APPENDIX – I

NEO-FFI

Instructions

Write only where indicated in this booklet. Carefully read all of the instructions before beginning. This questionnaire contains 60 statements. Read each statement carefully. For each statement fill in the circle with the response that best represents your opinion. Make sure that your answer is in the correct box.

Fill in SD if you strongly disagree or the statement is definitely false.

Fill in D if you disagree or the statement is mostly false.

Fill in N if you are neutral on the statement, if you cannot decide, or if the statement is about equally true and false.

Fill in A if you agree or the statement is mostly true.

Fill in SA if you strongly agree or the statement is definitely true.

1. I am not a worrier.
2. I like to have a lot of people around me.
3. I don’t like to waste my time daydreaming.
4. I try to be courteous to everyone I meet.
5. I keep my belongings neat and clean.
6. I often feel inferior to others.
7. I laugh easily.
8. Once I find the right way to do something, I stick to it.
9. I often get into arguments with my family and co-workers.
10. I’m pretty good about pacing myself so as to get things done on time.
11. When I’m under a great deal of stress, sometimes I feel like I’m going to pieces.
12. I don’t consider myself especially “light-hearted.”
13. I am intrigued by the patterns I find in art and nature.
14. Some people think I’m selfish and egotistical.
15. I am not a very methodical person.
16. I rarely feel lonely or blue.
17. I really enjoy talking to people.
18. I believe letting students hear controversial speakers can only confuse and mislead them.
19. I would rather cooperate with others than compete with them.
20. I try to perform all the tasks assigned to me conscientiously.
21. I often feel tense and jittery.
22. I like to be where the action is.
23. Poetry has little or no effect on me.
24. I tend to be cynical and skeptical of others’ intentions.
25. I have a clear set of goals and work toward them in an orderly fashion.
26. Sometimes I feel completely worthless.
27. I usually prefer to do things alone.
28. I often try new and foreign foods.
29. I believe that most people will take advantage of you if you let them.
30. I waste a lot of time before settling down to work.
31. I rarely feel fearful or anxious.
32. I often feel as if I’m bursting with energy.
33. I seldom notice the moods or feelings that different environments produce.
34. Most people I know like me.
35. I work hard to accomplish my goals.
36. I often get angry at the way people treat me.
37. I am a cheerful, high-spirited person.
38. I believe we should look to our religious authorities for decisions on moral issues.
39. Some people think of me as cold and calculating.
40. When I make a commitment, I can always be counted on to follow through.
41. Too often, when things go wrong, I get discouraged and feel like giving up.
42. I am not a cheerful optimist.
43. Sometimes when I am reading poetry or looking at a work of art, I feel a chill or wave of excitement.
44. I’m hard-headed and tough-minded in my attitudes.
45. Sometimes I’m not as dependable or reliable as I should be.
46. I am seldom sad or depressed.
47. My life is fast-paced.
48. I have little interest in speculating on the nature of the universe or the human condition.
49. I generally try to be thoughtful and considerate.
50. I am a productive person who always gets the job done.
51. I often feel helpless and want someone else to solve my problems.
52. I am a very active person.
53. I have a lot of intellectual curiosity.
54. If I don’t like people, I let them know it.
55. I never seem to be able to get organized.
56. At times I have been so ashamed I just wanted to hide.
57. I would rather go my own way than be a leader of others.
58. I often enjoy playing with theories or abstract ideas.
59. If necessary, I am willing to manipulate people to get what I want.
60. I strive for excellence in everything I do.
APPENDIX - II

Dysfunctional Attitude Scale

This questionnaire lists different attitudes or beliefs which people sometimes hold. Read each statement carefully and decide how much you agree or disagree with the statement. For each of the attitudes, indicate to the left of the item the number that best describes how you think. Be sure to choose only one answer for each attitude. Because people are different, there is no right answer or wrong answer to these statements. Your answers are confidential, so please do not put your name on this sheet.
To decide whether a given attitude is typical of your way of looking at things, simply keep in mind what you are like most of the time.

1 = Totally agree
2 = Agree very much
3 = Agree slightly
4 = Neutral
5 = Disagree slightly
6 = Disagree very much
7 = Totally disagree

