Appendices
Circle the one phrase that best represents the extent to which you agree with the item. If any of the items concerns something that is not part of your experience (e.g., “It scares me when I feel shaky” for someone who has never trembled or had the “shakes”), 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
   - Some
   - Much
   - Very Much

2. When I cannot keep my mind on a task, I worry that I might be going crazy.
   - Very Little
   - A Little
   - Some
   - Much
   - Very Much

3. It scares me when I feel “shaky” (trembling).
   - Very Little
   - A Little
   - Some
   - Much
   - Very Much

4. It scares me when I feel faint.
   - Very Little
   - A Little
   - Some
   - Much
   - Very Much

5. It is important to me to stay in control of my emotions.
   - Very Little
   - A Little
   - Some
   - Much
   - Very Much

6. It scares me when my heart beats rapidly.
   - Very Little
   - A Little
   - Some
   - Much
   - Very Much

7. It embarrasses me when my stomach growls.
   - Very Little
   - A Little
   - Some
   - Much
   - Very Much
8. It scares me when I am nauseous.
   Very Little  A Little  Some  Much  Very Much

9. When I notice that my heart is beating rapidly, I worry that I might have a heart attack.
   Very Little  A Little  Some  Much  Very Much

10. It scares me when I become short of breath.
    Very Little  A Little  Some  Much  Very Much

11. When my stomach is upset, I worry that I might be seriously ill.
    Very Little  A Little  Some  Much  Very Much

12. It scares me when I am unable to keep my mind on a task.
    Very Little  A Little  Some  Much  Very Much

13. Other people notice when I feel shakily.
    Very Little  A Little  Some  Much  Very Much

14. Unusual body sensations scare me.
    Very Little  A Little  Some  Much  Very Much

15. When I am nervous, I worry that I might be mentally ill.
    Very Little  A Little  Some  Much  Very Much

16. It scares me when I am nervous.
    Very Little  A Little  Some  Much  Very Much
SELF - ANALYSIS QUESTIONNAIRE (AX)

Directions: Everyone feels angry or furious from time to time, but people differ in the ways that they react when they are angry. A number of statements are listed below which people have used to describe their reactions when they feel angry or furious. Read each statement and then circle the number to the right of the statement that indicates how often you generally react or behave in the manner described. There are no right or wrong answers. Do not spend too much time on any one statement.

<table>
<thead>
<tr>
<th>WHEN ANGRY OR FURIOUS</th>
<th>Almost</th>
<th>Sometimes</th>
<th>Often</th>
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</tr>
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<tbody>
<tr>
<td></td>
<td>Never</td>
<td></td>
<td></td>
<td>Always</td>
</tr>
<tr>
<td>1. I control my temper...</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>2. I express my anger...</td>
<td>1</td>
<td>2</td>
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<td>4</td>
</tr>
<tr>
<td>3. I keep things in...</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>4. I make threats to others...</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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<tr>
<td>5. I pout or sulk...</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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<tr>
<td>6. I withdraw from people...</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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<tr>
<td>7. I make sarcastic remarks</td>
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<tr>
<td>to others...</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>8. I keep my cool...</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. I do things like slam doors...</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>10. I boil inside but I don't show it...</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>11. I argue with others...</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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</table>
12. I tend to harbor grudges that I do not tell anyone about... 1 2 3 4
13. I strike out at whatever infuriates me... 1 2 3 4
14. I am secretly quite critical of others... 1 2 3 4
15. I am angrier than I am willing to admit... 1 2 3 4
16. I calm down faster than most other people... 1 2 3 4
17. I say nasty things... 1 2 3 4
18. I am irritated a great deal more than people are aware of... 1 2 3 4
19. I lose my temper... 4 3 2 1
20. If someone annoys me, I am apt to tell him or her how I feel... 1 2 3 4
Instruction: Please fill in the blanks and strike off the option not valid from the choice given (e.g., a male respondent shall record his gender status as Male / Female)

Name ______________________ Male / Female Age: __________

Qualification ______________________

Marital Status: Married / Single / Divorced

Occupational Status: ______________________

Total Family Income approx Rs. ______ per month

Family details:

No. of children / siblings: ______

Boys____ (Age____ )

Girls ____ (Age____ )

Directions: A number of statements are listed below. Read each statement carefully and mark True or False against each of them. The answer to each statement should be indicative of your reaction, behavior, feeling and / or association for such situations faced by you in everyday life. There are no correct or incorrect responses. Please be true in answering the questions.

