Appendixes
(Appendix- A)

Socio-Demographic Characteristics

School's Name:

Name:

Age:

Gender:  Male ☐  Female ☐

Grade:  

Rural ☐  Urban ☐

Mother’s age:

Father’s age:

Mother’s literacy level:  Primary and secondary ☐  High school ☐  Diploma and above ☐

Father’s literacy level:  Primary and secondary ☐  High school ☐  Diploma and above ☐

Family economic statues:  High ☐  Average ☐  Poor ☐

Contact number:

Email:
(Appendix- B)

Self-Esteem Scale

INSTRUCTIONS

Dear students, below is a list of statements dealing with your general feelings about yourself. If you strongly agree, circle SA. If you agree with the statement, circle A. If you disagree, circle D. If you strongly disagree, circle SD. There is no true and false response.

1. On the whole, I am satisfied with myself. SA   A   D   SD
2. At times I think I am no good at all. SA   A   D   SD
3. I feel that I have a number of good qualities SA   A   D   SD
4. I am able to do things as well as most other people. SA   A   D   SD
5. I feel I do not have much to be proud of. SA   A   D   SD
6. I certainly feel useless at times. SA   A   D   SD
7. I feel that I'm a person of worth, at least on an equal plane with others. SA   A   D   SD
8. I wish I could have more respect for myself. SA   A   D   SD
9. All in all, I am inclined to feel that I am a failure. SA   A   D   SD
10. I take a positive attitude toward myself. SA   A   D   SD
Aggression Scale

INSTRUCTIONS

Dear students, some statements have been given in this scale. These statements are related to your behavioral characteristics which you do in different situations. Please read each statement carefully, keeping in mind its situation and think that in given situation how much given characteristics you have (in that category). First decide and give your answers. There are 55 statements in this scale, strongly agree, agree, undecided, disagree and strongly disagree has been printed in front of the statement serially. According to your wish which suits to your behavioral characteristic, you mark a sign of right (✔) in the given block.

