APPENDIXES
APPENDIX A

STRESS TOLERANCE SCALE
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UNIVERSITY OF KERALA
KARIAVATTOM, TRIVANDRUM, 1999.

Instructions

Certain statements related to life experiences are given below. As far as you are concerned, all these may not be true. Yet you are requested to give your responses for all the statements thinking that you have to face these situations. You have to put a ‘√’ mark on any of the five alternatives, namely, A, B, C, D or E so as to indicate the extent of your agreement with these statements. ‘A’ stands for strongly agree, ‘B’ for agree, ‘C’ for undecided, ‘D’ for disagree, and ‘E’ for strongly disagree. Please do not omit any item. Your response will be kept confidential and will be used for research purposes only.
1. I am able to withstand situations which deprive me of my rights.

2. I feel mentally depressed if any member of my family becomes ill.

3. Life won’t seem unbearable to me even if I have to face financial crisis.

4. I am unable to tolerate the criticisms of others.

5. I find it difficult to controlled anger.

6. I cannot tolerate situations wherein I am deprived.
7. I can face embarrassing situations.

8. I don’t feel it unbearable if I am left alone due to communal reasons.

9. I can withstand any situations arising out of unstable income.

10. I will not yield to emotional pressure.

11. I have the capacity to withstand frustration.

12. I cannot withstand a situation wherein I should suppress my hostility.

13. I don’t find it difficult to face unfavorable situations.
14. I cannot tolerate situations when I fail to express my anger.

15. I can face situations when I have to quarrel with my close relatives.

16. I accept it as challenge when I cannot adjust my income with my expenses.

17. If anything is lost unexpectedly, I cannot withstand it.

18. The feeling of insecurity often troubles me.

19. Even if it is impossible, as far as I am
concerned, I fail to say ‘no’.

The sense of loss does not depress me.

I can face any difficult situation bravely.

I cannot complete things which need priority.

I cannot bear the sight of a motor cycle accident which happens unexpectedly.

I cannot tolerate the feeling of loneliness while among friends.

APPENDIX B
Social Support Perception Scale (Draft)
Jose Thelakkatt & Dr. H. Sylaja
SREE SANKARYACHARYA UNIVERSITY OF SANSKRIT
KALADY, ERNAKULAM, 2005.

Given below are few statements about your relationships with your family, friends and others. Against each item five choices, viz. A, B, C, D, and E are given.

A denotes ‘Strongly agree’
B denotes ‘Agree’
C denotes ‘Undecided’
D denotes ‘Disagree’ and
E denotes ‘Strongly disagree’

After reading each statement carefully, please indicate your answer above the response choices with a ‘✓’ mark. Try to answer all items. Your answers will be kept confidential and will be used for research purpose only.
1. My family members are ready to accept my drawbacks.

2. I think, behind my achievements there is the support of my family.

3. I get the support of my family in the life crisis.

4. I get contentment in the time spent with my family.

5. My family members are jealous in my achievements.

6. My family members never think that my struggle to achieve is for them also.
7. When I am in trouble my relatives do not become happy.

8. My family members have close friendship with my enemies.

9. Guidance from my relatives is very useful to me.

10. My family members are not concerned about my future security.

11. My relatives make character assassination about me.

12. I am only an earning object to my family.
1. I have friends who listen to whatever I say.

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2. My friends do not encourage me.

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3. I have friends who point out my drawbacks to me.

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4. My friends never help me to take decisions.

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5. My friends and I are really important to each other.

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6. My friends do not respect me.

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7. My friends helped me a lot.

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8. I can rely on my friends.

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   Fså \bnÅ kplr\pjÅvet Xmev\cy\yanÅ.

10. I don’t feel a strong bond with my friends.
    kplr\pjfpambn üamb ð\w F\nj\nÅ.

11. My friends enjoy when I am in trouble.
    Fså hovy\bnÅ k\’njq\hcWw Fså
    kplr\pjÅ.

12. I have friends who wish my achievements.
    Fså \vsÅ hm\en\jp$kplr\pjÅ
    F\nj\jp-v.

1. I am getting enough encouragement from others.
   aApÅhcnÅ \nj\v F\nj\v th-{X t[j]mÂkm\w
   e\n\jp-p-v.

2. I am getting compliments from other people for my achievements.
   Fså \vs\hnÅ aApÅhcnÅ \nj\v
   A\'n\l\$Å e\n\jp-p-v.

