APPENDICES
SOCIO DEMOGRAPHIC AND DIAGNOSTIC SCHEDULE

NAME:

AGE:

SEX:

EDUCATION:  Post Graduate  Graduate  Non - Graduate

OCCUPATION:  Profession or Private Business  Skilled or Semi skilled  Unskilled  Unemployed

SOCIO- ECONOMIC STATUS:  Upper middle class
   Lower middle class

FAMILY SUPPORT LEVEL:  Very good  Good
   Average  Below average
PSYCHIATRIC DIAGNOSIS:

CHRONICITY OF ILLNESS:  
- 1st episode  
- Less than one year  
- 1-3 years  
- Over 3 years  

MEDICATION LEVEL: Present □ Absent □

MOTIVATION LEVEL: Very good □ Good □ Average □ Below Average □

EMPATHY LEVEL: Present □ Absent □

PROGNOSIS:
## DIAGNOSTIC EVALUATION OF PERSONALITY DISORDER

*(MILLON AND EVERLY, 1985)*

<table>
<thead>
<tr>
<th>DIAGNOSTIC CRITERIA</th>
<th>PERSONALITY CHARACTERISTICS</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behavioural Appearance</td>
<td>How individual appears to others</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Inter-personal conduct</td>
<td>How individual interacts with others</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Cognitive style</td>
<td>The characteristic nature of the individual’s thought processes</td>
<td>☑</td>
<td>☑</td>
</tr>
<tr>
<td>Affective expression</td>
<td>How the individual displays emotion</td>
<td>☑</td>
<td>☑</td>
</tr>
<tr>
<td>Self-perception</td>
<td>The manner in which the individual sees himself.</td>
<td>☑</td>
<td>☑</td>
</tr>
</tbody>
</table>

In order to qualify as a particular type of personality disorder four out of five criteria must be exhibited.
### Histrionic Personality Disorder

<table>
<thead>
<tr>
<th>Diagnostic Criteria</th>
<th>Personality Characteristics</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behavioural Appearance</td>
<td>Affected to theatrical</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inter personal conduct</td>
<td>Flirtatious to seductive</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cognitive style</td>
<td>Flighty to scattered</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Affective expression</td>
<td>Fickle to impetuous</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Self-perception</td>
<td>Sociable to hedonistic</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Obsessive-Compulsive Personality Disorder

<table>
<thead>
<tr>
<th>Diagnostic Criteria</th>
<th>Personality Characteristics</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behavioural Appearance</td>
<td>Disciplined to Perfectionistic</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Interpersonal conduct</td>
<td>Respectful to ingratiating</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Cognitive Style</td>
<td>Constricted to blocked</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Affective expression</td>
<td>Solemn to grave</td>
<td>☑</td>
<td>☑</td>
</tr>
<tr>
<td>Self-perception</td>
<td>Conscientious to Righteous</td>
<td>☑</td>
<td>☑</td>
</tr>
</tbody>
</table>
### DEPENDENT PERSONALITY DISORDER

<table>
<thead>
<tr>
<th>DIAGNOSTIC CRITERIA</th>
<th>PERSONALITY CHARACTERISTICS</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behavioural</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Appearance</td>
<td>Incompetent to helpless</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Inter personal conduct</td>
<td>Submissive to clinging</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Cognitive style</td>
<td>Naïve to gullible</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Affective expression</td>
<td>Placid to timid</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Self-perception</td>
<td>Inept to inadequate</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

VI
# Antisocial Personality Disorder

<table>
<thead>
<tr>
<th>Diagnostic Criteria</th>
<th>Personality Characteristics</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behavioural Appearance</td>
<td>Fearless to Reckless</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Interpersonal Conduct</td>
<td>Antagonistic to belligerent</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cognitive Style</td>
<td>Personalistic to bigoted</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Affective Expression</td>
<td>Hostile to malevolent</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Self Perception</td>
<td>Competitive to domineering</td>
<td></td>
<td></td>
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</table>
## NARCISSISTIC PERSONALITY DISORDER

<table>
<thead>
<tr>
<th>Diagnostic Criteria</th>
<th>Personality Characteristics</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behavioural Appearance</td>
<td>Arrogant to pompous</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Inter personal conduct</td>
<td>Exploitive to shameless</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Cognitive style</td>
<td>Expansive to undisciplined</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Affective expression</td>
<td>Careless to exuberant</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Self-perception</td>
<td>Admirable to wonderful</td>
<td>□</td>
<td>□</td>
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AVOIDANT PERSONALITY DISORDER

