Appendix – A

Permission letter from Institutional Human Ethical Committee

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**UNIVERSITY OF MYSORE**

**Communication of decision of the Institutional Human Ethical Committee (IHEC)**

**Protocol title:** Psychosocial problems of children with HIV/AIDS on ART

<table>
<thead>
<tr>
<th>IHEC -UOM No. 46 /Ph.D/2010-11</th>
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</table>

**Name of the Student:** Mr. Ravi Kumar M.B  
**Research Guide:** Dr. Sampath Kumar  
**Department:** DOS in Psychology, Manasagangotri, Mysore, India

- [ ] New review  
- [ ] revised review

**Date of review (D/M/Y):** 06/10/2010

**Decision of the IHEC:**  
- [ ] Recommended  
- [ ] Revision/Resubmission  
- [ ] Recommended with suggestions

**Suggestions:**  
- To include subjects with non-Art  
- Explain the benefit to the subject  
- Specify the selection criteria of non-HIV siblings  
- Exercise care in framing the informed consent form for the control group  
- Exclude hypothesis no 4

**Recommended for a period of:**  
Effective from the date of PhD registration (25.02.2010)

**Please note:**  
- Inform IEC in case of any change of study procedure and investigator.  
- This permission is only for period mentioned above.  
- Brief report to be submitted to IHEC.

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Dr. Asna Urooj  
Member Secretary  
IHEC University of Mysore

Dr. N.M. Srinivas  
Chairman  
IHEC-University of Mysore
Appendix – B

Permission letter from Karnataka State AIDS Prevention Society

To
The Chairman
Department of Psychology
University of Mysore
Manasagangotri
Mysore- 570 006

Sir / Madam,

Sub: Permission to collect data on HIV / AIDS patients in ART centers.

Ref: Letter from Dr. Basavanjappa, Chairman, Department of Psychology, University of Mysore Manasagangotri, dated: 24/08/2010.

Dr. Basavanjappa, Chairman, Department of Psychology, University of Mysore Manasagangotri in his letter has requested for permission and cooperation to Mr. Ravi Kumar M.B. for study of “Psychosocial problems of Children with HIV/AIDS on ART”.

Mr. Ravi Kumar M.B. is permitted to conduct the study work at ART centre, IGICH, Bangalore subject to the requirement of getting the willingness of the patient and maintain the confidentiality as per NACO guidelines before using their data for study work.

You are requested to share the outcome with KSAPS on completion of proposed project.

Yours faithfully,

Project Director

Copy to:
1. Director, IGICH, Bangalore
2. Nodal officer, ART center, IGICH, Bangalore
CONSENT FORM

I, the undersigned, hereby confirm that the nature of the study entitled “Psycho-Social Problems of Children with HIV/AIDS”. It has been fully explained to me and my participation in this study. I understand that my identity will remain confidential. I further understand that my participation is completely on a voluntary basis and I am free to withdraw my participation at any point in this study. I thereby give my consent for the researcher to make use of my biographical information, including my age, gender, and domicile, as well as my information taken on the adjustment inventory, self esteem and emotional competence.

Participant

Date

Guardian

Place
PERSONAL INFORMATION SHEET

Name : 
Age : 
Sex : Male/Female
School Name :
Class :
Domicile : Urban/Rural
Family annual income :
Family HIV/AIDS status : Father/Mother/Non of both
If you alive your father : Yes/No
If you alive your mother : Yes/No
Child caregiver : Father, mother/Parents /Institutions
Appendix - E

ADJUSTMENT INVENTORY FOR SCHOOL STUDENTS (AISS)

Instructions

The questions covering your school problems, which have two response alternatives ‘Yes’ and ‘No’. Read every question carefully and decide whether you want to answer it with yes or no. If your answer is in ‘yes’, then cross (x) the cell (□) under ‘No’. Remember your answers will not be told to any person, so please give the correct answer without hesitation. You may take your own time, but try to finish it as soon as possible.

