APPENDICES
Appendix A

Questionnaire used for the Quantitative Data Collection
Dear Participant,

I am doing research on different types of intimate relationships and want to know about the people who are involved in them. For this purpose, I have developed this questionnaire and ask you to give your responses on each statement. Your participation in this research will be a lot of help to me. It will also have a lot of significance as it is going to add some new information in Psychology, especially in the area of Relationships. It will be difficult for this research to reach its completion without your co-operation.

I assure you that your responses will be used only for the purpose of research. The information that you will provide will be kept confidential. You can give your responses without any hesitation. If you have any questions, you are always welcome to ask me. You can also contact me, if required, on my e-mail address or phone numbers given below.

Thank you very much for your participation and co-operation.

Regards,
Saifur Rehman Farooqi

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+919654907431 (Delhi)
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E-mail: saif.farooqi@gmail.com

Web: http://lifepsychologyandalotmore.blogspot.com
Facebook Page: http://www.facebook.com/InterestingFactsAboutPsychology
Please fill in the information given below:

1. Age: 2. Gender:
3. Education: 4. Working or Non-working (please specify in either case):
5. Parents Education: 6. Parents Profession:
7. Nature of family: Nuclear/Joint 8. No. of siblings:
11. Religion: 12. Caste:
13. Current City: 14. Place of Schooling:
15. Place of College/University:

16. Kindly indicate the type of relationship for which you are going to participate in this research:
   i. **Live-in Relationship** (People in a *live-in relationship* are co-residents, living together, within a sexual union, without that union having been formalized by a legal marriage).
   ii. **Romantic Relationship** (Some degree of physical intimacy is one of the defining characteristics of romantic relationships and suggests attraction, possible feelings of love, the strong likelihood of sexual interest, and marriage as something that may occur at some future date).
   iii. **Cross-sex Friendship** (Friendship can be defined as the affectionate attachment between two or more people. It has more to do with the quality of relationship rather than with the frequency of association. A *cross-sex friendship* is typically defined as a friendship with someone of the other sex that is not romantic, sexual, or familial).
   iv. **Same-sex Friendship** (Friendship can be defined as the affectionate attachment between two or more people. It has more to do with the quality of relationship rather than with the frequency of association. *Same-sex friendship* is referred to as a friendship that occurs between people who belong to the same sex).

17. Duration of the Relationship:
Listed below are several statements that concern the topic of intimate relationships. Please read each of the following statements carefully and decide to what extent it is characteristic of you. Kindly, respond to each of the statements keeping in mind the relationship that you have indicated above for which you have agreed to participate in this research, and not any other relationship that you may be involved in. For each statement indicate how much it applies to you by using the following scale:

A = Not at all characteristic of me, B = Slightly characteristic of me, C = Somewhat characteristic of me, D = Moderately characteristic of me, E = Very characteristic of me

Note: Remember to respond to all the statements.

1. I am confident about myself as an intimate partner.
   A B C D E

2. I think about my relationship all the time.
   A B C D E

3. My relationship is something that I am largely responsible for.
   A B C D E

4. I reflect about my relationship a lot.
   A B C D E

5. I am very motivated to be involved in my relationship.
   A B C D E

6. My relationship makes me feel nervous and anxious.
   A B C D E
7. I am very assertive in my relationship.

8. I feel depressed about my relationship.

9. My relationship is mostly determined by chance happenings.

10. I am concerned about what other people think of my relationship.

11. I am somewhat afraid to be intimately involved with my partner.

12. I am very satisfied with the way my intimate needs are being met.

13. I think of myself as a good intimate partner.

14. I think about my relationship more than anything else.
15. My relationship is determined in large part by my own behavior.

16. I usually spend time thinking about my relationship.

17. I am strongly motivated to devote time and effort in my relationship.

18. I am somewhat tense in my relationship.

19. I am very direct about voicing my preference in my relationship.

20. I feel unhappy about my relationship.

21. Most things that affect my relationship happen to me by accident.

22. I am concerned about the way my relationship is presented to others.
23. I sometimes have a fear of being in my relationship.
   A B C D E