<table>
<thead>
<tr>
<th><strong>DIAGNOSTIC CRITERIA</strong></th>
<th><strong>PERSONALITY CHARACTERISTICS</strong></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behavioural Appearance</td>
<td>Guarded to alarmed</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Interpersonal Conduct</td>
<td>Aversive to withdrawn</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Cognitive style</td>
<td>Distracted to perplexed</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Affective expression</td>
<td>Anguished to overwrought</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Self-perception</td>
<td>Alienated to rejected</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>DIAGNOSTIC CRITERIA</td>
<td>PERSONALITY CHARACTERISTICS</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>---------------------</td>
<td>-----------------------------</td>
<td>-----</td>
<td>----</td>
</tr>
<tr>
<td>Behavioural Appearance</td>
<td>Spontaneous to chaotic</td>
<td>✓</td>
<td></td>
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<tr>
<td>Inter personal Conduct</td>
<td>Paradoxical to mercurial</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cognitive style</td>
<td>Inconstant to disorganized</td>
<td></td>
<td></td>
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<tr>
<td>Affective expression</td>
<td>Temperamental to volatile</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Self-perception</td>
<td>Uncertain to conflicted</td>
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</table>
### SCHIZOID PERSONALITY DISORDER

<table>
<thead>
<tr>
<th>Diagnostic Criteria</th>
<th>Personality Characteristics</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behavioural Appearance</td>
<td>Lethargic to sluggish</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Interpersonal Conduct</td>
<td>Aloof to remote</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Cognitive style</td>
<td>Impoverished to barren</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Affective expression</td>
<td>Flat to bleak</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Self-perception</td>
<td>Complacent to lifeless</td>
<td>☐</td>
<td>☐</td>
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### PARANOID PERSONALITY DISORDER

<table>
<thead>
<tr>
<th>Diagnostic Criteria</th>
<th>Personality Characteristics</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behavioural Appearance</td>
<td>Defensive to vigilant</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Interpersonal Conduct</td>
<td>Quarrelsome to provocative</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Cognitive style</td>
<td>Incredulous to suspicious</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Affective expression</td>
<td>Sullen to manipulative</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Self-perception</td>
<td>Formidable to embittered</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>
PERSONALITY DYSFUNCTION RATING SCALE
(DSM IV, 1994)

Administration:

- Seven characteristic dysfunctional features of each type of personality disorder are noted.

- Each dysfunction is rated on 1 – 5 severity scale (5 = highest severity level).

- Maximum score = 35

Based on:


DIAGNOSIS: Obsessive Compulsive Personality Disorder

1. Preoccupied with details, rules lists, order and organization or schedules to the extent that major point of activity is lost.

2. Excessive devotion to work and productivity to the exclusion of leisure activities and friendships.

3. Over-conscientious, over-scrupulous and inflexible about matters of morality, ethics and values

4. Perfectionistic to extreme levels both with self and others.

5. Reluctant to delegate tasks, or to work with others unless they submit exactly to their way of doing things.

6. Overly rigid, inflexible, stubborn and unbending

7. Adopts a miserly spending style towards self and others and tends to hoard worn out worthless objects even when they have no sentimental value
DIAGNOSIS: Dependent Personality Disorder

1. Is unable to make everyday decisions without an excessive amount of advice and reassurance from others.

2. Needs others to assume responsibility for most major areas of his life.

3. Has difficulty expressing disagreement with others because of fear of loss of support and approval.

4. Finds it difficult to initiate projects or do things on his own, due to lack of self-confidence in judgement or ability, rather than lack of motivation or energy.

5. Goes to excessive lengths to obtain nurturance and support from others, to the point of volunteering to do things that are unpleasant.

6. Feels uncomfortable and helpless when alone, due to exaggerated fears of being unable to care for self.

7. Urgently seeks another relationship as a source of care and support, when a close relationship ends.
DIAGNOSIS: Narcissistic Personality Disorder

1. A grandiose sense of self-importance

2. Preoccupation with fantasies of unlimited success, power, brilliance, beauty and ideal love.

3. Believes that he is special, unique and can only be understood by, or should associate with other special or high-status people.

4. Requires excessive admiration

5. A sense of entitlement i.e. unreasonable expectations of especially favourable treatment.

6. Lacks empathy and is interpersonally exploitative i.e. takes advantage of others to achieve own ends.

7. Is often envious of others or believes that others are envious of him.
DIAGNOSIS: Avoidant Personality Disorder

1. Avoids occupational activities that involve significant interpersonal contact, due to fears of criticism, disapproval or rejection.

