NEUROTICISM SCALE QUESTIONNAIRE (NSQ)

Here are some questions about your attitudes and opinions.

What do you and how do you feel about certain situations? Some people feel one way: Other people feel another way. Thus, there are no "right" or "wrong" answers to the questions.

Each one is in the form of a sentence, by putting a '✓' mark in ONE of the three brackets the right you show how it applies to you.

A middle bracket is provided for the times when you cannot definitely say YES or NO. But use the middle bracket as little as possible, Remember, use the middle "In-between" or "undecided" bracket only if you cannot possibly decide between A or C.
1. In School, what I liked best was: ( ) ( ) ( )
   A. English (or the language which I speak)
   B. Undecided
   C. Arithmetic or Mathematics

2. Every now and then, I really like ( ) ( ) ( )
   to engage myself in a tough Physical activity.
   (A) Yes (B) In Between (C) No

3. I strongly enjoy slap - stick humour of ( ) ( ) ( )
   the usual television comedy show.
   (A) Yes (B) In Between (C) No

4. I would rather read ( ) ( ) ( )
   A. a realistic description of military battles.
   B. Undecided
   C. an imaginative and sensitive novel.

5. If somebody interrupts me when ( ) ( ) ( )
   I'm talking, I forget what I am talking about
   A. Yes, often B. sometimes
   C. hardly ever.

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6. I enjoy more an evening
   A. At a lively party with friends.
   B. Undecided
   C. With a good hobby of my own.

7. I prefer to dress
   A. very quietly, correctly, and conservatively.
   B. In an average way.
   C. with some definite style that people can see.

8. I like to go out to show or entertainment
   A. less than once a week (less than average)
   B. about once a week (average)
   C. more than once a week (more than average).

9. I can tell a complete lie with a straight face.
   A. whenever, it is right to do so.
   B. with a little difficulty.
   C. never under any circumstances.

10. I greatly like to play practical jokes.
     (A) Yes (B) In between (C) No

11. I like it when I know so well what the group has to do that I naturally become the one in command.
     (A) Yes (B) In between (C) No
12. In my spare time, I would rather join
   A. a hiking and exploring club.
   B. Undecided
   C. a community service organisation.

13. I believe it is right to be modest and
   ( ) ( ) ( )
   Understate how good I am at
   something, when people ask.
   (A) Yes  (B) In between  (C) No

14. If I think a person is wrong in a
   ( ) ( ) ( )
   Discussion I tell him so
   A. only if it can be done politely
   B. sometimes
   C. almost always.

15. The use of dirty or foul language disgusts
   ( ) ( ) ( )
   Me (even if there are only people of
   My own sex present)
   (A) Yes  (B) In between  (C) No

16. I find it upsetting to have to move all
   ( ) ( ) ( )
   My belongings to a new place.
   (A) Yes  (B) In between  (C) No

17. I would rather listen to
   ( ) ( ) ( )
   A. a brass band
   B. Undecided
   C. a good chanting hymn
18. When annoyed, I may say things that hurt people's feelings:
   (A) never  (B) rarely  (C) Sometimes

19. I often feel quite tired when I get up in the morning.
   (A) Yes  (B) In between  (C) No

20. I need to have things "just so", in order to concentrate on my work.
    (A) Yes  (B) In between  (C) No

21. I would rather be:
    (A) a guidance worker with young people seeking careers.
    (B) Undecided
    (C) a manager in a technical manufacturing company.

22. In school what I liked best was
    (A) Hand work and crafts
    (B) Each about the same
    (C) Music

23. I would rather spend my vacations
    (A) In places in my own country, where I know I'll have a good time
    (B) Undecided
    (C) In foreign lands that are colourful and different.
24. The newspaper headline that would interest me more is
   A. Latest improvements in production and marketing.
   B. Undecided
   C. Religious leaders discuss a unified religion.

25. I think I am more sensitive than most people to the artistic quality of my surroundings.
   A. Yes  B. In between  C. No.

26. I have a tendency to be
   A. a rather reckless optimist (too sure things will be go well)
   B. Undecided
   C. An over cautious pessimist (too sure things will go wrong)

27. I have a hard time putting work out of my mind and relaxing.
   A. Yes  B. In between  C. No.

28. I like to crack jokes and tell funny stories:
   A. Hardly ever  B. Some times  C. Often

29. I would rather be
   A. an actor  B. Undecided  C. A house builder.
30. I enjoy acting on impulses of the moment (even if they do sometimes land me in a few difficulties later)
   A. Yes  B. In between  C. No.

31. I feel it is more important to
   A. Get my own idea put into practice
   B. Undecided
   C. Get along smoothly with others.

32. When I need immediately the use of something from a friend, but he is out, I think it's all right to borrow it without his permission.
   A. Yes  B. In between  C. No.

33. It is more important to me:
   A. To enjoy my life quietly in my own way.
   B. Undecided
   C. To be admired and respected for what I have done.

34. If I had a loaded gun in my hand, I would feel nervous until it is unloaded.
   A. Yes  B. In between  C. No
35. I never try to ask help of people ( ) ( ) ( ) I know only slightly.
   A. True   B. In between   C. False

36. Some times I let small things get ( ) ( ) ( ) on my nerves too much.
   A. Yes   B. In between   C. No
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