<tr>
<td>7</td>
<td>As a result of the job that I hold, my social circle has widened to my advantage</td>
<td>Very great advantage</td>
<td>Great advantage</td>
<td>Advantage</td>
<td>A little advantage</td>
<td>No Advantage</td>
</tr>
<tr>
<td>8</td>
<td>Do you agree that your bosses and colleagues are cooperative, helpful and inspiring people for better and sincere work</td>
<td>Strongly agree</td>
<td>Agree</td>
<td>Poorly agree</td>
<td>Slightly disagree</td>
<td>Disagree</td>
</tr>
<tr>
<td></td>
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<tr>
<td>9</td>
<td>My job provides facilities like medical care, housing, subsidized rationing, travelling, etc.</td>
<td>Very adequate</td>
<td>Adequate</td>
<td>So-so</td>
<td>Inadequate</td>
<td>Nil</td>
</tr>
<tr>
<td>10</td>
<td>My job is responsible for developing in my a desirable style of life, with regard to habits and attitudes</td>
<td>To a very great extent</td>
<td>To a great extent</td>
<td>To a moderate extent</td>
<td>To some extent</td>
<td>To no measure</td>
</tr>
<tr>
<td>11</td>
<td>My job gives me time and opportunities to attend to my family</td>
<td>Very easily</td>
<td>Easily</td>
<td>Without difficulty</td>
<td>With difficulty</td>
<td>Not at all</td>
</tr>
<tr>
<td>12</td>
<td>By virtue of the job that I hold, opportunities to get certain other positions, ex-officio, etc. are</td>
<td>Very many</td>
<td>Many</td>
<td>Moderate</td>
<td>Few</td>
<td>Nil</td>
</tr>
<tr>
<td>13</td>
<td>Places of posting in my job are irksome and inconvenient to me and my family</td>
<td>Very frequently</td>
<td>Frequently</td>
<td>Occasionally</td>
<td>Rarely</td>
<td>Never</td>
</tr>
<tr>
<td>14</td>
<td>My job in its own way is trying to improve the quality of life, i.e., it endeavours to make a better man. Do you agree?</td>
<td>Yes-Yes</td>
<td>Yes</td>
<td>Yes-no</td>
<td>No</td>
<td>No-no</td>
</tr>
<tr>
<td>15</td>
<td>On the scale of democratic functioning, I rate my job as</td>
<td>Extremely democratic</td>
<td>Very democratic</td>
<td>Slightly democratic</td>
<td>Sometimes democratic</td>
<td>Undemocratic</td>
</tr>
<tr>
<td>16</td>
<td>Keeping employment requirements like qualification, training, etc., as equal, I rate my job in comparison with others as</td>
<td>Much higher</td>
<td>Higher</td>
<td>As par</td>
<td>Low</td>
<td>Very low</td>
</tr>
<tr>
<td>17</td>
<td>My job is so absorbing that even in the absence of overtime allowance, I am willing to work on Sundays, holidays, etc., and also at late hours</td>
<td>Always</td>
<td>Frequently</td>
<td>Now and then</td>
<td>Under compulsion</td>
<td>Never</td>
</tr>
<tr>
<td>18</td>
<td>In some emergency after me, my job has provisions to offer job to my children or family, ex gratia grants, etc.</td>
<td>In plenty</td>
<td>In good measure</td>
<td>Sufficiently</td>
<td>Poor</td>
<td>Very poor</td>
</tr>
<tr>
<td>19</td>
<td>The working conditions like comfortable seating, adequate temperature, humidity, hygiene and healthy environment of office/ work place are</td>
<td>Very satisfactory</td>
<td>Satisfactory</td>
<td>Only slightly satisfactory</td>
<td>Unsatisfactory</td>
<td>Not at all satisfactory</td>
</tr>
<tr>
<td>20</td>
<td>My job is light enough to enable me to undertake side jobs in a Big measure</td>
<td>Good measure</td>
<td>Quite few</td>
<td>Few</td>
<td>Nil</td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>Malpractices like corruption, favoritism, etc., are there in my job also</td>
<td>In abundance</td>
<td>Sufficiently</td>
<td>Moderately</td>
<td>Slightly</td>
<td>Not at all</td>
</tr>
<tr>
<td></td>
<td>Question</td>
<td>Strongly agree</td>
<td>Agree</td>
<td>Poorly agree</td>
<td>Slightly disagree</td>
<td>Completely disagree</td>
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<td>---</td>
<td>-------------------------------------------------------------------------</td>
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</tr>
<tr>
<td>22</td>
<td>Do you agree that your job or profession in any way adds to the economy and development of the nation?</td>
<td>Strongly agree</td>
<td>Agree</td>
<td>Poorly agree</td>
<td>Slightly disagree</td>
<td>Completely disagree</td>
</tr>
<tr>
<td>23</td>
<td>If given a chance I shall put my children to the job that I am in. Do you agree?</td>
<td>Very strongly</td>
<td>Strongly</td>
<td>Moderately</td>
<td>Rarely</td>
<td>Never</td>
</tr>
<tr>
<td>24</td>
<td>‘Work is worship’ was perhaps spoken about the job that I hold</td>
<td>Very right</td>
<td>Quite right</td>
<td>Not right</td>
<td>Wrong</td>
<td>Stupid</td>
</tr>
<tr>
<td>25</td>
<td>Communication network (both upward and downward) in my profession is</td>
<td>Very adequate</td>
<td>Sufficiently adequate</td>
<td>Slightly adequate</td>
<td>Inadequate</td>
<td>Very adequate</td>
</tr>
<tr>
<td>26</td>
<td>Opportunities in my job for horizontal and longitudinal mobility, like promotion, increased responsibilities are</td>
<td>Very many</td>
<td>Many</td>
<td>Sufficient</td>
<td>Few</td>
<td>Nil</td>
</tr>
<tr>
<td>27</td>
<td>If given a chance, even if emoluments do not register enhancement, I will like to shift to some other job</td>
<td>All at once</td>
<td>Quickly</td>
<td>Slowly</td>
<td>Reluctantly</td>
<td>Never</td>
</tr>
<tr>
<td>28</td>
<td>How far do you agree that the hierarchy in your job leaves no scope for freedom, decision making, initiative etc., rather it produces boredom</td>
<td>Strongly agree</td>
<td>Agree</td>
<td>So-so</td>
<td>Slightly disagree</td>
<td>Strongly disagree</td>
</tr>
<tr>
<td>29</td>
<td>To my family, relatives and friends, my job appears to be</td>
<td>Very pleasing</td>
<td>Pleasing</td>
<td>Okay</td>
<td>Somewhat displeasing</td>
<td>Displeasing</td>
</tr>
<tr>
<td>30</td>
<td>All said and done, how satisfied are you with your job</td>
<td>Completely satisfied</td>
<td>Very satisfied</td>
<td>Moderately satisfied</td>
<td>Slightly satisfied</td>
<td>Not at all satisfied</td>
</tr>
</tbody>
</table>