24. I am very satisfied with my relationship.
   A B C D E

25. I am better at my relationship than most other people.
   A B C D E

26. I tend to be preoccupied with my relationship.
   A B C D E

27. I exert a great deal of control over my relationship.
   A B C D E

28. I am always trying to understand my relationship.
   A B C D E

29. I have a strong desire to be involved in my relationship.
   A B C D E

30. I feel nervous when I interact with my partner in my relationship.
   A B C D E

31. I am somewhat passive in expressing my desires in my relationship.
   A B C D E
32. I feel discouraged about my relationship. A B C D E
33. Luck plays a big part in influencing the nature of my relationship. A B C D E
34. I usually worry about the impression my relationship has on others. A B C D E
35. On occasions, I am fearful of intimate involvement with my partner. A B C D E
36. My relationship meets my original expectations. A B C D E
37. I would rate myself favourably as an intimate partner. A B C D E
38. I am constantly thinking about being in my relationship. A B C D E
39. The main thing which affects my relationship is what I myself do. A B C D E
40. I am very alert to the changes in my relationship. A B C D E
41. It is really important to me that I involve myself in my relationship.

42. I am more anxious about my relationship than most people are.

43. I do not hesitate to ask for what I want in my relationship.

44. I feel disappointed about my relationship.

45. My relationship is largely a matter of fortune (good or bad).

46. I am usually alert to other’s reactions to my relationship.

47. I do not have very much fear of being involved in my relationship.

48. My relationship is very good compared to most of the others’.

49. I am very confident in my relationship.

50. I think about my relationship for the
majority of the time.

51. My relationship is something that I myself am in charge of

52. I am very aware of the nature of my relationship.

53. I strive to keep myself involved in my relationship.

54. I feel inhibited and shy in my relationship.

55. When it comes to my relationship, I usually ask for what I want.

56. I feel sad about my relationship.

57. The nature of my relationship is really a matter of fate or destiny.

58. I usually notice the way that others react to my relationship.

59. I am not very afraid of becoming involved in my relationship.

60. I am very much satisfied with the intimate aspects of my life
Below is a list of statements dealing with your general feelings about yourself. If you **strongly agree** with a statement, choose **SA**. If you **agree**, choose **A**. If you **disagree**, choose **D**. If you **strongly disagree**, choose **SD**. Please do not leave any item unanswered.

<table>
<thead>
<tr>
<th></th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. On the whole, I am satisfied with myself.</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>2. At times, I think I am no good at all.</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>3. I feel I have a number of good qualities.</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>4. I am able to do things as well as other people.</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>5. I feel I do not have much to be proud of.</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>6. I certainly feel useless at times.</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>7. I feel I am a person of worth, at least on an equal plane with others.</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>8. I wish I could have more respect for myself.</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>9. All in all, I am inclined to feel that I am a failure.</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
<tr>
<td>10. I take a positive attitude toward myself.</td>
<td>SA</td>
<td>A</td>
<td>D</td>
<td>SD</td>
</tr>
</tbody>
</table>
The statements given below are about some general behaviours in varying situations. You have to indicate how often you have indulged in them by using the following scale:

N = Never, R = Rarely, S = Sometimes, O = Often, A = Always

Do not leave any items unanswered. There are no right or wrong responses.