1. Those experiencing pain and illness should preferably detach themselves from social life.

2. I am not good at maintaining relationship with others.

3. I feel irritated when other people interfere in my affairs.
4. I attend parties / social gatherings but do not like staying there for long.

5. Anxiety can be avoided by staying away from people.

6. I don’t need others in my life.

7. I don’t like to be stifled by emotional bonds.

8. Highly placed persons should refrain from social contacts.

9. I don’t want others to see my plight.

10. I avoid company because people are too inquisitive.

11. I meet a lot of people but still feel alone.

12. I sometimes avoid social contacts for fear of doing or saying wrong things.

13. Attachment to others always results in heartbreaks.

14. I like to express my worries to others.

15. Although people think that I am the life of social gatherings, I don’t really enjoy them.

16. It is better to find solutions to one’s problems, totally on one’s own.

17. I probably do not know the art of making friends.

18. I don’t want people to help me because of pity for me.

19. I prefer not to socialize because people have a tendency to ridicule others.

20. While attending cultural and other pleasant activities my mood often changes from happiness to sadness.

21. People suffering from disease should try to be least dependent on others.

22. It is possible to achieve great heights by concentrating on one’s self.

23. I don’t enjoy mixing with others.

24. I feel lonesome even when other people are around me.
25. I have found that I always fail in whatever I do.
26. I am generally at peace with myself.
27. I try to remain aloof because I avoid competing with others.
28. It is possible to feel alone even amidst a loving family.
29. I feel difficulty in making friends.
30. I feel more relaxed on my own.
31. There are times when I appear happy but in my heart I feel alone.
32. Because of my circumstances I feel at peace in seclusion.
33. I am self satisfied and socially aloof by temperament.
34. No one is genuinely interested in others affairs.
35. I am happy just being with myself.
36. I can never succeed in life.
37. I am irritated when other people interfere in my affairs.
38. While doing some work enthusiastically I suddenly feel withdrawn.
39. I wish there were trusted friends who can take me out of loneliness.
40. Being alone I enjoy my world of imagination.
41. Left alone in my house I can remain happy for a couple of days without presence of others.
Directions: Please read carefully, the statement given below. Answer True or False, as the case may be, towards what you think for the statement. There are no correct or incorrect responses. Please be true in answering the questions.

1. I feel that criticism distracts me in arriving at a mature viewpoint.
2. I take the help of others in taking my decisions.
3. I like to master all the components and requirements of doing my work well.
4. I like to speak in public.
5. I find that I am capable of managing a crisis situation.
6. I prefer to do simple tasks in which I am sure to succeed.
7. Decisions taken by me are usually correct.
8. It is better to treat minor mishaps with humor.
9. When I am given a position of authority I try to be fair even to those who oppose me.
10. I am able to overcome fear when I find myself in a demanding situation.
11. I have always been much above the average in my performance.
12. I usually regret my decisions.
13. I like to take responsibilities such as organizing a new business.
14. I am slow and deliberate in my reactions.
15. I do not express my honest opinions even when others have a different view.
16. I enjoy the challenge involved in performing difficult tasks.
17. I have benefited many times from the suggestions of others.
18. I hesitate to express my view in the presence of others who do not appreciate me.

19. I never miss an opportunity to learn new things.

20. Even small failures make me unhappy.

21. I do not hesitate to try new methods of doing things.

22. I take decisions on the basis of facts.

23. I dislike to be hurried in my work.

24. I find it difficult to keep control of myself in emergencies.

25. It is better to do things in tested ways.

26. I avoid doing new things because I am not confident of the outcome.

27. I enjoy listening to others.

28. I do my best to carry my responsibilities.

29. I get irritated when my instructions are not followed.

30. I can effectively deal with difficult and demanding situations.
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(a) Italian version with Italian subjects, mean not included in sub-category means.