Appendix – (B)

REVISED ADJUSTMENT INVENTORY

Information:

You are presented with some questions below. Each question has two options. “Yes” & “No”. You have to mark a circle around ‘Yes’ or ‘No’ according to your choice. Please read carefully before answering. Your answer will be kept under confidentially. Thank you.

Total Score

1. Are you feared of or feel discomfort while speaking to public gathering or debating to someone. Yes/No
2. Do you feel uncomfortable while talking with unknown people. Yes/No
3. When some one insults, do you remain uncomfortable for long time. Yes/No
4. Does work related dreams disturb you. Yes/No
5. Do you feel lonely even though you are in a group of people. Yes/No
6. Do you consider yourself to be less courageous? Yes/No
7. Does your worries disturb your sleep. Yes/No
8. Do you have some time intense feeling of suicide. Yes/No
9. Are you often worried for your mistakes. Yes/No
10. Do you feel guilt or shame on your act of masturbation. Yes/No
11. Do you remain worried for you, might become a joke in your class. Yes/No
12. Are you scared of taking responsibilities. Yes/No
13. Do you feel bored easily amongst many people. Yes/No
14. Do you often remain worried for some kind of misapprehension in the future. Yes/No
15. Do you feel ups downs in your happiness & sorrow without any obvious reasons. Yes/No
16. Do you feel restless while you are free. Yes/No
17. Do you often have a daydream. Yes/No
18. Do you often feel dizziness. Yes/No
19. Do you easily get discouraged. Yes/No
20. Do you interest change rapidly. Yes/No
21. Do you feel like crying easily. Yes/No
22. Do you have difficulties in making friends. Yes/No
23. Do you some time become so tense that you do not have a knowledge of your act. Yes/No
24. Do you feel irritating generally. Yes/No
25. Do you often remain in a state of tension. Yes/No
26. Do you often blame your fortune. Yes/No
27. Do you often feel lonely. Yes/No
28. Do you feel scared while speaking in your class. Yes/No
29. Do you often remain worried. Yes/No
30. Does some useless thoughts makes you bother about many a times. Yes/No
31. Do you often find yourself in a state of depression. Yes/No
32. Do you feel shy for your appearance. Yes/No
33. Do your rush immediately for help in any crisis situation. Yes/No
34. Are you troubled with the feelings of inferiority complex. Yes/No
35. Are you incapable of making decision. Yes/No
36. Do your behavior changes without any obvious reason. Yes/No
37. Are you troubled with an idea that people are watching at you. Yes/No
38. Do you often suffer from stomach problem. Yes/No
39. Do you often feel that you don’t have any true friend. Yes/No
40. Do you feel that you remains unsuccessful in your work. Yes/No

NAME

EDUCATION

AGE

SEX