APPENDIX
HEALTH LOCUS OF CONTROL SCALE

Listed below are a number of statements about various topics which represent different shades of opinion. On each statement people may show their agreement or disagreement. Please indicate whether you agree or disagree with each statement in the following manner: SD, MD, Sd, Sa, MA, SA.

Strongly disagree (SD)
Moderately disagree (MD)
Slightly disagree (Sd)
Slightly agree (Sa)
Moderately agree (MA)
Strongly agree (SA)

1. If I take care of myself, I can avoid illness.
2. Whenever I get sick it is because of something I've done or not done.
3. Good health is largely a matter of good fortune.
4. No matter what I do, if I am going to get sick I will get sick.
5. Most people do not realize the extent to which their illnesses are controlled by accidental happenings.
6. I can only do what my doctor tells me to do.
7. There are so many strange diseases around that you can never know how or when you might pick one up.
8. When I feel ill, I know it is because I have not been getting the proper exercise or eating right.
9. People who never get sick are just plain lucky.
10. People's ill health results from their own carelessness.
11. I am directly responsible for my health.

Name : .................................................

Sex : .................................................

Age : .................................................

Religion : ...........................................

Monthly Income : ...................................

Address : ............................................
ALIENATION SCALE

Everyone has his own characteristic way of thinking and feeling about his own self and the different aspects of life. Below are given some statements about which you think and put a mark (✓) on one of the four alternative reasons, given against each item, that best represents your feelings.

Name: ...............................  
Sex: ...............................  
Age: ...............................  
Religion: .............................  
Monthly Income: ..........................  
Address: ...............................  

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<tr>
<th></th>
<th>Always</th>
<th>Often</th>
<th>Sometime</th>
<th>Never</th>
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<tr>
<td>1. I feel I am not as happy as others are.</td>
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<td>2. I feel if one can't face the hard realities of life the only way is to keep busy with more pleasant things.</td>
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<td>3. I feel our lives are governed by some discoverable laws.</td>
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<td>4. I feel one is sometimes forced to take intoxicants to forget the troubles and miseries of life.</td>
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<td>5. I feel it is safer not to confide in any one</td>
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6. I feel there is no end to one's miseries, as long as one lives. | Always | Often | Sometime | Never |
7. I feel disgusted to see others success as I know I could be far more successful had I been treated fairly. | Always | Often | Sometime | Never |
8. I feel worried beyond reason over minor matters. | Always | Often | Sometime | Never |
9. I feel one can be more contented by withdrawing from situations that are full of risks and uncertainties. | Always | Often | Sometime | Never |
10. People sometimes put me in such a state of mind that I feel like tearings them to pieces | Always | Often | Sometime | Never |
11. I feel one is justified in hitting back as hard as possible if provoked unreasonably. | Always | Often | Sometime | Never |
12. I feel firm conviction and well founded ideologies are the hallmark of modern age. | Always | Often | Sometime | Never |
13. I feel I am good for nothing | Always | Often | Sometime | Never |
14. I feel love and affection don't matter as much in life as in working relationships | Always | Often | Sometime | Never |
15. I feel there are no well-defined objectives to guide me. | Always | Often | Sometime | Never |
16. I feel dissatisfied even with my best performance. | Always | Often | Sometime | Never |
17. I feel one is free to adopt his own way of life. | Always | Often | Sometime | Never |
18. I feel the universe is governed by the principles of equality, fair protection and equality of opportunity. | Always | Often | Sometime | Never |
19. I think I am the best judge of my actions

| Always | Often | Sometime | Never |

20. I like to do things all on my own.

| Always | Often | Sometime | Never |

21. I feel it is not difficult for me to take a decision in the face of moral conflicts.

| Always | Often | Sometime | Never |