1. Are you always afraid of something in your school?
2. Do you avoid meeting your classmates?
3. Do you forget soon what you have read?
4. Suppose, your classmates do something unreasonable unknowingly, do you immediately get angry with them?
5. Are you of a shy nature?
6. Are you afraid of examinations?
7. Do you worry your teacher scolding you for your mistakes?
8. Do you hesitate in asking a question when you don’t understand something?
9. Is it difficult for you to understand the lessons taught in the class?
10. Are you jealous of those friends whom teachers appreciate very much?
11. When some go your teachers are to gather, do you go there without any complex?
12. Can you note down the lessons taught in class correctly?
13. Do you envy those classmates whom you think better than you?
14. Do you feel sometimes, as if you have no friend in your school?
15. Do you yawn when lesson is taught in your class?
16. When you see, students talking themselves, do you thing they are gossiping about you?
17. Are you able to get friendly every one easily?
18. Are you satisfied with the method of teaching of your teachers of this school?
19. Do you express your anger to others when you are not asked to come forward in any programme in your school?
20. When some students are talking together, do you join them freely?
21. Do you think that the teachers in the school do not pay any attention to your problems?
22. Are you often sad and distressed in the school?
23. Do you like to join your classmates working together?
24. Are you satisfied with the progress in your studies?
25. Do you feel the teacher neglect you?
26. Do you try to attract the attention of your teacher to yourself in the class?
27. Is it burden for you to study something?
28. Do you get yourself worked up and try to harm a student when he complains against you?
29. Do you often like to be alone?
30. Are you teacher always ready to solve your problems concerning your studies?
31. Are you often dissatisfied with your school?
32. Do you establish a friendly relationship with the students in the school?
33. Do your teachers in the school praise you?
34. Do you try to rationalize your mistake?
35. Do you like to sit in the front seats in the class?
36. Do you often get less mark in examination?
37. Do you resent in when you teachers ask you a question in the class?
38. Do you have a friendly association with your fellow students?
39. Do you like the idea of having more holidays in the school?
40. Do you get wild one of your classmates’ jokes with you?
41. Do you openly take part in the school assemblies?
42. Do you often quarrel with your classmates?
43. Do you sometimes go home before the school closes?
44. Do you take part in the school sports?
45. Do some of your teachers often keep on scolding you for the studies?
46. Do you often have doubt on others in the school?
47. Are you shy of talking to the senior students in school?
48. Do you like at your teachers respectfully?
49. Do you show impertinence (arrogance) towards something good sent by a mate with whom you don’t get along well?
50. Do you have some intimate friends in this school?
51. Do you pay attention to the lesson being in class?
52. Do you develop resentful feelings towards your teachers when you get less marks?
53. Are you always ready to help your classmates in every way?
54. Do you borrow books and magazines from the school library and read them?
55. Are you often afraid of meeting the senior students?
56. Do you enjoy irritating other students in the school?
57. Do you take part in the debates?
58. Do you feel mentally depressed when you meet the senior students?
59. Do you lend your books or note-books gladly when your classmates ask for it?
60. Are you interested in the thing regarding education?
SELF-ESTEEM INVENTORY

Instructions

Please mark each statement in the following way: If the statement describes how you usually feel, put a tick (□) in the column "Like Me". If the statement does not describe how you usually feel, put a tick (□) in the column "Unlike Me". There is no right or wrong answers.