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I share my views about God.</td>
<td>N</td>
<td>R</td>
<td>S</td>
<td>O</td>
<td>A</td>
</tr>
<tr>
<td>2. I talk about my current life struggles to others.</td>
<td>N</td>
<td>R</td>
<td>S</td>
<td>O</td>
<td>A</td>
</tr>
<tr>
<td>3. I tell the things that I worry the most.</td>
<td>N</td>
<td>R</td>
<td>S</td>
<td>O</td>
<td>A</td>
</tr>
<tr>
<td>4. I share my fears.</td>
<td>N</td>
<td>R</td>
<td>S</td>
<td>O</td>
<td>A</td>
</tr>
<tr>
<td>5. I feel opening up my troubled situations to others.</td>
<td>N</td>
<td>R</td>
<td>S</td>
<td>O</td>
<td>A</td>
</tr>
<tr>
<td>6. I tell about my intentions in life.</td>
<td>N</td>
<td>R</td>
<td>S</td>
<td>O</td>
<td>A</td>
</tr>
<tr>
<td>7. I like telling my personal insecurities.</td>
<td>N</td>
<td>R</td>
<td>S</td>
<td>O</td>
<td>A</td>
</tr>
<tr>
<td>8. I am open about my admiration about the opposite sex.</td>
<td>N</td>
<td>R</td>
<td>S</td>
<td>O</td>
<td>A</td>
</tr>
<tr>
<td>9. I feel like telling about my problems when it is more in a way of a joke.</td>
<td>N</td>
<td>R</td>
<td>S</td>
<td>O</td>
<td>A</td>
</tr>
<tr>
<td>10. I make sure that people know about my interests.</td>
<td>N</td>
<td>R</td>
<td>S</td>
<td>O</td>
<td>A</td>
</tr>
<tr>
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<tr>
<td>11.</td>
<td>I discuss the ups and downs I experience in my life.</td>
<td>N</td>
<td>R</td>
<td>S</td>
<td>O</td>
</tr>
<tr>
<td>12.</td>
<td>I share my happiest moments.</td>
<td>N</td>
<td>R</td>
<td>S</td>
<td>O</td>
</tr>
<tr>
<td>13.</td>
<td>I talk about how concerned I am about a particular person.</td>
<td>N</td>
<td>R</td>
<td>S</td>
<td>O</td>
</tr>
<tr>
<td>14.</td>
<td>I share my personal beliefs no matter how weird it is.</td>
<td>N</td>
<td>R</td>
<td>S</td>
<td>O</td>
</tr>
<tr>
<td>15.</td>
<td>I talk about my spiritual life to people.</td>
<td>N</td>
<td>R</td>
<td>S</td>
<td>O</td>
</tr>
<tr>
<td>16.</td>
<td>I allow myself known to others.</td>
<td>N</td>
<td>R</td>
<td>S</td>
<td>O</td>
</tr>
<tr>
<td>17.</td>
<td>I tell the world about the things that make me especially proud of myself.</td>
<td>N</td>
<td>R</td>
<td>S</td>
<td>O</td>
</tr>
<tr>
<td>18.</td>
<td>I talk about the things in the past or present that I feel ashamed or guilty of.</td>
<td>N</td>
<td>R</td>
<td>S</td>
<td>O</td>
</tr>
<tr>
<td>19.</td>
<td>I let other people to know me so that they reveal themselves.</td>
<td>N</td>
<td>R</td>
<td>S</td>
<td>O</td>
</tr>
<tr>
<td>20.</td>
<td>I open myself to others wholeheartedly.</td>
<td>N</td>
<td>R</td>
<td>S</td>
<td>O</td>
</tr>
<tr>
<td>21.</td>
<td>I discuss my ideas</td>
<td>N</td>
<td>R</td>
<td>S</td>
<td>O</td>
</tr>
</tbody>
</table>
openly.

22. I express my ideas or thoughts whenever necessary.  N   R   S   O   A

23. I tell about whether or not I feel I am attracted to the opposite sex.  N   R   S   O   A

24. I feel comfortable in revealing secrets about my life.  N   R   S   O   A

25. I tell about my dreams.  N   R   S   O   A

26. I share my fears.  N   R   S   O   A

27. I feel opening up my personal problems to others.  N   R   S   O   A

28. I talk about my family problems to other people.  N   R   S   O   A

29. I tell about my sad moments.  N   R   S   O   A

30. I talk about the party and social gatherings that I like best.  N   R   S   O   A

31. I discuss the time when I felt I was in love.  N   R   S   O   A

32. I feel opening up my troubled situations to others.  N   R   S   O   A

33. I give information
about my casual situations.  

34. I am irritated about my big problems when I have not told anybody.

35. I open my personal standards of beauty and attractiveness of the opposite sex.

36. I feel talking to people about my problems any time.

37. I talk about my personal problems whenever there is a chance.

38. I tell about my ambitions in life.

39. I share my academic/career problems.

40. I talk in great details about my successes.

41. I tell people about my sincere sense of goals.

42. I share about what it takes to hurt my feelings deeply.

43. I make sure I share about my personal self
during conversations.

44. I share my beliefs about God.  

45. I share my frustrations of life.  

46. Whenever I have failures, I feel the need to have somebody to talk to.  

47. I talk about my personal views on sexual morality.  

48. I tell about who my crush is.  

49. I tell about the hassles I experience at home.  

50. I talk about what I feel are my special strong points for my work.  

51. I tell about my problems.
The following statements concern your perceptions about yourself in a variety of situations. Your task is to indicate the strength of your agreement with each statement, utilizing the following scale:

1 = Strongly disagree, 2 = Disagree, 3 = Neither disagree nor agree, 4 = Agree, 5 = Strongly agree

No two statements are exactly alike, so consider each statement carefully before responding. There are no right or wrong answers, so select the number that most closely reflects you on each statement. Take your time and consider each statement carefully.