2. Is unwilling to get involved with people, unless certain of being liked.

3. Shows restraint within intimate relationships, because of fear of being shamed or ridiculed.

4. Preoccupation with being embarrassed, found wanting in social situations.

5. Inhibition in new interpersonal situations, due to feelings of inadequacy.

6. Views self as socially inept, personally unappealing or inferior to others.

7. Is usually reluctant to take personal risks, or engage in new activities due to the risk of failure.
Diagnosis: Schizoid Personality Disorder

1. Neither desires, nor enjoys close relationships including being part of the family.

2. Almost always chooses solitary activities

3. Rarely, if ever, claims or appears to experience strong emotions such as anger or joy.

4. Indicates little or any desire to have sexual experiences with another person.

5. Is indifferent to praise or criticism from others.

6. Has no close friends or confidants (or only one) apart from first degree relatives.

7. Displays constricted affect eg. is aloof, rarely responds with facial expressions such as smiles or nods.
DIAGNOSIS: Paranoid Personality Disorder

1. Suspicious without sufficient basis that others are exploiting or deceiving him.

2. Preoccupied with unjustified doubts about the loyalty or trustworthiness of friends and associates.

3. Is reluctant to confide in others, due to unwarranted fear that information will be used maliciously against him.

4. Reads hidden, demeaning or threatening meanings into benign remarks or events.

5. Persistently bears grudges i.e. is unforgiving of insults, injuries or slights.

6. Perceives attacks on his character or reputation that are not apparent to others and is quick to retaliate angrily.

7. Recurrent suspicions without justification, regarding fidelity of spouse or sexual partner (or in unattached cases of significant others).
Diagnosis: Antisocial Personality Disorder

1. Failure to conform to social norms as indicated by performing acts that are grounds for arrest.

2. Deceitfulness, as indicated by repeated lying, or conning others for personal profit or pleasure.

3. Impulsivity or failure to plan ahead.

4. Irritability and aggressiveness, as indicated by repeated physical fights or assaults.

5. Reckless disregard for safety of self or others.

6. Consistent irresponsibility, as indicated by failure to sustain consistent work behavior or honor financial obligations.

7. Lack of remorse, as indicated by being indifferent to or rationalizing having hurt, mistreated, or stolen from another.
Diagnosis: Borderline Personality Disorder

1. Frantic efforts to avoid real or imagined abandonment.

2. A pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation.

3. Identity disturbance: markedly and persistently unstable self-image or sense of self.

4. Impulsivity in at least two areas that are potentially self-damaging (e.g., spending, sex, substance abuse, reckless driving, binge eating).

5. Recurrent suicidal behavior, gestures, or threats, or self-mutilating behaviour.

6. Affective instability due to a marked reactivity of mood (e.g., intense irritability, or anxiety usually lasting a few hours).

7. Chronic feelings of emptiness.
Diagnosis: Histrionic Personality Disorder

1. Is uncomfortable in situations in which he or she is not the center of attention.

2. Interaction with others is often characterized by inappropriate sexually seductive or provocative behavior.

3. Displays rapidly shifting and shallow expression of emotions.

4. Consistently uses physical appearance to draw attention to self.

5. Has a style of speech that is excessively impressionistic and lacking in detail.


7. Is suggestible, i.e., easily influenced by others or circumstances.
APPENDIX IV

P . G . I . Health Questionnaire N – 2

Department of Psychiatry
POSTGRADUATE INSTITUTE OF MEDICAL EDUCATION & RESEARCH,
CHANDIGARH, (INDIA)

BY
N. N. WIG and S. K. VERMA

Age........................................................................
Sex........................................................................

Education..........................................................Profession..................................................

Direction :- Below are given some statements regarding your physical and mental well being. Read them carefully and tick ✓ only those items which refer to you.

Published By:
Agra Psychological Research Cell
Tiwari Kothi, Belanganj, Agra – 282004
[ Phone 64965]
1. I often get watering of eyes.
2. I feel heaviness of the eyes.
3. I feel burning sensation in eyes.
4. My appetite is not good.
5. My digestion is poor.
6. I get belching.
7. My taste remains bad.
8. I often get wind formation in stomach.
9. I feel heaviness of stomach and often it gets distended.
10. I have to go to toilet straight after meals.
11. I feel sick in stomach.
12. I get vomiting.
13. I always feel thirsty.
14. I have got fears like – fear of dark, crowds, closed spaces etc.
15. I find trouble in getting off to sleep or staying asleep.
16. I feel run down.
17. I get shakes of hands or body.
18. I suffer from backache.
19. I feel tired all the time.
20. I wish to do everything but can’t.
21. I don’t feel like doing anything.
22. I feel heaviness in the head.
23. I feel as if head is going to explode.
24. I often get headache.
25. I feel “heat” coming out of body.
26. I get pessimistic ideas.
27. I get sinking sensation.
28. I get palpitation of heart.
29. I feel empty headedness.
30. I find difficulty in passing water.
31. I get panic or fainting attacks.
I feel edgy.
I feel "my brain is getting weak".
I am becoming forgetful.
I feel scared if someone speaks loud.
I remain frightened all the time; not sure what will happen next.
I feel mixed up when I talk to others.
I can't tolerate noises.
I get easily irritated.
I have become superstitious.
Many silly ideas come into my head.
I can't forget past happenings.
I don't feel like talking and mixing with others.
I feel like crying.
I don't feel happy.
I don't feel interested enough in the family.
I feel like going away somewhere.
Many times I wish I was dead.
I am afraid that I may or have become the victim of some incurable disease.
I find no relief even after consulting many doctors.