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**Appendix 6**

**Modified MINI**

**Mini International Neuropsychiatric Interview**


Client Name: ______________________________ OASAS ID: ______________________________

Weeks since admission: _____________________ Interviewer: ______________________________

### SECTION A

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Have your been consistently depressed or down, most of the day, nearly every day, for the past 2 weeks?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. In the past 2 weeks, have you been less interested in most things or less able to enjoy the things you used to enjoy most of the time?</td>
<td></td>
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<tr>
<td>3. Have you felt sad, low or depressed most of the time for the last two years?</td>
<td></td>
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<tr>
<td>4. In the past month, did you think that you would be better off dead or wish you were dead?</td>
<td></td>
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</tr>
<tr>
<td>5. Have you ever had a period of time when you were feeling up, hyper or so full of energy or full of yourself that you got into trouble or that other people thought you were not your usual self? (Do not consider times when you were intoxicated on drugs or alcohol).</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Have you ever been so irritable, grouchy or annoyed for several days, that you had arguments, verbal or physical flights, or shouted at people outside your family? Have you or others noticed that you have been more irritable or overreacted, compared to other people, even when you thought you were right to act this way?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**PLEASE TOTAL THE NUMBER OF “YES” RESPONSES TO QUESTIONS 16**
SECTION B

7. Note this question is in 2 parts.
   a. Have you had one or more occasions when you felt intensely anxious, frightened, uncomfortable or uneasy even when most people would not feel that way?
      YES  NO
   b. If yes, did these intense feelings get to be their worst within 10 minutes?
      YES  NO
If the answer to BOTH a and b is YES, code the question YES.
If the answer to either or both a and b is NO, code the question NO