1. I spend a lot of time daydreaming
2. I am pretty sure of myself
3. I often wish I were someone else
4. I am easy to like
5. My parents and I have a lot of fun together
6. I never worry about anything
7. I find it very hard to talk in front of the class
8. I wish I were younger
9. There are a lot of things about myself I would change
   If I could
10. I can make up my mind without too much trouble
11. I am a lot of fun to be with
12. I get upset easily at home
13. I always do the right thing
14. I am proud of my school work
15. Someone always has to tell me what to do
16. It takes me a long time to get used to anything new
17. I am often sorry for the things I do
18. I am popular with children my own age
19. My parents usually consider my feelings
20. I am never unhappy
21. I am doing the best work that I can
22. I give in very easily
23. I can usually take care of myself
24. I am pretty happy
25. I would rather play with children younger than me
26. My parents expect too much of me
27. I like everyone I know
28. I like to be called on in class
29. I understand myself
30. It is pretty tough to be me
31. Things are all mixed up in my life
32. Children usually follow my ideas
33. No one pays much attention to me at home
34. I never get scolded
35. I am not doing as well in school as I would like to
36. I can make up my mind and stick to it
37. I really do not like being a boy (girl)
38. I have a low opinion of myself
39. I do not like to be with other people
40. There are many times when I would like to leave home
41. I am never shy
42. I often feel upset in school
43. I am not as nice looking as most people
44. If I have something to say, I usually say it
45. Children pick on me very often
46. My parents understand me
47. I always tell the truth
48. My teacher makes me feel I am not good enough
49. I do not care what happens to me
50. I am a failure
51. I get upset easily when I am scolded
52. Most people are better liked that I am
53. I usually feel as if my parents are pushing me
54. I always know what to say to people
55. I often get discouraged in school
56. Things usually do not bother me
57. I cannot be depended on
58. I like most things about myself
EMOTIONAL COMPETENCIES SCALE

Instruction

1. Some incomplete statements are given in this scale.
2. Every incomplete statement can be completed with the help of any of the five alternatives mentioned before the incomplete one.
3. You have to complete every statement in terms of your own, therefore think adequately and respond in an honest manner.
4. Tick the (□) mark what so ever suits you among the five alternatives.
5. The information given by you will be kept confidentially and used for research purpose only.

1. Even a slight thing to me…………
   a) Strikes very much
   b) Strikes much
   c) Strikes normal
   d) Strikes slightly
   e) Strikes very slightly

2. When I am inclined to react upon others, I…………
   a) Cannot control absolutely
   b) Cannot control
   c) Cannot control normally
   d) Am able to control
   e) Am able to control very much

3. Due to patty incidents, I…. my deeds in a very balanced manner.
   a) Am able to do very slightly
   b) Am able to do slightly
   c) Cannot do normally
   d) Am able to do
   e) Am able to do very much

4. Even after realizing the causes of miseries, I…Those from my mind.
   a) Cannot overcome absolutely
   b) Cannot overcome
   c) Cannot overcome normally
   d) Am able to overcome
   e) Am able to overcome very much

5. The moments of happiness, I….open heartedly.
   a) Cannot enjoy absolutely
   b) Cannot enjoy
   c) Cannot enjoy normal
   d) Am able to enjoy
   e) Am able to enjoy too much
6. The impact of day to day events on me………..
   a) Is too much
   b) Is much
   c) Is normal
   d) Is slight
   e) Is very slight.

7. I….my control even on the slight life incidents.
   a) Lose very hastily
   b) Lose hastily
   c) Lose normally
   d) Am not able to lose
   e) Am not able to lose absolutely

8. In adverse circumstances, I………
   a) Become nervous at once
   b) Become nervous
   c) Become nervous normally
   d) Do not become nervous
   e) Do not become nervous absolutely.

9. The fear of strange circumstances for me………..
   a) Remains too much
   b) Remains much
   c) Remains normally
   d) Does not remains
   e) Does not remain absolutely.

10. To chat with others, I………
    a) Do not like absolutely
    b) Do not like
    c) Do not like normally
    d) Like
    e) Like very much.

11. I am ……By the critical notions of others.
    a) Affected very much
    b) Affected much
    c) Affected normally
    d) Affected slightly
    e) Affected very slightly.

12. I…..Whatever may be the form of misery.
    a) Weep very much
    b) Weep much
    c) Weep normally
    d) Weep slightly
    e) Weep very slightly.
13. There are the persons who remain normal even in most adverse conditions but I….
   In adverse circumstances leaving aside all essential work.
   a) Become disappointed very much
   b) Become disappointed much
   c) Become disappointed normally
   d) Am not disappointed
   e) Am not disappointed absolutely.