<table>
<thead>
<tr>
<th></th>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Neither Disagree nor Agree</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I find it hard to imitate the behavior of other people.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>2. My behavior is usually an expression of my true inner feelings, attitudes, and beliefs.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>3. At parties and social gatherings, I do not attempt to do or say things that others will like.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>4. I can only argue for ideas which I already believe.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>5. I can make impromptu speeches even on topics about which I have no information.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>6. I guess I put on a show to impress or entertain people.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
7. When I am uncertain how to act in a social situation, I look for the behaviours of others for cues.

8. I would probably make a good actor.

9. I rarely seek the advice of my friends to choose movies, books, or music.

10. I sometimes appear to others to be experiencing deeper emotions than I actually am.

11. I laugh more when I watch a comedy with others than when alone.

12. In groups of people, I am rarely the center of attention.

13. In different situations with different people, I often act like different persons.

14. I am not particularly good at making other people like me.
<p>| | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>15.</td>
<td>Even if I am not enjoying myself, I often pretend to be having a good time.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>16.</td>
<td>I am not always the person I appear to be.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>17.</td>
<td>I would not change my opinions (or the way I do things) in order to please someone or win their favour.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>18.</td>
<td>I have considered being an entertainer.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>19.</td>
<td>In order to get along and be liked, I tend to be what people expect me to be rather than anything else.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>20.</td>
<td>I have never been good at games that involve improvisational acting.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>21.</td>
<td>I have trouble changing my behavior to suit different people and different situations.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>22.</td>
<td>At a party, I let others keep the jokes and stories going.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>
23. I feel a bit awkward in company and do not show up quite as well as I should.

24. I can look anyone straight in the eye and tell a lie with a straight face (if for a right end).

25. I may deceive people being friendly when I really dislike them.

The following questions are based on your affective states. Read each question carefully and answer them on the basis of the scale in front of each question. Please do not leave any question unanswered.

1. How happy, satisfied, or pleased have you been with your personal life during the past month?

2. How much of the time have you felt lonely during the past month?
3. How often did you become nervous or jumpy when faced with excitement or unexpected situations during the past month? 

<table>
<thead>
<tr>
<th>1 (Always)</th>
<th>2 (Very often)</th>
<th>3 (Fairly often)</th>
<th>4 (Sometimes)</th>
<th>5 (Almost never)</th>
<th>6 (Never)</th>
</tr>
</thead>
</table>

4. During the past month, how much of the time have you felt that the future looks hopeful and promising? 

<table>
<thead>
<tr>
<th>1 (All of the time)</th>
<th>2 (Most of the time)</th>
<th>3 (A good bit of the time)</th>
<th>4 (Some of the time)</th>
<th>5 (A little of the time)</th>
<th>6 (None of the time)</th>
</tr>
</thead>
</table>

5. How much of the time, during the past month, has your daily life been full of things that were interesting to you? 

<table>
<thead>
<tr>
<th>1 (All of the time)</th>
<th>2 (Most of the time)</th>
<th>3 (A good bit of the time)</th>
<th>4 (Some of the time)</th>
<th>5 (A little of the time)</th>
<th>6 (None of the time)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Question</td>
<td>Responses</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>-------------------------------------------------------------------------</td>
<td>--------------------------------------------------------------------------</td>
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<td></td>
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</tr>
<tr>
<td>6. How much of the time, during the past month, did you feel relaxed</td>
<td>1 (All of the time) 2 (Most of the time) 3 (A good bit of the time) 4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>and free of tension?</td>
<td>(Some of the time) 5 (A little of the time) 6 (None of the time)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. During the past month, how much of the time have you generally</td>
<td>1 (All of the time) 2 (Most of the time) 3 (A good bit of the time) 4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>enjoyed the things you do?</td>
<td>(Some of the time) 5 (A little of the time) 6 (None of the time)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. During the past month, have you had any reason to wonder if you</td>
<td>1 (No, not at all) 2 (Maybe a little) 3 (Yes, but not enough to be</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>were losing your mind, or losing control over the way you act, talk,</td>
<td>concerned or worried about it) 4 (Yes, and I have been a little concerned)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>think, feel, or of your memory?</td>
<td>5 (Yes, and I am quite concerned) 6 (Yes, and I am very much concerned)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. Did you feel depressed during the past month?</td>
<td>1 (Yes, very often) 2 (Yes, fairly often) 3 (Yes, a couple of times) 4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(Yes, at one time) 5 (No, never)</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>
10. During the past month, how much of the time have you felt loved and wanted?  

