APPENDICES

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Appendix -A

STAXI-II

Directions: A number of statements people use to describe themselves are given below. Read each statement and circle the letter which indicates how you generally feel on the separate answer sheet given to you. There are no right or wrong answers. Do not spend too much time on any one statement.

Part I

1. I am quick
2. I have a fiery temper
3. I am a hot headed person
4. I get angry when I am slowed down by others’ mistakes
5. I feel annoyed when I am not given recognition for doing good work
6. I fly off the handle (i.e. lose control over anger)
7. When I get mad, (i.e. very angry) I say nasty things
8. It makes me furious when I am criticized in front of others
9. When I get frustrated, I feel like hitting someone
10. I feel infuriated when I do a good job and get a poor evaluation

Part II

Directions: Everyone feels angry or furious from time to time, but people differ in the ways they react when they are angry. Read each statement and then circle the letter which indicates how often you generally react or behave in the manner described when you are feeling angry.

1. I control my temper
2. I express my anger
3. I take a deep breath and relax
4. I keep things in
5. I am patient with others
6. If someone annoys me, I am apt to tell him or her how I feel
7. I try to calm myself as soon as possible
8. I pout or sulk
9. I control my urge to express my angry feelings
10. I loose my temper
11. I try to simmer down
12. I withdraw from people
13. I keep my cool
14. I make sarcastic remarks of others
15. I try to soothe my angry feelings
16. I boil inside, but I do not show it
17. I control my behaviour
18. I do things like slam doors
19. I endeavour to become calm again
20. I tend to harbour grudges that I don’t tell anyone about
21. I can stop myself from losing my temper
22. I argue with others
23. I reduce my anger as soon as possible
24. I am secretly quite critical of others
25. I try to be tolerant and understanding
26. I strike out at whatever infuriates me
27. I do something relaxing to calm down
28. I am angrier than I am willing to admit
29. I control my angry feelings
30. I say nasty things
31. I try to relax
32. I am irritated a great deal more than people are aware of
## Appendix –B

### STAXI-II Answer Sheet

#### Part 1

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Options:
- A Almost never
- B Sometimes
- C Often
- D Almost always
Appendix –C

First version of Triguna-SRT Scale

Directions: Evaluate yourself as accurately and honestly as you can avoiding the temptation to see yourself as you would like to be rather than as you are. Please circle the appropriate number where 1- UNTRUE 2- SOMEWHAT TRUE 3- TRUE

1. I try to keep everything balanced
2. I always have a desire to do something
3. I believe that happiness lies in doing nothing
4. I feel anger is never justified
5. I have to be on the move all the time
6. I am lazy compared to some people
7. I am a calm and peaceful person
8. We should strive to get pleasure and enjoyment out of life
9. I tend to procrastinate things
10. I prefer light colours to dark ones
11. I get angry when very hungry
12. I quickly get tired and weak
13. I remain true to the responsibilities even when there is no gain
14. Sometimes being hypocritical saves your life
15. It is difficult to survive without a caretaker
16. I do not use the senses for exaggerated enjoyment beyond the basic needs
17. We must strive in life to get recognition
18. I prefer to wake up late than early in the morning
19. I try to remain unperturbed and unwavering in success or failure
20. My mind is in a state of constant anxiety
21. I have the capacity to work but I do not put lots of effort in doing things
22. I am a patient person
23. I prefer rich food
24. Things that can be done in a short period take me much time
25. I am steady in my morals
26. I help only those who have helped me
27. I sleep more than 8 hours per day
28. I am sympathetic towards others’ unhappiness
29. Sometimes I am dissatisfied even in gain
30. I get depressed easily
31. I mostly prefer less spicy food
32. I get attached to my work
33. I get scared easily
34. I have a few but intimate friends
35. I sleep less than 6 hours
36. I indulge in hopeless expectations
37. I do not go for material possessions
38. I prefer bright/shining colours
39. My future depends on others a lot
40. I spend time to develop self-awareness
41. I believe that money gives us power
42. I feel big when I ridicule others
43. I experience spiritual enlightenment
44. I get angry rather very often
45. When a person insults me in a group I tend to ignore and forget
46. The idea of my own death does not upset me
47. When I am insulted I try to defend myself on the spot
48. Actually I did not like going to school and studying
49. When I get angry I withdraw from the situation to find out why I got angry
50. I have a goal to become greater and better in life
51. I like dull colours the most
52. I sleep 6-8 hours to feel energetic
53. I walk/eat very fast
54. I prefer to eat fish to poultry
55. I do not want to be benefited by undue favours in life
56. To show my worth I behave like a very busy and inaccessible person
57. I like astringent/bitter tasting food
58. I like music to be played softly
59. When I get angry I feel like retaliating
60. I like food a lot to the extent that I can say I live to eat
61. I think that life of birds and animals is as important as that of man
62. In this world it is impossible to stick to morals
63. I found filling this questionnaire boring
Appendix –D