I never lose my temper.
All my habits are good.
I always speak the truth.
I always remain calm and composed.
Nothing irritates me.
I never hide anything from anybody.
I never indulge in back biting.
I don't like people praising me.
I never speak nonsense.
I like everybody without exception.
Item Booklet

Instructions

Begin by completing the information on the rating sheet. Enter your name, age, sex, and date. Read the following directions carefully before you begin.

This booklet is divided into two sections which contain statements about how people see themselves. Please indicate how accurately each of the following statements describes you. Mark all of your responses on the rating sheet provided. DO NOT ERASE! If you need to change a response, make an “X” through the incorrect response and then fill in the correct circle.

Work as quickly as you can without making careless errors. It is best to rely on first impressions in answering each item. Fill in only one circle for each statement, and be sure to respond to all of the statements. Please note that the items are numbered in columns.
Section 1

Use the following scale for your responses to Section 1:

- Fill in ◎ if the statement is completely false.
- Fill in ○ if the statement is mainly false.
- Fill in ◯ if the statement is partly true and partly false.
- Fill in ◻ if the statement is mainly true.
- Fill in ◼ if the statement is completely true.

For example, if you believe that a statement is mainly true in describing you, fill in the ◻ circle for that statement on your rating sheet.

| 1. I often fail to live up to my moral standards. |
| 2. I nearly always feel that I am physically attractive. |
| 3. I occasionally have doubts about whether I will succeed in life. |
| 4. I have trouble letting others know how much I care for and love them. |
| 5. No matter what the pressure, no one could ever force me to hurt another human being. |
| 6. I am very well-liked and popular. |
| 7. On occasion, I have tried to find a way to avoid unpleasant responsibilities. |
| 8. I occasionally worry that in the future I may have a problem with controlling my eating or drinking habits. |
| 9. It is often hard for me to make up my mind about things because I don’t really know what I want. |
| 10. I am not easily intimidated by others. |
| 11. I am usually able to demonstrate my competence when I am being evaluated. |
| 12. I don’t have much of an idea about what my life will be like in 5 years. |
| 13. I nearly always feel that I am physically fit and healthy. |
| 14. I usually do the decent and moral thing, no matter what the temptation to do otherwise. |
| 15. There are times when I doubt my sexual attractiveness. |
| 16. I sometimes have a poor opinion of myself. |
| 17. There are times when I have doubts about my capacity for maintaining a close love relationship. |
| 18. The thought of shoplifting has never crossed my mind. |
| 19. I sometimes feel disappointed or rejected because my friends haven’t included me in their plans. |
| 20. There have been times when I have felt like getting even with somebody for something they had done to me. |

21. I feel that I don’t have enough self-discipline.
22. In general, I know who I am and where I am headed in my life.
23. I am usually a lot more comfortable being a follower than a leader.
24. Most people who know me consider me to be a highly talented and competent person.
25. I often feel that I lack direction in my life—i.e., that I have no long-range goals or plans.
26. I nearly always feel that I am better physically coordinated than most people (of my own age and sex).
27. I almost always have a clear conscience concerning my sexual behavior.
28. There have been times when I felt ashamed of my physical appearance.
29. I put myself down too much.
30. In times of uncertainty and self doubt, I have always been able to turn to my family for encouragement and support.
31. I have never felt that I was punished unfairly.
32. My friends almost always make sure to include me in their plans.
33. There have been times when I intensely disliked someone.
34. I am sometimes concerned over my lack of self-control.
35. Once I have considered an important decision thoroughly, I have little difficulty making a final decision.
36. I have no problem with asserting myself.
37. There are no areas in which I have truly outstanding ability.
38. Sometimes it’s hard for me to believe that the different aspects of my personality can be part of the same person.

Continued on next page. ▶
39. Most of the people I know are in better physical condition than I am.
40. I often feel guilty about my sexual behavior.
41. I usually feel that I am better looking than most people.
42. All in all, I would evaluate myself as a relatively successful person at this stage in my life.
43. There have been times when I have felt rejected by my family.
44. It hardly ever matters to me whether I win or lose in a game.
45. On occasion I have avoided dating situations because I feared rejection.
46. There have been times when I have lied in order to get out of something.
47. I often give in to temptation and put off work on difficult tasks.
48. I seldom experience much conflict between the different sides of my personality.
49. I feel that I have a lot of potential as a leader.
50. I am usually able to learn new things very quickly.
51. I often feel torn in different directions and unable to decide which way to go.
52. I occasionally have had the feeling that I have “gone astray,” and that I am leading a sinful or immoral life.
53. I have occasionally felt that others were repelled or “put off” by my physical appearance.
54. I nearly always have a highly positive opinion of myself.
55. I occasionally feel that no one really loves me and accepts me for the person I am.
56. I have almost never felt the urge to tell someone off.
57. People nearly always enjoy spending time with me.
58. There have been occasions when I took advantage of someone.
59. I have difficulty maintaining my self-control when I am under pressure.
60. I have often acted in ways that went against my moral values.
61. I am usually very pleased and satisfied with the way I look.