8. Do you feel anxious or uneasy in places or situations where you might have the panic-like symptoms we just spoke about? Or do you feel anxious or uneasy in situations where help might not be available or escape might be difficult?
   Examples include:
   - Being in a crowd
   - Standing in a line
   - Being alone away from home or alone at home
   - Crossing a bridge
   - Travelling in a bus, train or car
   YES  NO

9. Have you worried excessively or been anxious about several things over the past 6 months?
   If no to Question 9, answer “no” to Question 10 and proceed to Question 11.
   YES  NO

10. Are these worries present most days?
    YES  NO

11. In the past month, were you afraid or embarrassed when others were watching you, or when you were the focus of attention? Were you afraid of being humiliated?
    Examples include:
    - Speaking in public
    - Eating in public or with others
    - Writing while someone watches
    - Being in social situations
    YES  NO

12. In the past month, have you been bothered by thoughts, impulses, or images that you couldn’t get rid of that were unwanted, distasteful, inappropriate, intrusive or distressing?
    Examples include:
    - Were you afraid that you would act on some impulse that would be really shocking?
    YES  NO
Did you worry a lot about being dirty, contaminated or having germs?  
Did you worry a lot about contaminating others, or that you would harm someone even though you didn't want to? 
Did you have any fears or superstitions that you would be responsible for things going wrong? 
Were you obsessed with sexual thoughts, images or impulses? 
Did you hoard or collect lots of things? 
Did you have religious obsessions? 

13. In the past month, did you do something repeatedly without being able to resist doing it? 
Examples include: 
- Washing or cleaning excessively 
- Counting or checking things over and over 
- Repeating, collecting, or arranging things 
- Other superstitious rituals 

14. Have you ever experienced or witnessed or had to deal with an extremely traumatic event that included actual or threatened death or serious injury to you or someone else? Examples include: 
- Serious accidents 
- Sexual or physical assault 
- Terrorist attack 
- Being held hostage 
- Kidnapping 
- Fire 
- Discovering a body 
- Sudden death of someone close to you 
- War 
- Natural disaster 

15. Have you re-experienced the awful event in a distressing way in the past month? 
Examples include: 
- Dreams 
- Intense recollections 
- Flashbacks 
- Physical reactions 

Please total the number of “YES” responses to questions 715
### SECTION C

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>16. Have you ever believed that people were spying on you, or that someone was plotting against you, or trying to hurt you?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17. Have you ever believed that someone was reading your mind or could hear your thoughts, or that you could actually read someone’s mind or hear what another person was thinking?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18. Have you ever believed that someone or some force outside of yourself put thoughts in your mind that were not you own, or made you act in a way that was not your usual self? Or, have you ever felt that you were possessed?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>19. Have you ever believed that you were being sent special messages through the TV, radio, or newspaper? Did you believe that someone you did not personally know was particularly interested in you?</td>
<td></td>
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</tr>
<tr>
<td>20. Have your relatives or friends ever considered any of your beliefs strange or unusual?</td>
<td></td>
<td></td>
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<tr>
<td>21. Have you ever heard things other people couldn’t hear, such as voices?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>22. Have you ever had visions when you were awake or have you ever seen things other people couldn’t see?</td>
<td></td>
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</tr>
</tbody>
</table>

**PLEASE TOTAL THE NUMBER OF “YES” RESPONSES TO QUESTIONS 16—22**

### SCORING THE SCREEN

<table>
<thead>
<tr>
<th>Description</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>NUMBER OF “YES” RESPONSES FROM SECTION A</td>
<td></td>
</tr>
<tr>
<td>NUMBER OF “YES” RESPONSES FROM SECTION B</td>
<td></td>
</tr>
<tr>
<td>NUMBER OF “YES” RESPONSES FROM SECTION C</td>
<td></td>
</tr>
<tr>
<td>TOTAL NUMBER OF “YES” RESPONSES FROM SECTIONS A, B &amp; C</td>
<td></td>
</tr>
<tr>
<td>YES RESPONSE TO QUESTION # 4</td>
<td></td>
</tr>
<tr>
<td>YES RESPONSES TO QUESTIONS # 14 AND # 15</td>
<td></td>
</tr>
</tbody>
</table>

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Appendix 7

AUDIT (The Alcohol Use Disorders Identification Test)

Thomas F. Babor; John C, HigginsBiddle; John B. Saunders & Maristela G. Monteiro
(Word Health Organization, 2001: Department of Mental Health and Substance Dependence)
This tool is used to assess a person’s dependence on alcohol

