APPENDIX - V

Copy of the Type A – Type B Self Test

SPECIFIC INSTRUCTION:

Circle, the number on the continuums (the verbal descriptions represent end points) that best represent your behaviour for each dimension.

1. I am casual about appointments
   \( (t = 2.5) \) *
   
2. I am not competitive
   \( (t = 2.62) \) *
   
3. I never feel rushed, even under pressure
   \( (t = 2.83) \) **
   
4. I take things one at a time
   \( (t = 2.65) \) *
   
5. I do things slowly
   \( (t = 3.98) \) **
   
6. I have many interests
   \( (t = 2.55) \) *
   
7. I express feelings
   \( (t = 4.87) \) *

I am never late

I am very Competitive.

I always feel rushed.

I try to do many things at once, think about what I am going to do next.

I do things fast (eating, walking, etc.).

I have few interests outside work.

I 'sit' on feelings.