APPENDIX -VII.

Department of Psychology (P. U. Chandigarh)

MANIFEST ANXIETY SCALE

NAME ____________________________

SEX ____________________________

OCCUPATION ______________________

MARRIED & SINGLE __________________

EDUCATION ________________________

DATE ______________________________

Directions:

Are you interested in knowing more about your own personality? If you will answer honestly and thoughtfully all of questions on pages that follow, it will be possible for you to obtain a better understanding of yourself. These questions have been carefully selected, and then given to a large number of persons. By comparing your answers with the answers of the group you will secure a more accurate notion of your own characteristics. The value of this to you will be in proportion to the care and honesty with which you answer each question.

Your answer to the question will be treated in the strictest confidence. Therefore, feel free to give candid replies. There are no right or wrong answers. Indicate your answer to each question by drawing a circle around the TRUE/FALSE.

There is no time limit; but work rapidly.

1. I feel uncomfortable on a conveyance which is driven at a fast speed.

2. I am often upset even by the slightest noise.

3. When I meet a member of the opposite sex (girl or boy, as the case may be), I feel somewhat uneasy.

4. When I go out of my house, I sometimes suspect that I have not locked my door or my trunk.

5. I often feel uneasy that others may make fun of me.

6. I sometimes suspect that some friends of mine may reveal my secrets.

7. Often I experience a sense of guilt without any cause.

8. I sometimes bite my nails.

9. I often have the foreboding that some misfortune or bad luck may befall me.

10. I sweat easily even on cool days.

11. I always have bad and fearful dreams.

12. I am sometimes sorry that I may become important.

13. I am sometimes disturbed by the thought that I may not be able to make good progress in my work.

14. Criticism upsets me greatly.
15. Sometimes I get such an intense feeling of shame that I feel like getting far away from society.

16. I feel uncomfortable if someone talks of my mistakes in the presence of others.

17. I rarely drink water outside for fear that it may contain disease germs.

18. Sometimes I feel unhappy without any apparent cause.

19. I often feel that I am being ignored by others.

20. I am easily embarrassed.

21. I often find it hard to concentrate or keep my mind on one job or work.

22. I often feel sick in my stomach.

23. My hands tremble or shake when I try to do some work.

24. I sometimes fear that I may look awkward in my new dress.

25. I often feel disturbed that I am going to blush.

26. I often feel my heart beating fast.

27. I am a little more nervous than others.

28. I feel like crying quite easily.

29. At times I lose sleep over worry.

30. I feel uneasy when I have to meet my superiors (Teachers, boss, etc.)

31. At times I get very restless.

32. Often I feel ashamed even at the faults of others.

33. I am often short of breath when engaged in quick work.

34. It is under great deal of strain that I do my work.

35. I often feel that I am not wanted at all by anyone.

36. I tend to tremble or perspire when I face a difficult task ahead.

37. Sometimes I dream that I have been taken ill seriously.

38. I often dream about things I do not like to tell other people.

39. If I have to wait for something, I feel uneasy.

40. My feelings get hurt quite easily.

41. I often worry about something or other.

42. I have great deal of stomach trouble.

43. I have good deal of difficulty in coming to a decision.

44. I have at times been very worried about things which did not really matter.

45. I often fear that I may lose my friends.

46. Sometimes I get so excited that I cannot speak clearly.

47. I am more self-conscious than others.

48. I often feel that I am not wanted by anyone.

49. I am not at all confident about myself.

50. It is at times difficult for me to maintain mental balance.

51. When I wake up due to a bad dream, I find it difficult to sleep again.

52. Sometimes I get feelings of shame or remorse even on small matters.

53. I feel nervous when I have to meet a person I have not known before.

54. My sleep is usually restless and disturbed.

55. Sometimes I have the feeling that I cannot face the society.

56. When two or more people are talking in whispers I often have the feeling that they are talking about me.

57. If I make an awkward social mistake, I find difficult to forget it.

58. I often feel somewhat ashamed when I think of past events of my life.

59. Sometimes I feel disturbed that my children will not respect me when I grow old.

60. I feel a little worried when I have to start on a journey.
61. I dislike facing situations where I am required to make quick decisions.
62. I often worry that my appearance is not attractive.
63. I sometimes feel that I am getting old too soon.
64. I feel uneasy when I have to consult a doctor or a surgeon.
65. I sometimes suspect that my friends may let me down.
66. When I do something new, I feel disturbed whether others would approve of it or not.
67. Even when I am in a group I often get the feelings of being lonely.
68. I have often been worried about my health.
69. When I am waiting for someone who has promised to come at a particular time I often feel that he may not turn up.
70. Sometimes I feel anxious due to causes I am not clearly aware of.
71. Many a time I have a feeling of being confused.
72. Quite often I am unable to decide what course of action is good for me.
73. I am frequently uncertain about myself.
74. Sometimes I get the feeling that I am worthless as a person.
75. I often get the feeling that this world and human existence is meaningless.
76. I seldom can begin any work because of the thought that I may fail in it.
77. I often dream of death of some near and dear ones.
78. I feel tired very quickly.
79. I get sweat in my palm frequently.
80. I dislike talking before a group of people for fear that they may mock at what I say.
81. I often have the feeling that some calamity will befall me.
82. I sometimes get the feeling that people do not like me.
83. I often worry as to what my fate has in store for me.
84. I am often blamed for the doings of others.
85. I often worry over petty things.
86. I often get perturbed at the thought that I may not fulfil my promise.
87. I get over-excited in a difficult situation.
88. I feel hungry almost all the time.
89. I often feel worried that I may get involved in some troubles in future.
90. I feel disturbed at the thought that in old age my health may breakdown.
91. The thought that some death or tragedy may befall my family disturbed me.
92. I often feel worried that I may be discharged from my job.
93. At times I get so excited that it is hard to get any sleep.
94. I feel disturbed at the thought that one day I shall also grow old.
95. I can seldom hide my excitement.
96. I tend to stammer when I have talk to members of the opposite sex.
97. I often wonder if my friends will respect me when I am old.
98. I feel disturbed that I may lose my physical capacities in old age.
99. I often worry that in my anger I may one day kill someone or harm him grievously.
100. I often worry as to what will happen to my family after I die.