<table>
<thead>
<tr>
<th></th>
<th>1 (All of the time)</th>
<th>2 (Most of the time)</th>
<th>3 (A good bit of the time)</th>
<th>4 (Some of the time)</th>
<th>5 (A little of the time)</th>
<th>6 (None of the time)</th>
</tr>
</thead>
</table>

11. How much of the time, during the past month, have you been a very nervous person?  

<table>
<thead>
<tr>
<th></th>
<th>1 (All of the time)</th>
<th>2 (Most of the time)</th>
<th>3 (A good bit of the time)</th>
<th>4 (Some of the time)</th>
<th>5 (A little of the time)</th>
<th>6 (None of the time)</th>
</tr>
</thead>
</table>

12. When you got up in the morning, this past month, about how often did you expect to have an interesting day?  

<table>
<thead>
<tr>
<th></th>
<th>1 (Always)</th>
<th>2 (Very often)</th>
<th>3 (Fairly often)</th>
<th>4 (Sometimes)</th>
<th>5 (Almost never)</th>
<th>6 (Never)</th>
</tr>
</thead>
</table>

13. During the past month, how much of the time have you felt tense or “high-strung”?  

<table>
<thead>
<tr>
<th></th>
<th>1 (All of the time)</th>
<th>2 (Most of the time)</th>
<th>3 (A good bit of the time)</th>
<th>4 (Some of the time)</th>
<th>5 (A little of the time)</th>
<th>6 (None of the time)</th>
</tr>
</thead>
</table>
14. During the past month, have you been in firm control of your behavior, thoughts, emotions, feelings?

1 (Yes, very definitely) 2 (Yes, for the most part) 3 (Yes, I guess so) 4 (No, not too well) 5 (No, and I am somewhat disturbed) 6 (No, and I am very disturbed)

15. During the past month, how often did your hands shake when you tried to do something?

1 (Always) 2 (Very often) 3 (Fairly often) 4 (Sometimes) 5 (Almost never) 6 (Never)

16. During the past month, how often did you feel that you had nothing to look forward to?

1 (Always) 2 (Very often) 3 (Fairly often) 4 (Sometimes) 5 (Almost never) 6 (Never)

17. How much of the time, during the past month, have you felt calm and peaceful?

1 (All of the time) 2 (Most of the time) 3 (A good bit of the time) 4 (Some of the time) 5 (A little of the time) 6 (None of the time)
18. How much of the time, during the past month, have you felt emotionally stable?
   1 (All of the time)  2 (Most of the time)  3 (A good bit of the time)  4 (Some of the time)  5 (A little of the time)  6 (None of the time)

19. How much of the time, during the past month, have you felt downhearted and blue?
   1 (All of the time)  2 (Most of the time)  3 (A good bit of the time)  4 (Some of the time)  5 (A little of the time)  6 (None of the time)

20. How often have you felt like crying, during the past month?
   1 (Always)  2 (Very often)  3 (Fairly often)  4 (Sometimes)  5 (Almost never)  6 (Never)

21. During the past month, how often did you feel that others would be better off if you were dead?
   1 (Always)  2 (Very often)  3 (Fairly often)  4 (Sometimes)  5 (Almost never)  6 (Never)
22. How much of the time, during the past month, were you able to relax without difficulty?

<table>
<thead>
<tr>
<th></th>
<th>1 (All of the time)</th>
<th>2 (Most of the time)</th>
<th>3 (A good bit of the time)</th>
<th>4 (Some of the time)</th>
<th>5 (A little of the time)</th>
<th>6 (None of the time)</th>
</tr>
</thead>
</table>

23. How often, during the past month, did you feel that nothing turned out for you the way you wanted it to?

<table>
<thead>
<tr>
<th></th>
<th>1 (Always)</th>
<th>2 (Very often)</th>
<th>3 (Fairly often)</th>
<th>4 (Sometimes)</th>
<th>5 (Almost never)</th>
<th>6 (Never)</th>
</tr>
</thead>
</table>

