Appendices
Personal Data Sheet (PDS)

Name of the Patient: ........................................ C.C. NO. ........................................

Age: ........................................ Occupation: ..............................................................

Sex: ........................................ Marital Status: ............................................................

Name of the Diseases: Bronchial Asthma / Hypertension: ........................................

Family History: ........................................ Smoker/Non Smoker: ...................................

Blood Pressure: ..........................................................

Duration of Illness: ..........................................................

Hospitalized / Non-Hospitalized: ..........................................................

Mode of Treatment: Allopathic: ........................................./Unani: ........................................

Ayurveda: ........................................../Homeopathy: ................................................
Satisfaction with Life Scale (SWLS)

Using the 1-7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open in responding.

7- Strongly agree 6-Agree 5-Slightly agree
4-Neither Agree nor Disagree 3- Slightly Disagree 2-Disagree
1-Strongly disagree.

___ In most ways my life is close to my ideal.
___ The conditions of my life are excellent.
___ I am satisfied with my life.
___ So far I have got the important things I want in life.
___ If I could live my life over, I would change almost nothing.
Religiosity Scale: (RS)

Instructions: Below are given certain items which are meant for measuring the attitude of people towards religious orientation. You are required to give your answers and opinions by putting a (√) tick mark on any one of the following five categories given against each item.

- Strongly Agree (SA)
- Undecided (U)
- Agree (A)
- Disagree (D)
- Strongly Disagree (SD)

1. Heaven and Hell do not exist
   These are creations of the mind.
   __ __ __ __ __

2. A good man is one who has complete faith in GOD.
   __ __ __ __ __

3. The evolution of universe is a scientific fact. It was not a creation of God.
   __ __ __ __ __

4. The miracles/events reported by the Gurus/Prophets messengers are the absolute truth only man fails to recognize them.
   __ __ __ __ __

5. It is necessary to believe and follow
ones religious faith or the other, in order to live a good life.

6. People who strive for the good of all being need no religion.

7. The soul is immortal and belongs to God.

8. Everyone’s destiny/fate is in God’s hand.

9. Religious books are merely good literature, they have no other significance.

10. God is the creator and giver therefore one’s life should be guided in accordance with God’s Plan.

11. God created the universe for a specific purpose.

12. Deep faith in God helps one to overcome all crises.

13. The crises and problems of life are God’s way to test the faith of man.
14. Unquestioning acceptance of the written word has made man a slave of tradition.

15. It is important to pray to God in the way prescribed in one's religious faith.

16. Every person should have deep faith in some supernatural force higher than oneself, whose decisions one should not question.

17. A pious and God fearing person will go to heaven.

18. A man without a religion is like a student without a teacher.

19. There is a supreme being or God who controls the destiny of man.

20. Gurudwaras/Temple/Churches/Mosques have become centers of Intrigue and polities.

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<td>22.</td>
<td>Praying a sign of weakness and helplessness.</td>
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<td>23.</td>
<td>Prayer is a means of communicating with God and inviting his grace.</td>
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<td>24.</td>
<td>Religion is the only force which restrains man from committing immoral acts.</td>
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<td>25.</td>
<td>Social discriminations in our society have their roots in religion.</td>
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<td>26.</td>
<td>The holy books of my faith are the result of divine inspiration.</td>
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<td>27.</td>
<td>Gods messengers on earth are Prophets, Saints and Gurus.</td>
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<td>28.</td>
<td>Happiness can not be gained through prayers, sacrificial offerings.</td>
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<td>29.</td>
<td>Religion prevents the development of rationality.</td>
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<td>30.</td>
<td>Religion is the only means of making man aware of his own essential goodness.</td>
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31. Belief in God leads to inaction and acceptance of injustice.

32. Every man needs some religious faith to help him meet the problems of life.

33. In every religion people with Leadership qualities were proclaimed as saints and prophets.

34. Man prays only for selfish reasons.

35. Pilgrimage to holy places of worship of one's faith is necessary for all believers.

36. Man is the creator of his own destiny.

37. Churches, temples and mosques—religious places of worship serve as meeting places for people belonging to the same faith. They have only social significance.

38. Casually or improperly performed prayer is a disrespect to God.
39. Faith in God makes man more human.

40. Religious places of worship play no role in the spiritual and moral development of man.

41. Man is capable of ruining his own life without the intervention of any supreme being.

42. Gross injustice have been committed in the name of God.

43. Love and compassion for the creatures of the universe is the highest form of religion.

44. There is force or power beyond the understanding of modern science.
Ego-Strength Scale (ESS)

Instructions:

Here are some statements regarding the way you behave, feel or act. Please read each statement carefully and put ‘T’ in the left hand margin against the statement which is true for you and ‘F’ against the statement which is false for you. Work quickly and do not spend time over any statement. PLEASE NOTE THAT THIS IS NOT A TEST OF INTELLIGENCE AND THAT THERE ARE NO RIGHT OR WRONG ANSWERS.

Statements:

(   ) 1. I feel weak all over much of the time.

(   ) 2. I have a cough most of the time.

(   ) 3. I have good appetite.

(   ) 4. I have diarrhea once a month or more.

(   ) 5. My sleep is fitful and disturbed.

(   ) 6. I feel unable to tell any one all about myself.

(   ) 7. I brood a great deal.

(   ) 8. I frequently find myself worrying about something.

(   ) 9. I have met problems so full of possibilities that I have been unable to make up my mind about them.

(   ) 10. Sometimes some unimportant thought will run through my mind and bother me for days.
11. Often I cross the street in order not to meet some one I see.

12. I dream frequently about the things that are best kept to myself.

13. Prophets and ‘Avatars’ could perform miracles.

14. I have had some unusual religious experiences.

15. I believe my sins are unpardonable.

16. I do many things which I regret afterwards.

17. I do not like to see women smoke.

18. I have had very peculiar and strange experiences.

19. I have strange and peculiar thoughts.

20. I have had blank spell in which my activities were interrupted and I did not know what was going on around me.

21. When I am with people I am bothered by hearing very queer things.

22. At times I have fits of laughing and crying that I cannot control.

23. Parts of my body often have feelings like burning, tingling, crawling and like ‘going to sleep’.

24. My plans have frequently seemed so full of difficulties that I have had to give them up.

25. I am easily downed in argument.

26. I find it hard to keep my mind on task or job.

27. I sometime feel that I am going to pieces.

28. I feel tired a good deal of time.
( ) 29. I like to cook.

( ) 30. Dirt frightens or disgusts me.

( ) 31. I am afraid of finding myself in a closed or small places.

( ) 32. I have often frightened in the middle of the night.
(Significant Others Scale) SOS

**Directions:**

Below are given certain items referring to support functions. You are required to rate relationship with your parents/spouse on each of the 10 support functions on a 7-point scale. You have to rate the relationship that you feel is currently applicable in terms of the actual levels of support.

1. Always
2. Very frequently
3. Frequently
4. Occasionally
5. Rarely
6. Very rarely
7. Never

1. To what extent can you trust, talk to frankly and share feelings with. _________________________________

2. To what extent can you lean on and turn to in times of difficulty. ______________________________

3. To what extent can you get interest, reassurance and a good feeling about yourself. ______________________

4. To what extent can you get physical
comfort.

5. To what extent can you resolve unpleasant disagreement if they occur.

6. To what extent can you get financial and practical help.

7. To what extent can you get suggestions, advice and feedback.

8. To what extent can you visit them or spend time with them socially.

9. To what extent can you get help in an emergency.

10. To what extent can you share interests and hobbies and have fun with.