Final version of Triguna-SRT Scale

Directions: Evaluate yourself as accurately and honestly as you can avoiding the temptation to see yourself as you would like to be rather than as you are. Please circle the appropriate number where 1- UNTRUE  2- SOMEWHAT TRUE  3- TRUE

1. I try to keep everything balanced
2. I get angry when very hungry
3. I believe that happiness lies in doing nothing
4. I feel anger is never justified
5. Sometimes being hypocritical saves your life
6. I am lazy compared to some people
7. I am a calm and peaceful person
8. My mind is in a state of constant anxiety
9. I tend to procrastinate things
10. I remain true to the responsibilities even when there is no gain
11. I prefer rich food
12. I quickly get tired and weak
13. I try to remain unperturbed and unwavering in success or failure
14. I help only those who have helped me
15. It is difficult to survive without a caretaker
16. I am a patient person
17. I believe that money gives us power
18. I prefer to wake up late than early in the morning
19. I am steady in my morals
20. I get angry rather very often
21. I have the capacity to work but I do not put lots of effort in doing things
22. I am sympathetic toward others’ unhappiness
23. To show my worth I behave like a very busy and inaccessible person
24. Things that can be done in a short period take me much time
25. I have a few but intimate friends
26. When I get angry I feel like retaliating
27. I sleep more than 8 hours per day
28. I spend time to develop self-awareness
29. I get depressed easily
30. When I get angry I withdraw from the situation to find out why I got angry
31. I indulge in hopeless expectations
32. I sleep 6-8 hours to feel energetic
33. My future depends on others a lot
34. I like music to be played softly
35. I feel big when I ridicule others
36. Actually I did not like going to school and studying
37. I like dull colors the most
38. I like astringent / bitter tasting food
39. I like food a lot to the extent that I can say I live to eat
40. I get scared easily
41. I found filling this questionnaire boring

Conversion of raw scores to percentile ranks

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Appendix –E
Final SRT Answer Sheet

1) 1 2 3 15) 1 2 3 29) 1 2 3
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12) 1 2 3 26) 1 2 3 40) 1 2 3
13) 1 2 3 27) 1 2 3 41) 1 2 3
14) 1 2 3 28) 1 2 3
Appendix –F

First version of Tridosha-VPK Scale

Directions: Evaluate yourself as accurately and honestly as you can avoiding the temptation to see yourself as you would like to be rather than as you are. Please circle the appropriate number where

1. UNTRUE
2. SOMEWHAT TRUE
3. TRUE

1. Once provoked I may feel great fear
2. I love to sleep with windows open even in winter
3. I can go an entire day on water or juice alone without feeling any physical distress
4. My joints often make cracking noises when they move
5. I get angry easily
6. I have a smooth skin
7. Prominent tendons and veins are seen on my limbs
8. The body hair is light-coloured
9. I gain weight easily
10. My hair is dry
11. I find my palms are wet even in a cold season
12. My nails are good
13. I have a habit of biting my nails
14. I am neither tall nor short
15. I am somewhat slow in my movements
16. Some of my teeth are significantly larger than others
17. My skin reddens easily after an exercise
18. I do not have any difficulty in sleeping
19. I notice that I feel full after eating even less than I wanted to eat
20. It makes me irritable if I fail to eat when I am hungry
21. I am not much disturbed by any extremities of the climate
22. It is difficult to function efficiently without breakfast
23. I prefer colder climates
24. There is not much hunger after exercise
25. I experience frequent gas or bloating of stomach
26. My muscle tone and coordination are moderate
27. I seek chances to sleep more hours at a time
28. I like to be active but my stamina gets low easily
29. I tend to become quickly impatient around slower or less focused individuals than me
30. I drop off to sleep easily
31. At night I am easily disturbed by outside noises
32. My skin tends to have moles/ pimplles
33. I usually speak slowly
34. People say I grind my teeth at night
35. I am good at expressing things concisely
36. I avoid confrontations with others as much as possible
37. I have experiences of either sleep walking or sleep talking
38. I am often accused of having a sharp tongue
39. It takes a lot to provoke me
40. I like talking
41. Even if I wake up during the night I can return to slumber easily
42. I tend to sit back and observe
43. I am a sensitive person
44. I am a courageous person
45. Patience is my virtue
46. I remember things easily and forget easily
47. I like competitiveness
48. Comfort at home is of prime importance to me
49. I do not tolerate loud noise
50. I am clever
51. I have a moderate desire for food
52. Sometimes I need to have companionship and other times solitude
53. I get sunburn easily
54. I study each subject cautiously
55. I resist regularity whenever possible
56. I am intolerant of others' mistakes
57. Once I commit myself to a course of action I see it through
58. I find it difficult to create habits of any sort
59. I visualize things I am thinking about
60. I have lasting friendships
61. I find it difficult to concentrate on any one subject
62. I am efficient at planning various projects
63. I have innate self-satisfaction
64. I often fail to complete the projects started
65. I love to engineer ideas into practical uses
66. If I believe in something then the faith is unshakeable
67. In general I am a changeable person
68. I like being arrogant
69. I have a stable personality
70. I have an irregular appetite
71. My gums tend to bleed easily
72. I enjoy habits
73. When angered I erupt quickly and as quickly return to normal
74. I usually remember easily and forget with difficulty
75. I am a greedy/ possessive person
76. I am more compassionate or maternal than others
77. I make or break habits according to their utility
78. I always save money in every possible way.
Appendix -G