_____ 1. It is difficult to be happy unless one is good looking, intelligent, rich, and creative.
_____ 2. Happiness is more a matter of my attitude towards myself than the way other people feel about me.
_____ 3. People will probably think less of me if I make a mistake.
_____ 4. If I do not do well all the time, people will not respect me.
_____ 5. Taking even a small risk is foolish because the loss is likely to be a disaster.
_____ 6. It is possible to gain another person's respect without being especially talented at anything.
_____ 7. I cannot be happy unless most people I know admire me.
_____ 8. If a person asks for help, it is a sign of weakness.
_____ 9. If I do not do as well as other people, it means I am a weak person.
_____ 10. If I fail at my work, then I am a failure as a person.
_____ 11. If you cannot do something well, there is little point in doing it at all.
_____ 12. Making mistakes is fine because I can learn from them.
_____ 13. If someone disagrees with me, it probably indicates he does not like me.
_____ 14. If I fail partly, it is as bad as being a complete failure.
_____ 15. If other people know what you are really like, they will think less of you.
_____ 16. I am nothing if a person I love doesn't love me.
_____ 17. One can get pleasure from an activity regardless of the end result
18. People should have a chance to succeed before doing anything.
19. My value as a person depends greatly on what others think of me.
20. If I don't set the highest standards for myself, I am likely to end up a second-rate person.
21. If I am to be a worthwhile person, I must be the best in at least one way.
22. People who have good ideas are better than those who do not.
23. I should be upset if I make a mistake.
24. My own opinions of myself are more important than others' opinions of me.
25. To be a good, moral, worthwhile person I must help everyone who needs it.
26. If I ask a question, it makes me look stupid.
27. It is awful to be put down by people important to you.
28. If you don't have other people to lean on, you are going to be sad.
29. I can reach important goals without pushing myself.
30. It is possible for a person to be scolded and not get upset.
31. I cannot trust other people because they might be cruel to me.
32. If others dislike you, you cannot be happy.
33. It is best to give up your own interests in order to please other people.
34. My happiness depends more on other people than it does on me.
35. I do not need the approval of other people in order to be happy.
36. If a person avoids problems, the problems tend to go away.
37. I can be happy even if I miss out on many of the good things in life.
38. What other people think about me is very important.
39. Being alone leads to unhappiness.
40. I can find happiness without being loved by another person.
APPENDIX - III

Performa For Life Expectations And Achievements

- WHAT IS AIM OF YOUR LIFE?

- ARE YOUR ACHIEVEMENTS UPTO YOUR EXPECTATIONS?

- DO YOU HAVE ADEQUATE FACILITIES TO ACHIEVE YOUR GOALS? IF YES INDICATE FACTORS, IF NO INDICATE FACTORS.

- WHAT TYPE OF PROBLEMS DO YOU FACE IN FULFILLING YOUR EXPECTATIONS?

- DO YOU THINK THAT YOU ARE COMPETENT TO ACHIEVE YOUR GOALS?
APPENDIX - IV

Beck Anxiety Inventory

Below is a list of common symptoms of anxiety. Please carefully read each item in the list. Indicate how much you have been bothered by that symptom during the past month, including today, by circling the number in the corresponding space in the column next to each symptom.

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Not At All</th>
<th>Mildly but it didn't bother me much.</th>
<th>Moderately - it wasn't pleasant at times</th>
<th>Severely – it bothered me a lot</th>
</tr>
</thead>
<tbody>
<tr>
<td>Numbness or tingling</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Feeling hot</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Wobbliness in legs</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Unable to relax</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Fear of worst happening</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Dizzy or lightheaded</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Heart pounding/racing</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Unsteady</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Terrified or afraid</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Nervous</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Feeling of choking</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Hands trembling</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Shaky / unsteady</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Fear of losing control</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Difficulty in breathing</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Fear of dying</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Scared</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Indigestion</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Faint / lightheaded</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Face flushed</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Hot/cold sweats</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

**Column Sum**
Scoring - Sum each column. Then sum the column totals to achieve a grand score. Write that score here ____________.
APPENDIX - V

Beck Depression Inventory 2nd Edition
Instructions: This questionnaire consists of 21 groups of statements. Please read each group of statements carefully, and then pick out the one statement in each group that best describes the way you have been feeling during the past two weeks, including today. Circle the number beside the statement you have picked. If several statements in the group seem to apply equally well, circle the highest number for that group. Be sure that you do not choose more than one statement for any group, including Item 16 (Changes in Sleeping Pattern) or Item 18 (Changes in Appetite).