Section 2

In Section 2, you are to describe how often you experience the thoughts and feelings described in each item. Use the following scale for your responses to Part 2:

Fill in ◯ if you almost never experience them.
Fill in @ if you seldom or rarely experience them.
Fill in ® if you sometimes experience them.
Fill in © if you experience them fairly often.
Fill in ⬤ if you experience them very often.

For example, if you seldom or rarely experience the thoughts and feelings described, fill in the ◯ circle for that statement on your rating sheet.

Example

1. ◯ ◯ ◯ ◯ ◯

(Almost never) (Seldom or rarely) (Sometimes) (Fairly often) (Very often)

62. How often do you expect to perform well in situations that require a lot of ability?
63. How often do you lose when you get into arguments or disagreements with others?
64. Do you ever “stretch the truth” and say things that aren’t completely true?
65. How often do you feel confident that you have (or someday will have) a lasting love relationship?
66. When you are meeting a person for the first time, do you ever think that the person might not like you?
67. How often do you feel proud of the way that you stay with a task until you complete it?
68. How often do you feel dissatisfied with yourself?
69. How often do you feel that others are attracted to you because of the way you look?
70. How often do you feel a sense of vitality and pleasure over the way your body functions in physical activities?
71. How often do you feel uncertain of your moral values?
72. How often do you feel self-conscious or awkward while you are engaged in physical activities?
73. How often do you feel very certain about what you want out of life?

Continued on next page.
74. How often do you have trouble learning difficult new tasks?

75. When you are involved in group discussions, how often do you feel that your ideas have a strong influence on others?

76. Do you ever gossip?

77. How often do members of your family have difficulty expressing their love for you?

78. How often do you feel certain that people you meet will like you?

79. How often are you pleased with yourself because of the amount of self discipline and willpower that you have?

80. How often do you feel that you are a very important and significant person?

81. How often do you wish that you were more physically attractive?

82. How often does your body perform exceptionally well in physical activities, such as dancing or sports?

83. How often do you (by your behavior) set a good moral example for others younger than yourself?

84. How often do you feel clumsy when you are involved in physical activities?

85. How often do you feel conflicted or uncertain about your career plans?

86. How often do you feel that you can do well at almost anything you try?

87. How often are you able to be assertive and forceful in situations where others are trying to take advantage of you?

88. Have you ever felt irritated when someone asked you for a favor?

89. How often do you feel able to openly express warm and loving feelings toward others?

90. Does it ever seem to you that some people dislike you intensely, that they “can’t stand” you?

91. How often do you feel that you are more successful than most people at controlling your eating and drinking behavior?

92. How often do you feel really good about yourself?

93. How often are you complimented on your physical appearance?

94. How often do you feel in top physical condition?

95. How often are you pleased with your sense of moral values?

96. How often does your body feel “out of sorts” or sluggish?

97. Have you ever felt that you lack the intelligence needed to succeed in certain types of interesting work?

98. Do you enjoy it when you are in a position of leadership?

99. Have you ever felt jealous of the good fortune of others?

100. Have you ever felt alone and unloved?

101. When you go out with someone for the first time, how often do you feel that you are well-liked?

102. How often are you able to exercise more self-control than most of the people you know?

103. How often do you feel highly satisfied with the future you see for yourself?

104. How often do you feel unattractive when you see yourself naked?

105. How often do you enjoy having others watch you while you are engaged in physical activities such as dancing or sports?

106. How often do you feel highly satisfied with the way you live up to your moral values?

107. How often do you feel that you are not as intelligent as you would like to be?

108. How often do you feel uneasy when you are in a position of leadership?

109. How often is it hard for you to admit it when you have made a mistake?

110. How often do people whom you love go out of their way to let you know how much they care for you?

111. How often do you feel that you are one of the most popular and likable members of your social group?

112. How often are you able to resist temptations and distractions in order to complete tasks you are working on?

113. How often do you feel lacking in self-confidence?

114. How often do you approach new tasks with a lot of confidence in your ability?

115. How often do you have a strong influence on the attitudes and opinions of others?

116. How often do you gladly accept criticism when it is deserved?
LOWEN BIOENERGETIC SCALE

Institute of Bioenergetic Analysis

by

Dr. A. Lowen (1979)
**Method and Directions:**

The scale is designed to assess the bioenergetic structure of patients suffering from personality disorder. Assessment is at two levels (Diagnostic and Functional) and comprises of three interrelated scales (energetic, physical and psychological).

