Family Environment Scale

Instructions: Given below are some statements about families. There is no right or wrong answers. You have to tell which of the statements is true for your family and which is false. After reading each statement you have to put a mark against each statement, this is for true or false. If you think the statement is ‘true’ or ‘mostly true’ for your family members, make a tick (√) mark. If you think the statement is ‘false’ or ‘mostly false’ for your family members, make a cross (x) mark in the box labeled.

Example:
My family members love each other. (√) true
(x) false

1. In my family we feel it is important to be the best at whatever you do.
2. Getting ahead in life is very important in our family.
3. My family members rarely ever become angry in front of others.
4. In my family we really help and support one another in everything we do.
5. In my family everyone has an equal say in family decisions.
6. My family members often keep their feelings to themselves.
7. We don’t do things on our own in our family.
8. We are strongly encouraged to be independent.
9. There is a strong emphasis on following rules in our family.
10. Activities in our family are pretty carefully planned.
11. How much money a person makes is not very important in our family.
12. My family believes in competition and “may the best man win”.
13. Someone usually gets upset if you complain in your family.
14. There is a strong feeling of togetherness in our family.
15. At home we are free to say anything we want to.
16. Feelings of disagreement or disapproval can be frankly expressed in our family.
17. We usually think things out for ourselves in our family.
18. We can come and go as we want to in our family.
19. We are generally very neat and orderly.
20. It is often hard to find things when you need them in our household.
21. My family members always strive to do things just a little better the next time.
22. Members of my family rarely worry about job, promotions, school grades etc.
23. There is plenty of time and attention for everyone in our family.
24. There is hardly any group spirit in our family.
25. We tell each other about our personal problems without any hesitation.
26. Money paying bills and other important matters are openly talked about in our family.
27. There is little or no privacy in our family.
28. My family members almost always rely on themselves when a problem comes up.
29. Being on time is very important in our family.
30. Each individual’s duties are clearly defined in our family.
31. In our family, we generally don’t try very hard to succeed
32. “Work before play” is the rule in our family.
33. We really get along well with each other in our family.
34. We fight a lot in our family.
35. At home we are usually very careful about what we say to each other.
36. There are a lot of spontaneous discussions in our family.
37. Members of my family strongly encourage each other to stand up for their rights.
38. We are not really encouraged to speak up for ourselves in our family.
39. Money is not handled very carefully in our family.
40. Dishes are usually done immediately after eating.
41. In our family we are often compared with others as to how well they are doing at work or at school.
42. We normally put a lot of effort and energy into what we do.
43. Family members really back up each other in a moment of crisis.
44. Family members often criticize each other.
45. In our family it is hard to be by yourself without hurting someone’s feelings.
46. In my family it is hard to be by yourself without hurting someone’s feelings.
47. In our family members are really ordered around.
48. We can do whatever we want to in our family.
49. People change their minds very often in our family.
50. Rules are pretty flexible in our household.
51. In our family we always try to be best in whatever we do.
52. We rarely volunteer when something as to be done at home.
53. My family members hardly ever lose their temper openly.
54. If there is a disagreement in our family we try hard to smooth things over and maintain peace.
55. Everyone is given equal importance in family decisions.
56. At home we feel free to convey our disagreement or disapproval to other family members.
57. In our family we don’t do things on our own.
58. There is one family member who makes most of decisions.
59. There are set ways of doing things at home.
60. At home everyone takes care of their own things like clothes, shoes etc.
61. My family members do not give much importance to money.
62. Learning about new and different things is very important in our family.
63. It's hard to “blow off steam” at home without upsetting somebody.
64. Members of my family get so angry that they throw things at each other.
65. We can talk about anything we want to in our family.
66. If there is difference of opinion in our family, we are given opportunity to explain our point of view.
67. We normally sort out things for ourselves in our family.
68. If we feel like doing something on the spur of the moment we often just pick up and go.
69. All my family members keep their rooms neat and clean.
70. In our family we discuss frequently how to organize our daily chorus.
The Schedule of Recent Experiences

Instructions: Listed below are several events which occur in a person’s life. You have to read each event and indicate when during the last two years it occurred in your life, if at all it has occurred. This period has been divided thus: from today to ‘6 months ago’, ‘6-12 months ago’, ‘1-1 ½ year ago’, ‘1 ½ - 2 years ago’. Place a tick mark (√) under the appropriate column for the time of occurrence of an event.

Next, consider the extent to which the said event had a positive or negative impact on you. If the event had a very good impact on you, make a tick mark (√) on +3; if it had a very bad impact then mark -3; if the event had no impact then mark 0 (zero). Bad impact is shown by -1 to -3, good impact is shown by +1 to +3 and 0 (zero) indicates no impacts whatsoever. Some events may have had some good and some bad impacts, in such a case indicate both for the event, accordingly.

