APPENDICES
T-D Scale

Instructions: If you have an open choice, which of the following alternatives would you usually prefer, or which most nearly applies to you. You are required to make a general self-assessment rather than to judge his or her current state.

   Write a short story for fun.
   Not sure.

2. Going to evening class to improve your qualification!
   Going to evening class for fun.
   Not sure.

3. Leisure activities which are just exciting.
   Leisure activities which have a purpose.
   Not sure.

4. Improving a sporting skill by playing a game.
   Improving it through systematic practice.
   Not sure.

5. Spending one's life in many different places.
   Spending most of one's life in one place.
   Not sure.

6. Work that earns promotion.
   Work that you enjoy doing.
   Not sure.

7. Planning your leisure.
   Doing things on the spur of the moment.
   Not sure.

8. Going to formal evening meetings.
   Watching television for entertainment.
   Not sure.

9. Having your tasks set for you.
   Choosing your own activities.
   Not sure.
10. Investing none in a long term insurance/pension scheme.
   Buying an expensive car.
   Not sure.
11. Staying in one job.
   Having many changes of job.
   Not sure.
12. Seldom doing things "for kicks".
    Often doing things "for kicks".
    Not sure.
13. Going to a party.
    Going to a meeting.
    Not sure.
14. Leisure activities.
    Work activities.
    Not sure.
15. Taking holidays in many different places.
    Taking holidays in the same place.
    Not sure.
16. Going away on a holiday for two weeks.
    Given two weeks of free time finishing a needed improvement at home.
    Not sure.
17. Taking life seriously.
    Treating life light-heartedly.
    Not sure.
18. Frequently trying strange foods.
    Always eating familiar foods.
    Not sure.
19. Recounting an incident accurately.
    Exaggerating for effect.
    Not sure.
20. Spending Rs 100/- having an enjoyable weekend.
    Spending Rs 100/- on repaying a loan.
21. Having continuity in the place where you live.
   Having frequent moves of house.
   Not sure.
22. Going to an Art Gallery to enjoy the exhibits.
   To learn about the exhibits.
   Not sure.
23. Watching a game.
   Refreeing a game.
   Not sure.
24. Eating special things because you enjoy them.
   Eating special things because they are good for your health.
   Not sure.
25. Fixing long-term life ambitious.
   Living life as it comes.
   Not sure.
26. Always trying to finish your work before you enjoy yourself.
   Frequently going out for enjoyment before all your work is finished.
   Not sure.
27. Not needing to explain your behavior
   Having purposes for your behaviour.
   Not sure.
28. Climbing a mountain to try to save someone.
   Climbing a mountain for pleasure.
   Not sure.
29. Happy to waste time.
   Always having to be busy.
   Not sure.
30. Taking risks.
   Going through life safely.
   Not sure.
31. Watching a crucial match between two ordinary sides.
   Watching an exhibition game with star performers.
   Not sure.
32. Playing a game.
   Organizing a game.
   Not sure.
   Reading a biography.
   Not sure.
34. Winning a game easily.
   Playing a game with scores very close.
   Not sure.
35. Steady routine in life.
   Continual expectedness or surprise.
   Not sure.
36. Working in the garden.
   Picking wild fruit.
   Not sure.
37. Reading for information.
   Reading for fun.
   Not sure.
38. Arguing for fun.
   Arguing with others seriously to change their opinions.
   Not sure.
39. Winning a game.
   Planning a game for fun.
   Not sure.
40. Travelling a great deal in one's job.
    Working in one office or workshop.
    Not sure.
41. Planning ahead.
    Taking each day as it comes.
    Not sure.
42. Planning a holiday.
    Seizing on holiday.
    Not sure.

Type of family - Nuclear/Joint
Marital status - Single/Married/Separated/Divorced/Widowed
Monthly income
Occupation -
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 much 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 diarrhoea once a month or more.

( ) 5. My sleep is fitful and disturbed.

( ) 6. I feel unable to tell anyone 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 someone 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 have had very peculiar and strange experiences.

( ) 18. I do not like to see women smoke.

( ) 19. I have strange and peculiar thoughts.
19. I have had blank spell in which my activities were interrupted and I did not know what was going on around me.

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

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

22. Parts of my body often have feelings like burning, tingling, crawling and like 'going to sleep'.

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

24. I am easily downed in argument.

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

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

27. I feel tired a good deal of time.

28. I like to cook.

29. Dirt frightens or disgust me.

30. I am afraid of finding myself in a closest or small closed place.

31. I have often frightened in the middle of the night.
Instructions:

Below are given certain items which measures the domain of social behavior and interpersonal relationships. You are requested to give your opinion against these items by putting a check(✓) mark on any one of the two alternative response categories (true & false).

1. I find it hard to intimate the behaviour of other people. True False

2. At parties and social gatherings, I do not attempt to do or say things that others will like. True False

3. I can only argue for ideas which I already believe. True False

4. I can make impromptu speeches even on topics about which I have almost no information. True False

5. I guess I put on a show to impress or entertain others. True False

6. I would probably make a good actor. True False

7. In a group of people I am rarely the center of attention. True False

8. In different situations and with different people, I often act like very different persons. True False

9. I am not particularly good at making other people like me. True False

10. I'm not always the person I appear to be. True False

11. I would not change my opinions (or the way I do things) in order to please someone or win their favour. True False

12. I have considered being an entertainer. True False
13. I have never been good at games like charades or improvisational acting.

14. I have trouble changing my behaviour to suit different people and different situations.

15. At a party I let others keep the jokes and stories going.

16. I feel a bit awkward in public and do not show up quite as well as I should.

17. I can look anyone in the eye and tell a lie with a straight face (if for a right end).

18. I may deceive people by being friendly when I really dislike them.