<table>
<thead>
<tr>
<th>Strongly Agree (SA)</th>
<th>Agree (A)</th>
<th>Undecided (U)</th>
<th>Disagree(D)</th>
<th>Strongly Disagree(SD)</th>
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You do your work yourself without any one’s help and your answer will be kept secret. There is no time limit in this scale. Please try to give the answer of the statement as soon as possible. There is no true and false response.
<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Statement</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Undecided</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
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<tbody>
<tr>
<td>1.</td>
<td>When asked to do some work which is not liked, feel angry.</td>
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<td>2.</td>
<td>When due to personal problems unable to complete work, feel angry.</td>
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<td>3.</td>
<td>When engaged in irrelevant discussion with someone do not feel angry.</td>
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<td>4.</td>
<td>When quarrelling with someone do not feel Angry.</td>
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<td>5.</td>
<td>When others do not agree with my views feel angry.</td>
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<td>6.</td>
<td>When others have different views than my views do not feel angry.</td>
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<td>7.</td>
<td>Scolding without any reason, feel angry.</td>
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<td>8.</td>
<td>When criticized by others, feel angry.</td>
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<td>9.</td>
<td>When beaten without reasons do not feel angry.</td>
<td>☐</td>
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<td>10.</td>
<td>When others do not complete my work, feel angry.</td>
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<td>11.</td>
<td>When the thing which I live is taken away, do not feel angry.</td>
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<td>12.</td>
<td>When I was disbelieved by my own people, feel angry.</td>
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<td>13.</td>
<td>When deceived by others again and again do not feel angry.</td>
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<td>14.</td>
<td>When someone tells a lie again and again with confidence, feel angry.</td>
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<td>15.</td>
<td>When things, you love is broken, do not feel angry.</td>
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<td>16.</td>
<td>When old friend break the confidence, feel angry.</td>
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<td>Sr. No.</td>
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<td>17.</td>
<td>When held guilty without any reason, do not feel angry.</td>
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<td>18.</td>
<td>When someone steals very confidential important papers, do not feel angry.</td>
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<td>19.</td>
<td>When it comes to my knowledge that someone who’s considered faithful and confident is cheating, feel angry.</td>
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<td>20.</td>
<td>When it comes to my knowledge that someone who is considered ‘ideal’ is culprit or bad person, do not feel angry.</td>
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<td>21.</td>
<td>When relative who is considered to be very close hurt by breaking confidence, do not feel angry.</td>
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<td>22.</td>
<td>When gets all the time false assurance by others, fell angry.</td>
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<td>23.</td>
<td>When see partial treatment by parents in their behavior, feel angry.</td>
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<td>24.</td>
<td>When disturbance is created by relative, friends or colleagues in doing work unnecessary, do not feel angry.</td>
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<td>25.</td>
<td>When unnecessary pressurized by parents, relatives, friends, colleagues feel angry.</td>
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<td>26.</td>
<td>When unnecessary pressurized by parents, relatives, friends, colleagues to work against rules and norms, do not feel angry.</td>
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<td>27.</td>
<td>When see immoral behavior or corruption in the society, do not feel angry.</td>
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<td>28.</td>
<td>When see dis-respect of elders in society, feel angry.</td>
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<td>29.</td>
<td>When unable to see insult of elders by younger, feel angry.</td>
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<td>Sr. No.</td>
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<td>30.</td>
<td>When there is no reason, do not feel angry.</td>
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<td>31.</td>
<td>When see misbehavior with old person, Handicap person, weak person, feels angry.</td>
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<td>32.</td>
<td>When see behavior against religion and the insult of religion, feel angry.</td>
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<td>33.</td>
<td>When useless advise and counseling is given by the people, do not feel angry.</td>
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<td>34.</td>
<td>When insulted without reason, feel angry.</td>
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<td>35.</td>
<td>When someone who is committed to help in case of need refuses, do not feel angry.</td>
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<td>36.</td>
<td>When hear criticism of others, feel angry.</td>
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<td>37.</td>
<td>When someone steals luggage and other thing, do not feel angry.</td>
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<td>38.</td>
<td>When it comes to knowledge that friend or dear one’s is deceiving you, feel angry.</td>
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<td>39.</td>
<td>When work is not completed in time or see that cannot prove without completing work, feel angry.</td>
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<td>40.</td>
<td>When wait eagerly for someone after leaving some important work and he does not turn up, feel angry.</td>
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<td>41.</td>
<td>When see wrong opinion or rumor is being Spread among people, do not feel angry.</td>
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<td>42.</td>
<td>When beaten after caught while cheating or stealing, feel angry.</td>
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<td>43.</td>
<td>When hopeful and dependent on the assurance of someone and that person refuses, feel angry.</td>
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<td>44.</td>
<td>When punished without reasons, do not feel angry.</td>
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<td>Sr. No.</td>
<td>Statement</td>
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<td>Agree</td>
<td>Undecided</td>
<td>Disagree</td>
<td>Strongly Disagree</td>
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<td>45.</td>
<td>When notice partially in behavior, do not feel angry.</td>
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<td>46.</td>
<td>When see corruption and norms breaking, do not feel angry.</td>
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<td>47.</td>
<td>When someone pushed while going in the way and fell down, do not feel angry.</td>
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<td>48.</td>
<td>When see corrupt, immoral, mean mentality people, felt angry.</td>
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<td>49.</td>
<td>When someone praise others to whom you do not like, feel angry.</td>
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<td>50.</td>
<td>When see opportunist peoples who cause loss for their own again, feel angry.</td>
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<td>51.</td>
<td>When someone advise without asking, to show that he is well-wisher, feel angry.</td>
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<td>52.</td>
<td>When engaged in some important work at the same time someone comes and waste your time, feel angry.</td>
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<td>53.</td>
<td>When someone forcefully interfere personal life, feel angry.</td>
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<td>54.</td>
<td>When you lose the game, feel angry.</td>
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<td>55.</td>
<td>When insulted for others fault in the classroom or work-field, feel angry.</td>
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(Appendix- D)

Depression Inventory (BDI)

INSTRUCTIONS
Dear students, please choose one statement from among the group of four statements in each question that best describe how you have been feeling during the past few days including today. Circle the number beside the statement you picked. You do your work yourself without any one’s help and your answer will be kept secret. There is no time limit and true and false response in this scale.

0. I do not feel sad. A
1. I feel sad.
2. I am sad all the time and I can’t snap out of it.
3. I am so sad or unhappy that I can’t stand it.