Final version of Tridosha-VPK Scale

Directions: Evaluate yourself as accurately and honestly as you can avoiding the temptation to see yourself as you would like to be rather than as you are. Please circle the appropriate number where 1- UNTRUE 2- SOMEWHAT TRUE 3- TRUE

1. Once provoked I may feel great fear
2. I am neither tall nor short
3. My nails are good
4. My joints often make cracking noises when they move
5. I prefer colder climates
6. I do not have any difficulty in sleeping
7. I have a habit of biting my nails
8. My muscle tone and coordination are moderate
9. I usually speak slowly
10. I notice that I feel full after eating even less than I wanted to eat
11. I am good at expressing things concisely
12. It takes a lot to provoke me
13. It is difficult to function efficiently without breakfast
14. I am often accused of having a sharp tongue
15. Patience is my virtue
16. I experience frequent gas or bloating of stomach
17. I am a courageous person
18. I have a moderate desire for food
19. I like to be active but my stamina gets low easily
20. I like competitiveness
21. Once I commit myself to a course of action I see it through
22. At night I am easily disturbed by outside noises
23. I am clever
24. I have lasting friendships
25. People say I grind my teeth at night
26. I visualize things I am thinking about
27. I have innate self-satisfaction
28. I have experiences of either sleep-walking or sleep-talking
29. I am efficient at planning various projects
30. If I believe in something then the faith is unshakeable
31. I remember things easily and forget easily
32. I love to engineer ideas into practical uses
33. I enjoy habits
34. I find it difficult to create habits of any sort
35. I am intolerant of others’ mistakes
36. I always save money in every possible way
37. I find it difficult to concentrate on any one subject
38. I often fail to complete the projects started
39. In general I am a changeable person
40. I have an irregular appetite

Conversion of raw scores to percentile ranks

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## Appendix –H

**Final VPK Answer Sheet**

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| 13| 1 | 2 | 3 | 27| 1 | 2 | 3 |             |   |   |   |
| 14| 1 | 2 | 3 | 28| 1 | 2 | 3 |             |   |   |   |
## Appendix –I

### First version of Irrational Beliefs Scale (IB-S)

**Instructions**

You have some ideas regarding life and things about life. Some statements about such ideas are given below. Read each of these statements carefully and decide the extent to which you agree or disagree with it. Use the following scale to decide this.

1. Strongly Agree  
2. Agree  
3. Undecided  
4. Disagree  
5. Strongly Disagree

Please indicate your response by placing a tick in one of the following boxes that appear alongside with each question. Please give your honest opinion to every question.

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<th>Individual Assessment</th>
<th>Strongly Agree</th>
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<th>Undecided</th>
<th>Disagree</th>
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<td>2. It makes me angry when things in life are not the way I want them to be</td>
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<td>3. Uncertainties in life leave me irate</td>
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<td>4. It is irritating to talk to people who do not keep their promises</td>
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<td>5. It is enraging when situations in life are not easy and painless</td>
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<td>6. Everything has to be just right for me to work, otherwise it makes me furious</td>
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<td>7. I should get things done without struggling much for them, if not I get angry</td>
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<td>8. I get angry when people do not love and respect each other</td>
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<td>9. I become angry if I am not at all times successful in whatever I do</td>
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<td>10. I get angry, if people whom I value</td>
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most don’t stand by me in times of trouble