<table>
<thead>
<tr>
<th>1. Sadness</th>
<th>6. Punishment Feelings</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 I do not feel sad.</td>
<td>0 I don't feel I am being punished.</td>
</tr>
<tr>
<td>1 I feel sad much of the time.</td>
<td>1 I feel I may be punished.</td>
</tr>
<tr>
<td>2 I am sad all the time.</td>
<td>2 I expect to be punished.</td>
</tr>
<tr>
<td>3 I am so sad or unhappy that I can't stand it.</td>
<td>3 I feel I am being punished.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2. Pessimism</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 I am not discouraged about my future.</td>
</tr>
<tr>
<td>1 I feel more discouraged about my future than I used to.</td>
</tr>
<tr>
<td>2 I do not expect things to work out for me.</td>
</tr>
<tr>
<td>3 I feel my future is hopeless and will only get worse.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3. Past Failure</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 I do not feel like a failure.</td>
</tr>
<tr>
<td>1 I have failed more than I should have.</td>
</tr>
<tr>
<td>2 As I look back, I see a lot of failures.</td>
</tr>
<tr>
<td>3 I feel I am a total failure as a person.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>4. Loss of Pleasure</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 I get as much pleasure as I ever did from the things I enjoy.</td>
</tr>
<tr>
<td>1 I don't enjoy things as much as I used to.</td>
</tr>
<tr>
<td>2 I get very little pleasure from the things I used to enjoy.</td>
</tr>
<tr>
<td>3 I can't get any pleasure from the things I used to enjoy.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>5. Guilty Feelings</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 I don't feel particularly guilty.</td>
</tr>
<tr>
<td>1 I feel guilty over many things I have done or should have done.</td>
</tr>
<tr>
<td>2 I feel quite guilty most of the time.</td>
</tr>
<tr>
<td>3 I feel guilty all of the time.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>7. Self-Dislike</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 I feel the same about myself as ever.</td>
</tr>
<tr>
<td>1 I have lost confidence in myself.</td>
</tr>
<tr>
<td>2 I am disappointed in myself.</td>
</tr>
<tr>
<td>3 I dislike myself.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>8. Self-Criticalness</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 I don't criticize or blame myself more than usual.</td>
</tr>
<tr>
<td>1 I am more critical of myself than I used to be.</td>
</tr>
<tr>
<td>2 I criticize myself for all of my faults.</td>
</tr>
<tr>
<td>3 I blame myself for everything bad that happens.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>9. Suicidal Thoughts or Wishes</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 I don't have any thoughts of killing myself.</td>
</tr>
<tr>
<td>1 I have thoughts of killing myself, but I would not carry them out.</td>
</tr>
<tr>
<td>2 I would like to kill myself.</td>
</tr>
<tr>
<td>3 I would kill myself if I had the chance.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>10. Crying</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 I don't cry anymore than I used to.</td>
</tr>
<tr>
<td>1 I cry more than I used to.</td>
</tr>
<tr>
<td>2 I cry over every little thing.</td>
</tr>
<tr>
<td>3 I feel like crying, but I can't.</td>
</tr>
</tbody>
</table>
### 11. Agitation
0  I am no more restless or wound up than usual.
1  I feel more restless or wound up than usual.
2  I am so restless or agitated that it’s hard to stay still.
3  I am so restless or agitated that I have to keep moving or doing something.

### 12. Loss of Interest
0  I have not lost interest in other people or activities.
1  I am less interested in other people or things than before.
2  I have lost most of my interest in other people or things.
3  It’s hard to get interested in anything.

### 13. Indecisiveness
0  I make decisions about as well as ever.
1  I find it more difficult to make decisions than usual.
2  I have much greater difficulty in making decisions than I used to.
3  I have trouble making any decisions.

### 14. Worthlessness
0  I do not feel I am worthless.
1  I don’t consider myself as worthwhile and useful as I used to.
2  I feel more worthless as compared to other people.
3  I feel utterly worthless.

### 15. Loss of Energy
0  I have as much energy as ever.
1  I have less energy than I used to have.
2  I don’t have enough energy to do very much.
3  I don’t have enough energy to do anything.

### 16. Changes in Sleeping Pattern
0  I have not experienced any change in my sleeping pattern.
1a  I sleep somewhat more than usual.
1b  I sleep somewhat less than usual.
2a  I sleep a lot more than usual.
2b  I sleep a lot less than usual.
3a  I sleep most of the day.
3b  I wake up 1–2 hours early and can’t get back to sleep.

### 17. Irritability
0  I am no more irritable than usual.
1  I am more irritable than usual.
2  I am much more irritable than usual.
3  I am irritable all the time.

### 18. Changes in Appetite
0  I have not experienced any change in my appetite.
1a  My appetite is somewhat less than usual.
1b  My appetite is somewhat greater than usual.
2a  My appetite is much less than before.
2b  My appetite is much greater than usual.
3a  I have no appetite at all.
3b  I crave food all the time.

### 19. Concentration Difficulty
0  I can concentrate as well as ever.
1  I can’t concentrate as well as usual.
2  It’s hard to keep my mind on anything for very long.
3  I find I can’t concentrate on anything.

### 20. Tiredness or Fatigue
0  I am no more tired or fatigued than usual.
1  I get more tired or fatigued more easily than usual.
2  I am too tired or fatigued to do a lot of the things I used to do.
3  I am too tired or fatigued to do most of the things I used to do.

### 21. Loss of Interest in Sex
0  I have not noticed any recent change in my interest in sex.
1  I am less interested in sex than I used to be.
2  I am much less interested in sex now.
3  I have lost interest in sex completely.
Biographical information

**Kindly furnish the following information:**

1) Age: ________________.

2) Qualification:______________.

3) Area of living: *Please circle the appropriate one* Rural / Urban

4) Income of family (Monthly):________________.