B
0. I am not particularly discouraged about the future.
1. I feel discouraged about the future
2. I feel I have nothing to look forward to.
3. I feel that the future is hopeless and that things cannot improve.

C
0. I do not feel like a failure.
1. I feel I have failed more than the average person.
2. As I look back on my life, all I can see is a lot of failure.
3. I feel I am a complete failure as a person.

D
0. I get as much satisfaction out of things as I used to.
1. I don’t enjoy things the way I used to.
2. I don’t get any real satisfaction out of anything anyone.
3. I am dissatisfied or bored with anything.
0. I don’t feel particularly guilty.
1. I feel guilty a good part of the time.
2. I feel quite guilty most of the time.
3. I feel guilty all of the time.

0. I don’t feel I am being punished.
1. I feel I may be punished.
2. I expect to be punished.
3. I feel I am being punished.

0. I don’t feel disappointed in myself.
1. I am disappointed in myself.
2. I am disgusted with myself.
3. I hate myself.

0. I don’t feel I am any worse than anybody else.
1. I am critical of myself for my weakness or mistakes.
2. I blame myself all the time for my faults.
3. I blame myself for everything bad that happens.

0. I don’t have any thoughts of killing myself.
1. I have thoughts of killing myself but I would not carry them out.
2. I would like to kill myself.
3. I would like myself if I had the chance.

0. I don’t cry any more than usual.
1. I cry more now than I used to.
2. I cry all the time now.
3. I used to be able to cry, but now I can’t cry even though I want to.

0. I am no more irritated by things than I ever am.
1. I am slightly more irritated now than usual.
2. I am quite annoyed or irritated a good deal of the time.
3. I feel irritated all the time now.
**L**

0. I have not lost interest in other people.
1. I am less interested in other people than I used to be.
2. I have lost most of my interest in other people.
3. I have lost all of my interest in other people.

**M**

0. I make decisions about as well as I ever could.
1. I put off making decisions more than I used to.
2. I have greater difficulty in making decisions than before.
3. I can’t make decisions at all anymore.

**N**

0. I don’t feel that I look any worse than I used to.
1. I am worried that I am looking old or unattractive.
2. I feel that there are permanent changes in my appearance that make me look unattractive.
3. I believe that I look ugly.

**O**

0. I can work about as well as before.
1. It takes an extra effort to get started at doing something.
2. I have to push myself very hard to do anything.
3. I can’t do any work at all.

**P**

0. I can sleep as well as usual.
1. I don’t sleep as well as I used to.
2. I wake up 1-2 hours earlier than usual and find it hard to get back to sleep.
3. I wake up several hours earlier than I used to and cannot get back to sleep.

**Q**

0. I don’t get more tired than usual.
1. I get tired more easily than I used to.
2. I get tired from doing almost anything.
3. I am too tired to do anything.

**R**

0. My appetite is no worse than usual.
1. My appetite is not as good as it used to be.
2. My appetite is much worse now.
3. I have no appetite at all anymore.

S

0. I haven’t lost much weight, if any, lately.
1. I have lost more than 3 Kg.
2. I have lost more than 6 Kg.
3. I have lost more than 9 Kg. (score 0 if you have been purposely trying to lose weight.)

T

0. I am no more worried about my health than usual.
1. I am worried about physical problems such as aches and pains or upset stomach or constipation.
2. I am very worried about physical problems and it’s hard to think of much else.
3. I am so worried about my physical problems that I cannot think about anything else.

U

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 interested in sex completely.
(Appendix- E)

Informed Consent Form-1

**Information to the participant:**
This study is aimed at exploring the different ways in which individuals respond to a variety of situations. Your participation in this study would be considered valuable as it would contribute to research aimed at understanding human behavior. If you agree to participate in this study, it will include answering a set of statements which will take around 40 to 50 minutes of your time.

**Undertaking by the researcher:**
This information provided by you will be kept strictly confidential and would be used only for research purpose. Your participation in this study is voluntary and you have the right to withdraw your participation at any point of time from this study.

Mrs. Razieh Kamal (Research Scholar)

Dept. of Psychology, University of Mysore

Mysore

Participant’s Consent:
I………………………………………….. The undersigned, give y consent to be a participants of this study. I have been informed about the purpose of the study. Your participation in this study is purely voluntary.