24. How much have you been bothered by nervousness, or your “nerves,” during the past month?

<table>
<thead>
<tr>
<th></th>
<th>1 (Extremely so, to the point where I could not take care of things)</th>
<th>2 (Very much bothered)</th>
<th>3 (Bothered quite a bit by nerves)</th>
<th>4 (Bothered some, enough to notice)</th>
<th>5 (Bothered just a little by nerves)</th>
<th>6 (Not bothered at all by this)</th>
</tr>
</thead>
</table>

25. During the past month, how much of the time has living been a wonderful adventure for you?

<table>
<thead>
<tr>
<th></th>
<th>1 (All of the time)</th>
<th>2 (Most of the time)</th>
<th>3 (A good bit of the time)</th>
<th>4 (Some of the time)</th>
<th>5 (A little of the time)</th>
<th>6 (None of the time)</th>
</tr>
</thead>
</table>

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26. How often, during the past month, have you felt so down in the dumps that nothing could cheer you up?

1 (Always) 2 (Very often) 3 (Fairly often) 4 (Sometimes) 5 (Almost never) 6 (Never)

27. During the past month, did you ever think about taking your own life?

1 (Yes, very often) 2 (Yes, Fairly often) 3 (Yes, a couple of times) 4 (Yes, at one time) 5 (No, never)

28. During the past month, how much of the time have you felt restless, fidgety, or impatient?

1 (All of the time) 2 (Most of the time) 3 (A good bit of the time) 4 (Some of the time) 5 (A little of the time) 6 (None of the time)

29. During the past month, how much of the time have you been moody or brooded about things?

1 (All of the time) 2 (Most of the time) 3 (A good bit of the time) 4 (Some of the time) 5 (A little of the time) 6 (None of the time)
30. How much of the time, during the past month, have you felt cheerful, lighthearted?

1 (All of the time)  2 (Most of the time)  3 (A good bit of the time)  4 (Some of the time)  5 (A little of the time)  6 (None of the time)

31. During the past month, how often did you get rattled, upset, or flustered?

1 (Always)  2 (Very often)  3 (Fairly often)  4 (Sometimes)  5 (Almost never)  6 (Never)

32. During the past month, have you been anxious or worried?

1 (Yes, extremely so, to the point of being sick or almost sick)  2 (Yes, very much so)  3 (Yes, quite a bit)  4 (Yes, some, enough to bother to me)  5 (Yes, a little bit)  6 (No, at all)

33. During the past month, how much of the time were you a happy person?

1 (All of the time)  2 (Most of the time)  3 (A good bit of the time)  4 (Some of the time)  5 (A little of the time)  6 (None of the time)
34. How often during the past month did you find yourself having difficulty trying to calm down?

1 (Always) 2 (Very often) 3 (Fairly often) 4 (Sometimes) 5 (Almost never) 6 (Never)

35. During the past month, how much of the time have you been in a low or very low spirits?

1 (All of the time) 2 (Most of the time) 3 (A good bit of the time) 4 (Some of the time) 5 (A little of the time) 6 (None of the time)

36. How often, during the past month, have you been waking up feeling fresh and rested?

1 (Always, every day) 2 (Almost every day) 3 (Most days) 4 (Some days, but usually not) 5 (Hardly ever) 6 (Never wake up feeling rested)

37. During the past month, have you been under or felt you were under any strain, stress, or pressure?

1 (Yes, almost more than I could stand or bear) 2 (Yes, quite a bit of pressure) 3 (Yes, some, about normal) 4 (Yes, some, about usual) 5 (Yes, a little bit) 6 (No, not at all)
Appendix B

Questions prepared for the Focus Group

Discussions
Questions for the Focus Group Discussions

- What is intimacy according to you?
- What do you understand by intimate relationships?
- What do you mean by being in an intimate relationship?
- How important is it for you to be in an intimate relationship?
- What do you think are the various characteristics of people who are involved in intimate relationships? Is there any difference from those who are unable to be or are not in such relationships?
- What would you say about the above (1 to 5) in the specific relationship (live-in relationship/romantic relationship/cross-sex friendship/same-sex friendship)?
- How close/intimate do you feel with the person in your relationship?
- What are the various emotions that are involved in regard to your relationship? Do these have any kind of effect on your behavior and day-to-day activities? How?
- What are the challenges that you face with respect to your relationship?
- What are the different ways in which your relationship has influenced you? How?
- Is the influence of this relationship different from the influence of the other relationships that you have? If yes, then how?
- How do you think that your relationship has helped you in your growth as a person?
- How do you see the future of your relationship?