<table>
<thead>
<tr>
<th>Diagnostic (Rating by therapist)</th>
<th>Scale</th>
<th>Functional (Response by patient)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patient's energetic condition related to energetic pattern typical of his bioenergetic structure</td>
<td>Energetic</td>
<td>Patient responds yes/no to ten questions related to his level of energetic dysfunction</td>
</tr>
<tr>
<td>Rated 1-10 by therapist</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Therapist rates patient on presence/absence of ten physical features typical of his bioenergetic structure</td>
<td>Physical</td>
<td>Patient responds yes/no to ten questions related to his level of physical dysfunction.</td>
</tr>
<tr>
<td></td>
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<tr>
<td>Therapist rates patient on presence/absence of ten psychological features typical of his bioenergetic structure</td>
<td>Psychological</td>
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</tr>
<tr>
<td></td>
<td></td>
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</tr>
</tbody>
</table>
RIGID BIOENERGETIC STRUCTURE

(Historic and Obsessive-compulsive Personality Disorders)

ENERGETIC SCALE: Diagnostic Analysis

Moderate energetic charge to all peripheral points of contact with the environment which allows feelings to flow but limits their expression.

Rigid pattern of energy distribution

Therapist rating 1 – 10

(10 = most typical)
(1 = least typical)
ENERGETIC SCALE: Functional Analysis

1. energetic tensions in jaw
2. energetic tensions in throat
3. energetic tensions in neck
4. energetic tensions in shoulders
5. maximum energetic tension in back of spine
6. maximum energetic tension in heels of feet
7. maximum energetic tension in buttocks
8. tends to drive self energetically to point of exhaustion
9. front-back energetically split (see diagram)
10. head-body energetically split (see diagram)
PHYSICAL SCALE: Diagnostic Analysis

1. head held stiff and high
2. over extended spine
3. chest inflated and tight
4. lacks spontaneity of gestures and movements
5. does not initiate eye contact
6. over extended neck
7. over developed legs
8. retracted pulled back shoulders
9. walks heavily
10. tense arms

PHYSICAL SCALE: Functional Analysis

1. muscular tensions in flexor muscles of arms
2. muscular tensions in flexor muscles of legs
3. muscular tensions in extensor muscles of chest
4. muscular tensions in extensor muscles of shoulders
5. constrained and deliberate movements
6. hand movements restricted
7. prone to lower back pain
8. tendency to flat feet
9. tendency to clenched teeth
10. obsessively concerned about body
PSYCHOLOGICAL SCALE: Diagnostic Analysis

Yes   No

1. unyielding and rigidly stubborn
2. practical and realistic
3. ambitious
4. competitive
5. aggressive
6. workaholic often as compensation for unsatisfactory personal relationships
7. repetitive behavior
8. phobic cleanliness
9. over meticulous
10. perfectionistic

PSYCHOLOGICAL SCALE: Functional Analysis

Yes   No

1. permanently on guard against being taken advantage of
2. constantly rationalising and intellectualising
3. refuses to take risks
4. attempts to make the 'ideal' decision
5. emotionally restrictive
6. difficulty giving of self to another—conditionally loving
7. obsessively tidy
8. unduly self-conscious and inhibited
9. afraid of making a fool of himself
10. obsessively concerned about body
PSYCHOPATHIC BIOENERGETIC STRUCTURE
(Borderline and Avoidant Personality Disorders)

- ENERGETIC SCALE: Diagnostic Analysis

Marked displacement of energy towards head end. Concomitant reduction of charge in lower parts. Energy blocked at waist and diaphragm.

Psychopathic pattern of energy distribution

Therapist rating 1 – 10

(10 = most typical)
(1 = least typical)
ENERGETIC SCALE: Functional Analysis

1. pelvis undercharged and rigidly held
2. energetic constriction at waist
3. energetic constriction at diaphragm
4. energetic constriction at throat
5. energetic constriction at forehead
6. energetic constriction at eyes
7. energetic weakness in pelvis
8. energetic weakness in legs
9. torso-limbs energetically split (see diagram)
10. top-bottom energetically disproportionate (see diagram)
PHYSICAL SCALE: Diagnostic Analysis

1. disproportionate over development of arms
2. disproportionate over development of shoulders
3. disproportionate over development of neck
4. disproportionate over development of torso
5. muscularly weak and underdeveloped pelvis
6. muscularly weak and underdeveloped buttocks
7. skinny legs
8. wobbly knees
9. tendency to sprain ankles
10. unequal distribution of body weight