14. I….. the aggression towards others aroused by known’s or unknown reasons.
   a) Cannot keep aside absolutely
   b) Cannot keep aside
   c) Cannot keep aside normally
   d) Keep aside
   e) Keep aside very much

15. I…. to participate with a great zeal on the occasion of happiness like marriage or
   other functions.
   a) Do not like absolutely
   b) Do not like
   c) Do not like normally
   d) Like much
   e) Like very much

16. When somebody hurts my feelings, I…………
   a) Become very much sad
   b) Become much sad
   c) Become sad normally
   d) Become sad slightly
   e) Become sad very slightly

17. People…… my emotions through my facial and overt gestures.
   a) Realise very easily
   b) Realise easily
   c) Realise normally
   d) Cannot realise easily
   e) Cannot realise absolutely

18. In the conditions of indifferent feelings (anxiety, fear anger etc), I……
   a) Cannot take decision absolutely
   b) Cannot take decision
   c) Cannot take decision normally
   d) Take decision accordingly
   e) Take decision easily

19. The impact of misfortunes……… on me.
   a) Remains very much
   b) Remains much
   c) Remains normally
   d) Remains for a while
   e) Remains for a period slightly.
20. To go in merry-making, I……
   a) Like very slightly
   b) Like slightly
   c) Like normally
   d) Like much
   e) Like very much

21. Usually everybody has a habit to say something but I…on hearing their slight remarks.
   a) Become impatient very much
   b) Become impatient
   c) Become impatient normally
   d) Become impatient slightly
   e) Become impatient very slightly

22. All do express their feelings like laughing, weeping, fearing and becoming angry but I…………
   a) Express either very much or very little
   b) Express more or less
   c) Express sometimes more or less
   d) Do not express more or less
   e) Do not express very much or little.

23. In the circumstances of opposite feelings, I keep my behavior……
   a) Balanced very slightly
   b) Balanced slightly
   c) Balanced normally
   d) Much Balanced
   e) Very much Balanced.

24. Thinking in the way, “o dear, leave it, do not worry or feel sad” I…. My feelings at bay.
   a) Cannot keep absolutely
   b) Cannot keep
   c) Cannot keep normally
   d) Keep
   e) Keep accordingly

25. IN the ways others remain happy, I……despite having a wish for being happy.
   a) Cannot remain absolutely so
   b) Cannot remain so
   c) Cannot remain normally so
   d) Am able to remain so
   e) Am able to remain by large so
26. Everything that is related to joy and sorrow, I ……
   a) Take it in depth very much
   b) Take it in depth much
   c) Take it in depth normally
   d) Take it in depth slightly
   e) Take it in depth very slightly.

27. I am afraid of what people would say about me, I …normal expression of feelings
   a) Refrain very much from
   b) Much refrain from
   c) Refrain normally from
   d) Do not refrain from
   e) Do not refrain absolutely from

28. In the mist of some worries, the jobs that I want to perform, I………
   a) Cannot fulfill absolutely
   b) Cannot fulfill
   c) Cannot fulfill normally
   d) Am able to fulfill
   e) Am able to fulfill very much

29. Leaving aside all superfluous feelings, I much keep myself busy in my jobs, this
    I……...
   a) Cannot do absolutely
   b) Cannot do
   c) Cannot do normally
   d) Able to do
   e) Able to do more easily.

30. That I never miss any opportunity to remain happy ………on me.
   a) Does not apply absolutely
   b) Does not apply
   c) Does not apply normally
   d) Apply
   e) Apply very much.

--------- Thanking you ----------
Appendix – H

Ph. D. Course Work Certificate

UNIVERSITY OF MYSORE
Directorate of Research
Pariksha Bhavan,(Behind Crawford Hall) Mysore-05

Ph.D. COURSE WORK CERTIFICATE

Sl.No. ......... Enrolment/ Provisional Reg. No. 1654/09-10

Mr/Ms. RAVI KUMAR. M.B. has successfully completed the Ph.D course work examination held in the month of June-2012 in DoS in Psychology, MGM

and is eligible to pursue Research leading to Ph.D Degree of University of Mysore.

Director
Directorate of Research
University of Mysore