1. How often do you have a drink containing alcohol?
   (a) Never
   (b) Monthly or less
   (c) 2 to 4 times a month
   (d) 2 to 3 times a week
   (e) 4 or more times a week

2. How many drinks containing alcohol do you have on a typical day when you are drinking?
   (a) 1 or 2
   (b) 3 or 4
   (c) 5 or 6
   (d) 7, 8 or 9
   (e) 10 or more

3. How often do you have six or more drinks on one occasion?
   (a) Never
   (b) Less than monthly
   (c) Monthly
   (d) Weekly
   (e) Daily or almost daily

4. How often during the last year have you found that you were not able to stop drinking once you had started?
   (a) Never
   (b) Less than monthly
   (c) Monthly
   (d) Weekly
   (e) Daily or almost daily
5. How often during the last year have you failed to do what was normally expected from you because of drinking?
   (a) Never
   (b) Less than monthly
   (c) Monthly
   (d) Weekly
   (e) Daily or almost daily

6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?
   (a) Never
   (b) Less than monthly
   (c) Monthly
   (d) Weekly
   (e) Daily or almost daily

7. How often during the last year have you had a feeling of guilt or remorse after drinking?
   (a) Never
   (b) Less than monthly
   (c) Monthly
   (d) Weekly
   (e) Daily or almost daily

8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?
   (a) Never
   (b) Less than monthly
   (c) Monthly
   (d) Weekly
   (e) Daily or almost daily

9. Have you or someone else been injured as a result of your drinking?
   (a) No
   (b) Yes, but not in the last year
   (c) Yes, during the last year

10. Has a relative or friend or a doctor or another health worker been concerned about your drinking or suggested you cut down?
    (a) No
    (b) Yes, but not in the last year
    (c) Yes, during the last year

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Appendix 8

FTND (The Fagerstrom Test for Nicotine Dependence)


This tool is an adaptation of the original Fagerstrom Questionnaire used by the Arizona smokers’ Helpline. The tool has been paired to six simple questions. Scoring has also been modified to assist in tailoring nicotine cessation advice to fit individual needs.

NICOTINE ADDICTION QUESTIONNAIRE

Are you addicted to nicotine? Take the test below and see what you rank. After you score is totaled, you will be given tailored advice on what methods or treatments are available to help make your decision to a tobacco free life easier.

1. How soon after you wake up do you smoke your first cigarette?
   - 05 min
   - 630 min
   - 3160 min
   - After 60 min

2. Do you find it difficult to refrain from smoking in places where it is forbidden (e.g., church library, cinema)?
   - Yes
   - No

3. Which cigarette would you be the most unwilling to give up?
   - First in the morning
   - Any of the others

4. How many cigarettes per day do you smoke?
   - 10 or less
   - 11 to 20
   - 21 to 30
   - 31 or more

5. Do you smoke more frequently during the first hours after waking than during the rest of the day?
   - Yes
   - No

6. Do you smoke if you are so ill that you are in bed most of the day?
   - Yes
   - No
SCORING OF NICOTINE ADDICTION QUESTIONNAIRE

1. How soon after you wake up do you smoke your first cigarette?
   ☐ 05 min    ☐ 630 min    ☐ 3160 min ☐ After 60 min
   (3 points)  (2 points)  (1 point)  (0 points)

2. Do you find it difficult to refrain from smoking in places where it is forbidden (e.g., church
   library, cinema)?
   ☐ Yes       ☐ No
   (1 point)   (0 point)

3. Which cigarette would you be the most unwilling to give up?
   ☐ First in the morning ☐ Any of the others
   (1 point)        (0 point)

4. How many cigarettes per day do you smoke?
   ☐ 10 or less   ☐ 11 to 20   ☐ 21 to 30   ☐ 31 or more
   (0 point)    (1 point)   (2 points)  (3 points)

5. Do you smoke more frequently during the first hours after waking than during the rest of the
   day?
   ☐ Yes       ☐ No
   (1 point)   (0 point)

6. Do you smoke if you are so ill that you are in bed most of the day?
   ☐ Yes       ☐ No
   (1 point)   (0 point)

Categories:

A **high** level of addiction will rank between 7 and 10 points.

A **medium** level of addiction will rank between 4 and 6 points.

A **low** level of addiction will rank between 0 and 3 points.

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First they ignore you, then they laugh at you, then they attack you. Then you win. – Mohandas K Gandhi