PHYSICAL SCALE: Functional Analysis

1. spasticity and stiffness of diaphragm
2. spasticity and stiffness of waist
3. marked muscular tension in eyes
4. marked muscular tension in occipital region
5. marked muscular tension in oral and throat region
6. marked muscular tension in shoulders
7. rigidity of pelvis
8. rigidity of arms
9. difficulty maintaining body balance
10. sexually undercharged
PSYCHOLOGICAL SCALE: Diagnostic Analysis

Yes  No

1. denial of feeling
2. need to dominate and control others
3. ego centric
4. needs to win at any cost
5. manipulates in attempts to make others need him
6. compliment hunger—constant need for praise
7. arrogant
8. sado-masochistic tendencies
9. lacks objectivity
10. attention seeking behaviour

PSYCHOLOGICAL SCALE: Functional Analysis

Yes  No

1. resents failure
2. sexuality used as power play
3. needs to flout social rules
4. fear of being controlled
5. history of erratic relationships
6. dangerously reckless
7. fragile self-esteem
8. overconcentration on monetary gains
9. tendency to substance abuse e.g. alcohol and drugs
10. over sensitive to criticism

XXXVI
SCHIZOID BIOENERGETIC STRUCTURE
(Paranoid and Schizoid Personality Disorders)

ENERGETIC SCALE: Diagnostic Analysis

The double lines indicate the contracted energy boundary of the schizoid character. The broken lines indicate the lack of charge in the peripheral organs and their lack of connection with the core. The broken line in the center of schizoid structure indicates the splitting of the two halves of the body.

Therapist rating 1 – 10
(10 = most typical)
(1 = least typical)
ENERGETIC SCALE: Functional Analysis

Yes  No

1. energetic block at base of skull
2. energetic block at base of shoulders
3. energetic block at base of pelvis
4. energetic block at base of hip joint
5. energetic block at base of diaphragm
6. energy deflected through eyes
7. energy deflected through ears
8. occasional explosive energetic charge
9. top-bottom energetically split (see diagram)
10. left-right energetically split (see diagram)
PHYSICAL SCALE: Diagnostic Analysis

Yes  No

1. mask like face
2. little or no eye contact
3. fixed smile
4. contracted neck
5. arms hang like appendanges
6. feet everted
7. body weight carried on outside of feet
8. stiff mechanical movements
9. immobile jaw
10. shoulders hunched forward

PHYSICAL SCALE: Functional Analysis

Yes  No

1. inflexibility of elbow
2. inflexibility of wrist
3. inflexibility of hip joint
4. inflexibility of knees
5. inflexibility of ankles
6. poor body concept
7. permanently cold hands
8. permanently cold feet
9. depersonalisation
10. dissociated from sexuality
PSYCHOLOGICAL SCALE: Diagnostic Analysis

1. split in psychological functioning
e.g. tendency to polarize
2. thinking dissociated from feeling
3. mood swings
4. frequent nightmares
5. hyper-sensitive
6. out of touch with reality
7. hallucinating ideation
8. unable to express anger
9. highly secretive and private
10. socially unskilled

PSYCHOLOGICAL SCALE: Functional Analysis

1. low self-esteem
2. tendency to withdraw from difficult situations
3. sensitive to rejection
4. actions contrary to needs/wants
5. avoids intimacy
6. feelings of rejection
7. tendency to intellectualise feelings
8. inability to trust or confide in others
9. intense fantasy life
10. difficulty in making decisions
ORAL BIOENERGETIC STRUCTURE
(Narcissistic and Anti-social Personality Disorder)

- Energetic Scale: Diagnostic Analysis

Energetically under charged state. Energy flows out to periphery of body but weakly. All points of contact with the environment are undercharged.

Oral pattern of energy distribution

Therapist rating 1 – 10
(10 = most typical)
(1 = least typical)
ENERGETIC SCALE: Functional Analysis

1. energetic block between shoulders
2. energetic block at knees
3. energetic block at base of spine
4. energetic block at buttocks
5. energetic block at thighs
6. maximum energetic weakness in eyes
7. maximum energetic weakness in abdomen
8. maximum energetic weakness in chest
9. maximum energetic weakness in fingers
10. front-back energetically split (see diagram)
PHYSICAL SCALE: Diagnostic Analysis

1. hunched back
2. elevated shoulders
3. locked knees
4. childlike immature body
5. shallow breathing
6. inflated sternum and deflected chest
7. tendency to low blood pressure
8. flaccid stomach muscles
9. poor body posture-protruding stomach
10. under developed weak muscles especially in lower parts of body

PHYSICAL SCALE: Functional Analysis

1. tires easily, no stamina
2. chronic muscular tension in abdomen
3. chronic muscular tension in shoulders
4. chronic muscular tension in back of legs
5. stiffness and arthritic pain in knee joints
6. stiffness and arthritic pain in fingers
7. abnormal food habits
   e.g. anorexia and bulimia
8. restless, purposeless movement
9. tendency to have hearing problems
10. sexually ambivalent
PSYCHOLOGICAL SCALE: Diagnostic Analysis