3. People hate me for no reason.
   P\lsÅ FsÅ AlmcWambn shdp\jp-p.

4. Others do not consider me as a nuisance.
   aApÅhÅ FsÅ iÄyambn IW\mjmdnÅ
5. I never get affection from anybody.

6. I am a burden to others.

7. People respect me.

8. If I die tomorrow, very few people would miss me.

9. People admire me.

10. People consider me as immoral.

11. I feel ashamed of activities.

12. I feel that others consider me as a helpful person.

APPENDIX C

Social Support Perception Scale
Given below are few statements about your relationships with your family, friends and others. Against each item five choices, viz. A, B, C, D, and E are given.

A denotes ‘Strongly agree’
B denotes ‘Agree’
C denotes ‘Undecided’
D denotes ‘Disagree’ and
E denotes ‘Strongly disagree’

After reading each statement carefully, please indicate your answer above the response choices with a ‘✓’ mark. Try to answer all items. Your answers will be kept confidential and will be used for research purpose only.
1. My family members are ready to accept my drawbacks.

2. I think, behind my achievements there is the support of my family.

3. My family members are jealous in my achievements.

4. My family members never think that my struggle to achieve is for them also.

5. When I am in trouble my relatives never become happy.

6. Guidance from my relatives is very useful to me.
7. My relatives make character assassination about me.

8. I am only an earning object to my family.

B

1. I have friends who listen to whatever I say

2. My friends do not encourage me.

3. My friends never help me to take decisions.

4. My friends and I are really important to each other.

5. My friends do not respect me.
6. friends helped me a lot.

7. I don’t feel a strong bond with my friends.

8. I have friends who wish my achievements.

1. I am getting enough encouragement from others.

2. I am getting compliments from other people for my achievements.

3. People hate me for no reason.

4. I never get affection from anybody.
APPENDIX  D

Alcoholics Anonymous Affiliation Scale
Keith Humphreys and Colleagues
Stanford University School of Medicine.

Instructions
Given below are few statements about participation in Alcoholics Anonymous. For items one and two numbers are to be noted as answer. For other questions the mark ‘✓’ is to be given for the answer ‘yes’ and the mark ‘X’ is to be given for the answer ‘no’. Try to answer all items.
Your answers will be kept confidential and will be used for research purpose only.

1. How many A.A. meetings would you estimate that you have gone to during your lifetime?.

2. How many A.A. meetings have you gone to in the last year?
3. Have you ever considered yourself as a member of A.A.?

Xm:\Ä Hcep F.F. AwKamsW§v kzbw 1cpXnbn=pt-m? ( )

4. Have you ever called an A.A. member for help?

Xm:\Ä Fs§\{nepw Hcep F.F. AwKs¯ klmb\'n\p

hrfn\'n-pt-m? ( )

5. Do you have an A.A. Sponsor?.

Xm:\Äv Ct,mÄ Hcep F.F. kv\}m-\kdp\-pt-m? ( )

6. Have you ever sponsored anyone in A.A.?

F.F. bnÅ Xm:\Ä Bscsb\{nepw kv\}m-kÅ sNbvXn-\pt-m?. ( )

7. Have you had a spiritual awakening or a conversion experience as a result of your involvement in A.A.?

F.F. bnÅ _Os, Sp§\XneqsS Xm:\Äv Bßob DWÀ\Em

am\k\m\'c A\p\htam D-\mbn-\pt-m? ( )

8. In the past 12 months have you read A.A. literature?

Ign§ 12 amkjfnÅ F.F.\bpambn _Os, \}p\Xltam

t\}\am Xm:\Ä hmbn\'n-\pt-m? ( )

9. In the past one 12 months, have you done service, helped newcomers or set up chairs, made coffee, cleaned up after a meeting etc.?

Ign§ 1 hÀjambn ]p\Xmbn hcp§hsc klmh\jpl,

ltkl\A [laol\jpl, lm, nbp-\jpl, tbmKn\p

tijw bmÅ hr\'nmb\jpl F\}o tkh\sÅ sNbvXn-\pt-m? ( )
APPENDIX E

SPIRITUALITY SCALE

SREEKUMAR, R. AND DR. H. SAM SANANDA RAJ
DEPARTMENT OF PSYCHOLOGY
UNIVERSITY OF KERALA
KARIAVATTOM, TRIVANDRUM, (2002)

Instructions

The Statements given below are related to spirituality. You are requested to indicate how far you agree or disagree with these, as per the guidelines given below. Five response categories are given for each statement. ‘A’ stands for strongly agree, ‘B’ agree, ‘C’ undecided, ‘D’ disagree and ‘E’ strongly disagree. Read each statement carefully and then give your answer by putting a ‘✓’ mark against your response. Please do not omit any item. Your responses will be kept confidential and will be used for research purposes only.

338
1. I feel the presence of God.