11. I would be terribly annoyed and upset if I made some mistakes while making a speech to a large audience

12. I am cross when things don’t happen the way I want them to

13. I feel indignant when not liked by people around me

14. It is enraging if I do not excel at everything I attempt

15. Situations that I do not like really provoke me

16. If things are not done perfectly I get very annoyed

17. I lose control over my anger if life is not comfortable and easy

18. I cannot stand people who are inefficient

19. I can’t be cool when I can’t find a perfect solution to the problems I face

20. It makes me furious when I am faced with challenges of life and not have anyone to turn to

21. It is absolutely annoying when things go wrong even for good people

22. It irritates me when things in life are not certain and definite

23. I can’t stand it when people behave unfairly

24. I absolutely should not fail in whatever I undertake and if I do, I get angry

25. People around me should face my anger if they do not respect me
Appendix –J

Final version of Irrational Beliefs-Anger Scale

You have some ideas regarding life and things about life. Some statements about such ideas are given below. Read each of these statements carefully and decide the extent to which you agree or disagree with it. Please indicate your response by placing a tick in one of the following boxes that appear alongside with each question.
<table>
<thead>
<tr>
<th>Individual Assessment</th>
<th>Strongly Agree</th>
<th>Undecided</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
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</thead>
<tbody>
<tr>
<td>1. I get infuriated if people do not approve of me</td>
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<td>2. It makes me angry when things in life are not the way I want them to be</td>
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<td>3. Uncertainties in life leave me irate</td>
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<td>4. It is enraging when situations in life are not easy</td>
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<td>5. Everything has to be just right for me to work, otherwise it makes me furious</td>
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<td>6. I should get things done without struggling much for them, if not I get angry</td>
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<td>7. I get angry when people do not love and respect each other</td>
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<td>8. I become angry if I am not at all times successful in whatever I do</td>
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<td>9. I get angry, if people whom I value most don’t stand by me in times of trouble</td>
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<td>10. I would be terribly annoyed and upset if I made some mistakes while making a speech to a large audience</td>
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<td>11. I am cross when things don’t happen the way I want them to</td>
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<td>12. I feel indignant when not liked by people around me</td>
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<td>13. It is enraging if I do not excel at everything I attempt</td>
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<td>14. Situations that I do not like really provoke me</td>
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<td>15. If things are not done perfectly I get very annoyed</td>
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<td>16. I lose control over my anger if life is not comfortable and easy</td>
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<td>17. I can’t be cool when I can’t find a perfect solution to the problems I face</td>
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<td>18. It is absolutely annoying when things go wrong even for good people</td>
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<td>19. It irritates me when things in life are not certain and definite</td>
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<td>20. I cant stand it when people behave unfairly</td>
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<td>21. I absolutely should not fail in whatever I undertake and if I do, I get angry</td>
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<td>22. People around me should face my anger if they do not respect me</td>
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Appendix -K: Personal data sheet

Age ___________ Female / Male ___________ Class studying in ___________

Examine the list below and indicate the frequency of occurrence over the last three months. Please answer by indicating the appropriate numbers where 5 - Very frequently
4 - Frequently 3 - Sometimes 2 - Very rarely 1 - Never

1. Inability to get to sleep or stay asleep
2. Headaches and pains in your head
3. Indigestion or stomach upset
4. Feeling unaccountably tired
5. Shortness of breath or feeling dizzy
6. Decrease in appetite
7. Muscle trembling (e.g., eye twitch)
8. Picking sensations or twinges in parts of your body
9. Tendency to sweat
10. Skin itching
11. Fever
12. Vomiting
13. Nausea
14. Backache
15. Change in urine color
16. Change in eye color
17. Sensing unusual taste in the mouth
18. Heart rate faster than usual
19. I worry about my past mistakes or actions
20. At times I feel unsettled for no obvious reason
21. I feel like giving up struggling in life
22. I react intensely to unpleasant experiences
23. I am more pessimistic than optimistic
24. I feel relaxed and at ease
25. I feel lonely in spite of good friends and relationships
26. I blame self more than seeing the positive aspects of life
27. I rate myself as a sensitive person
28. I cannot stand criticism
29. I have less faith in myself
30. I can overcome/resolve my present difficulties
31. I postpone making decisions
32. I feel uncomfortable in social gatherings
33. I avoid facing difficulties
34. I feel inferior in comparison with others
35. I am helpless when alone in difficulty
36. I worry when friends' behavior towards me changes for the worse
37. I find it difficult to start doing something
38. I get irritated easily
39. I am happy the way I am
40. I am frustrated at not getting the deserved recognition
41. Quite small setbacks irritate me too much

Thank you!