Yes       No

1. clings to others
2. decreased overt aggressiveness
3. insecurity masked by compensatory attitude and exaggerated independence
4. swings between depression and elation
5. refuses to accept responsibility
6. regresses into unresolved childhood conflicts
7. unmotivated – low drive
8. hyper irritability
9. periods of exaggerated and unwarranted increases in self-esteem
10. easily disappointed

PSYCHOLOGICAL SCALE: Functional Analysis

Yes       No

1. weakness in sense of independence
2. feeling of deprivation
3. feeling of helplessness
4. feeling of emptiness
5. feeling of inferiority
6. longing for recognition and affection suppressed
7. believes that world owes him a living
8. resentment and envy towards others
9. impatient – no staying power
10. low threshold of tolerance
MASOCHISTIC BIOENERGETIC STRUCTURE
(Independent Personality Disorders)

ENERGETIC SCALE: Diagnostic Analysis

- Energetic charge tightly held in Peripheral organs weakly charged
- Energetic impulses choked off in neck and waist

Masochistic pattern of energy distribution

Therapist rating 1 – 10

(10 = most typical)
(1 = least typical)
ENERGETIC SCALE: Functional Analysis

Yes       No

1. tendency to collapse energetically at waist
2. energetic block in jaw
3. energetic block in throat
4. energetic block in back of neck
5. energetic block in spine
6. energetic block in back of legs-calf
7. minimum energetic charge in feet
8. spasmodic inertia or energetic loss
9. torso-limbs energetically split (see diagram)
10. head body energetically split (see diagram)
PHYSICAL SCALE: Diagnostic Analysis

Yes  No

1. head pulled in on short thick neck
2. pelvis pulled forward
3. buttocks tucked in resembles dog with tail between legs
4. skin of darker than natural hue due to energy stagnation especially in face
5. furrowed brow-permanent frown
6. tendency to dizzy spells
7. tendency to twitching fingers and feet
8. tendency to sweaty palms
9. darting Staccato-like movements
10. constantly shifting eyeballs

PHYSICAL SCALE: Functional Analysis

Yes  No

1. muscular tension in jaws
2. muscular tension in throat
3. muscular tension in neck
4. muscular tension in spine
5. muscular tension in pelvis
6. tendency to constipation
7. sometimes collapses physically for no apparent reason
8. irregular breathing
9. difficulty relaxing muscles
10. uneven gait with short paces
PSYCHOLOGICAL SCALE: Diagnostic Analysis

Yes       No

1. tendency to whine, suffer, complain
2. outwardly submissive
3. inwardly defiant
4. frequent anxiety attacks
5. unable to reach out openly towards others
6. self-assertion limited
7. hyper critical of others
8. frequently agitation and short-tempered
9. excessively demanding of others
10. constantly in a state of confusion and conflict

PSYCHOLOGICAL SCALE: Functional Analysis

Yes       No

1. strong feelings of spite, hostility, negativity
2. inconsistent feelings of superiority
3. self-deprecating and self-doubting
4. constant feelings of guilt
5. tendency to brood
6. impulsive
7. strong super-ego-conscience
8. gives up easily
9. fear of heights-falling anxiety
10. fear of being trapped-claustrophobia
MOTIVATION LEVEL CHECK LIST

1. There is always a way out of my problems.
2. I am responsible for getting well again.
3. I will do everything possible to resolve my problems.
4. If at first I don’t succeed, I will try harder.
5. I refuse to give up when circumstances seem to be moving against me.
6. I am not ashamed / embarrassed to ask for help for my problems.
7. I don’t blame fate/others for being unwell.
8. I am determined to get better even if it takes a long time.
9. I am not ashamed / embarrassed to admit I have problems.
10. There is no magic cure/easy solution to my problems.

Scoring system:

10 – 9 yes = very good
8 – 6 = good
5 – 4 = average
3 – 0 = below average
APPENDIX VIII

FAMILY SUPPORT LEVEL CHECK LIST

Yes  No

1. When I am in trouble my family members are ready to help

2. Members of my family understand my illness

3. Members of my family are willing to attend meetings with the psychiatrist and the therapist.

4. My family does not blame me for being unwell.

5. My family does not allow me to ignore my discomfort

6. My family does not run away from or avoid unpleasant situations.

7. I do not believe in keeping my troubles to myself

8. My family does not insist that I do things their way

9. My family and I take joint decisions on important issues in our lives.

10. My family appreciates the positive sides of my personality

Scoring system:

10 – 9 = very good
8 – 6 = good
5 – 4 = average
3 – 0 = below average