2. Fate has a decisive role in my life.

3. I think that the soul is eternal

4. I think it is not necessary to believe in God.

5. This Universe consists of only material things.

6. There is an extra sensory power in the world.

7. I do not give importance to spirituality in my life.

8. I think that God is present in every human being.
9. There are certain phenomena which can be explained only through spiritual principles.

Bßo-b-Xz-§Ä slm--p-am[Xw hni-Zo-l-cn.-jm---

A B C D E

10. I think that spiritualism is the denial of reality.

Bßo-b-hmZw bmYmA'ys` \ntj-[n-]emsW¶v

A B C D E

11. I love God.

Rm³ ssZhs¯ kv\l\jn.-p-¶p.

A B C D E

12. I often feel profound peace of mind.

G\n\v ]e-\mgpw KmV-amb a:\im\n
A\p--h-s,-Sm-dp--v.

A B C D E

13. Prayer uplifts my mind.

{\m\A\ Fs\ a\-\Ens\ D\-cn.;p-¶p.

A B C D E

14. I think that spiritual experiences are mere imaginations.

Bßo-b-amb A\p--h-§Ä shdpw k\-ev]-§Ä

am{X-am-sW¶v Rm³ lcp-Xp¶p.

A B C D E

15. I think it is possible to communicate with God.

ssZhph-ambn Bi-b-hn.-\n-abw\S-\m³ km[r

340
16. I believe that we have no existence beyond this material world.

Cu `uXnl teml-'n\Xo-X-amb Hcp \nc\nev\v

\ap-jn\ f\\ v Rm³ hnzknj\p\\.

17. Spiritualistic view makes my life more meaningful.

Bßo-b-amb lmgv-\,mSy Fså Pohn-X-s-

1qSx-XÀ-\ ap-f\-Xm-\p\\.

18. My mental strengenth is connected to my spirituality.

Fså a\ián BßobXbp-ambn

Ö-s,-sn-cn-\p\\.

19. I do not think that healing by means of prayer/ faith is possible.

{\mÄ/ hnzmkw apt\\ \kp\-s,-SpÄ

km\y-am-s\\ v Rm³ lcp-Xp-\n\Ä.

20. I think there is no benefit in leading a spiritual life.

Bßob PohnXw \bn-\p-\ Xp-slm-v

{\tbn-P-\ ap-s-\\ v Rm³ lcp-Xp-\n\Ä.

21. I do not like to discuss spiritual topics.
22. Even in hard times, I do not rely on God.

23. I believe that some people can predict the future exactly.

24. I think that the universe is controlled by a supreme force.

25. We can broaden our views of life through spiritual experiences.

26. I am not ready to sacrifice worldly pleasures for spiritual purposes.

Name…………………………………………Code No………………
GENERAL DATA QUESTIONNAIRE

Some personal matters related to you are required for research purpose. Write answers for items listed below or put a (‘✓’) mark wherever necessary. Your responses will be kept confidential and will be used for research purposes only. Please be careful to fill up all the items.

1. Age

2. Religion

3. Educational qualification

4. Married or not

5. Separated from spouse or not

6. Family monthly income
7. Family Size

8. Any new financial debt

9. Are/ was your father an alcoholic?

10. Age of first drink

11. Number of times treated for alcoholism.

12. How long after last being treated?

13. How long abstinent till date.

14. Are you abstinent of tobacco use?

15. Number of days in the in-patient treatment?

16. Number of visits made from the treatment center.
APPENDIX G

Leading De-addiction Treatment Centers in Kerala Assisted by the Government of India

1. Accept De-Addiction Center, Punnapra P.O., Alappuzha 690574
3. Adart De-Addiction Center, Palai P.O., 686575.
4. Alcohol and Information Center, Spencer Junction, Trivandrum 695001.
5. Brain Society, Mala P.O., Mala 680732.
6. Dare, Peerumedu P.O. Idukki Dist. 685503.
8. Indian Psycho Social Service Society, Vettuthara, Channnkara P.O., 695315.
10. M. M. M. D. Addiction Research And Treatment Centre, M.O.S.C.M.M. Hospital, Kolenchery, 683311.
11. Mujahid Education Trust, M. Square Complex, Pavamani Road, P.O. Box No.60, Calicut 673001.
15. Pratheeksha De-Addiction Centre, Mankottom, Temple Gate P.O., Thalassery P.O., 607102.
17. Santhi Counseling Centre, Kalleri, Peruvayal P.O., 672323.
18. Sree Sathyasai De-Addiction Centre, K.M. Hospital, Palliport P.O., 683515.
19. Trada, Manganam P.O., Kottayam 686018.