<table>
<thead>
<tr>
<th>S. No.</th>
<th>No. of Events</th>
<th>6 months</th>
<th>6-12 months</th>
<th>1-1 ½ years</th>
<th>1-1 ½ years-2 years</th>
<th>-3 extremely -ve</th>
<th>-2 moderately -ve</th>
<th>-1 somewhat -ve</th>
<th>0 No impact</th>
<th>+1 slightly +ve</th>
<th>+2 moderately +ve</th>
<th>+3 extremely +ve</th>
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<tbody>
<tr>
<td>1</td>
<td>Major changes in sleeping habits(a bit more or a lot less sleep or change in time)</td>
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<td>2</td>
<td>Death of a close family member</td>
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<td>Death of close friend</td>
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<td>4</td>
<td>Major change in health of a family member</td>
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<td>5</td>
<td>Major change in financial state(a lot worse off or a lot better off)</td>
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<td>6</td>
<td>Gain of new family member</td>
<td>1</td>
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<td>7</td>
<td>Major personal injury or illness</td>
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<td>8</td>
<td>Change in social activities (clubs, movies, visits etc.)</td>
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<td>9</td>
<td>Trouble with colleagues or friends</td>
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<td>10</td>
<td>Serious illness of a friend</td>
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**Anxiety Sensitivity Index**

**Instructions:** The items below deal with some common experiences that one faces. Read each item and then tick (✓) the Option that best represents the extent to which you agree with the item. Answer on the basis of how you think you might feel if you had such an experience. Otherwise answer all items on the basis of your own experience.

1. It is important to me not to appear nervous.
   - Very little
   - A little
   - Somewhat
   - Much
   - Very Much

2. When I can not keep my mind on task, I worry that I might be going crazy.
   - Very little
   - A little
   - Somewhat
   - Much
   - Very Much

3. It scars me when I feel shaky (trembling).
   - Very little
   - A little
   - Somewhat
   - Much
   - Very Much
4. It scares me when I feel faint
   Very little      A little      Somewhat      Much      Very Much

5. It is important to me to stay in control of my emotions.
   Very little      A little      Somewhat      Much      Very Much

6. When I notice that my heart is beating rapidly, I worry that I might have a heart attack.
   Very little      A little      Somewhat      Much      Very Much

7. It scares me when I feel short of breath.
   Very little      A little      Somewhat      Much      Very Much

8. When my stomach is upset, I worry that I might be seriously ill.
   Very little      A little      Somewhat      Much      Very Much

9. It scares me when I am nervous.
   Very little      A little      Somewhat      Much      Very Much

**Psychological Well-being Scale**

**Instructions:** Given below are a number of questions regarding health, well-being, attitude and interests. You are requested to read each item and then tick (✓) the option that best represents the extent to which you agree with the item. There are no right and wrong answers.

1. On the whole I would say my health is good.
   Strongly disagree      Disagree      Not sure      Agree      Strongly agree

2. Compared to others of my age and background, I am better off.
   Strongly disagree      Disagree      Not sure      Agree      Strongly agree

3. In the past, I have received much support, when I really needed it.
Strongly disagree    Disagree    Not sure    Agree    Strongly agree

4. My life often seems empty.
   Strongly disagree    Disagree    Not sure    Agree    Strongly agree

5. I feel worthless at times.
   Strongly disagree    Disagree    Not sure    Agree    Strongly agree

6. I have felt pleased about having accomplished something.
   Strongly disagree    Disagree    Not sure    Agree    Strongly agree

7. I have recently been getting edgy and bad tempered.
   Strongly disagree    Disagree    Not sure    Agree    Strongly agree

8. I have recently felt that on the whole I am doing things well.
   Strongly disagree    Disagree    Not sure    Agree    Strongly agree

9. I feel all alone in the world.
   Strongly disagree    Disagree    Not sure    Agree    Strongly agree

10. I have recently been getting pains in my head.
    Strongly disagree    Disagree    Not sure    Agree    Strongly agree

11. I feel I am a person of worth, at least equal to others.
    Strongly disagree    Disagree    Not sure    Agree    Strongly agree

12. I have recently been able to enjoy my normal day to day activities.
    Strongly disagree    Disagree    Not sure    Agree    Strongly agree

13. These are the best years of my life.
    Strongly disagree    Disagree    Not sure    Agree    Strongly agree
14. I have recently felt constantly under strain.
   Strongly disagree  Disagree  Not sure  Agree  Strongly agree

15. I have recently been getting a feeling of tightness or pressure in my head.
   Strongly disagree  Disagree  Not sure  Agree  Strongly agree