(Name and Signature of the Research participant)

Date:

Contact number:

Email:
(Appendix- F)

Informed Consent Form-2

**Undertaking by the participant**

I,………………………………………, hereby willing to participate in the study initiated by Mrs. Razieh Kamal on the topic “ The impact of Rational Emotive Behavior Therapy on Self-esteem, Aggression and Depression among adolescent students”. The researcher has already explained in detail the procedural aspects of the study. My participation in this study is purely voluntary and I am happy to be part of this study as it is going to throw light on various aspects of human behavior which are beneficial for the society.

(Name and Signature of the Research participant)

Date:

Contact number:

Email:

**Undertaking by the researcher:**

This information provided by you will be kept strictly confidential and would be used only for research purpose. Your participation in this study is voluntary and you have the right to withdraw your participation at any point of time from this study.

Mrs. Razieh Kamal (Research Scholar)

Dept. of Psychology, University of Mysore, Mysore
(Appendix- G)

REBT Self Help Sheet

When you recognize that you are disturbing yourself – fill in the following in the given sequences:

A (Activating Event) Describes what you are disturbed about.

C (Consequences) – Identify the consequences (emotional and behavioral) which followed the “A” described above.

B (Beliefs) – Write down your Irrational Beliefs.

In particular, identify

- Rigid demands and absolute “should” and “musts”
- Catastrophizing and awfulizing
- Low frustration tolerance (L.F.T): I can’t stand-it is!
- Any rating or damning of oneself, others and/or life itself

D (Disputing) – Dispute the Irrational Beliefs: Realistically, Logically and Pragmatically.

Ask questions such as

- Will having this belief help me or hurt me?
- Where is it getting me to maintain this belief?
- Where is the evidence to support this belief?
- Is this belief logical?
- Is this belief realistic?
- Does it follow from my preferences?
E (Effective New Philosophies) – State new rational beliefs / philosophies, which emphasize.

- Preferences
- That you CAN stand what you don’t like
- The evaluation of any bad action ns but not of the worth of worthiness of you, others or life.

After completing the Self-Help Sheet, write down an action plan for the next 30 days – exercises or homework you will do daily to enable you to begin to effectively eliminate the unhealthy irrational beliefs, debilitating emotions and unhelpful behaviors which were identified and to enforce and reinforce new healthy thoughts, emotions and actions which replace the harmful ones.

Unhealthy Negative Emotions include:

- Anxiety
- Depression
- Rage
- Shame/Embarrassment
- Hurt
- Jealousy
- Guilt
- Low Frustration Tolerance (LFT)

Healthy Negative Emotions include:

- Concern
- Sadness and appropriate grief
- Appropriate annoyance
- Regret
- High Frustration Tolerance (HFT)
(Appendix- H)

Thought Challenging Record

<table>
<thead>
<tr>
<th>Situation (What, where when, who)</th>
<th>Emotion or feeling (Rate 0-100%)</th>
<th>Negative Automatic Thought (Rate belief 0-100%)</th>
<th>Reasons why this thought might be true</th>
<th>Reasons why this thought might not be completely true all of the time</th>
<th>Is their more helpful way of thinking about myself or this situation? (Rate belief 0-100%)</th>
<th>Emotion or feeling (Rate 0-100%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

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## Anger Dairy

<table>
<thead>
<tr>
<th>Date / Time</th>
<th>Trigger</th>
<th>Emotion</th>
<th>Body Sensations</th>
<th>Thoughts</th>
<th>Behaviour</th>
<th>Consequences</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>What happened just before you felt angry?</td>
<td>How did you feel at that time?</td>
<td>What did you feel in your body?</td>
<td>What was going through your mind?</td>
<td>How did you react?</td>
<td>What happened and how did you feel as a result of your actions?</td>
</tr>
</tbody>
</table>
(Appendix- J)

**Anger Decision Sheet**

<table>
<thead>
<tr>
<th>Trigger</th>
<th>Letting Go</th>
<th>Or</th>
<th>Act Assertively</th>
</tr>
</thead>
<tbody>
<tr>
<td>When there has been an injustice</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Am prevented from doing something I want to do</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>When I am criticised</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>When I or someone else has broken one of my rules</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>