APPENDIX F

THE BELL ADJUSTMENT INVENTORY
( ADULT FORM )
WITH ITS SCORING KEY
THE ADJUSTMENT INVENTORY

ADULT FORM

BY HUGH M. BELL

Name               Sex               Occupation

Married or Single               (Education: High-School Graduate, etc.)               Date

DIRECTIONS

Are you interested in knowing more about your own personality? If you will answer honestly and thoughtfully all of the questions on the pages that follow, it will be possible for you to obtain a better understanding of yourself. These questions have been carefully selected, and then given to a large number of persons. By comparing your answers with the answers of the group you will secure a more accurate notion of your own characteristics. The value of this to you will be in proportion to the care and honesty with which you answer each question.

Your answers to the questions will be treated in the strictest confidence. Therefore, feel free to give candid replies. There are no right or wrong answers. Indicate your answer to each question by drawing a circle around the "Yes", the "No", or the "?". Use the question mark only when you are certain that you cannot answer "Yes", or "No". There is no time limit; but work rapidly.

If you are not employed now, answer the occupational questions with reference to the last position which you held. Housewives who are not employed outside the home should omit the questions referring to working conditions.

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1a Yes No ?  Does the place which you live now in any way interfere with your obtaining the social life which you would like to enjoy?

2d Yes No ?  Do you have ups and downs in mood without apparent cause?

3b Yes No ?  Are you troubled occasionally by a skin disease or skin eruption such as athlete's foot, carbuncles, or boils?

4c Yes No ?  Do you feel self-conscious when you have to ask an employer for work?

5e Yes No ?  Do you sometimes get badly flustered and "jittery" in your present job?

6b Yes No ?  Have you had any trouble with your heart or your kidneys or your lungs?

7a Yes No ?  Do you feel that your present home environment allows you enough opportunity to develop your own personality?

8c Yes No ?  Do you like to participate in festival gatherings and lively parties?

9e Yes No ?  Do you think you made the wrong selection of your occupation?

10d Yes No ?  Have you ever been extremely afraid of something which you knew could do you no harm?

11a Yes No ?  Is any member of your present home very nervous?

12e Yes No ?  Does your present work allow you time off each year for some vacation?

13b Yes No ?  Have you ever been enemic (lacking in red blood corpuscles)?

14d Yes No ?  Do you worry too long over humiliating experiences?

15c Yes No ?  Do you find it difficult to start a conversation with a stranger?

16a Yes No ?  Did you disagree with your parents about the type of occupation you should enter?
17c Yes No ? Does it upset you considerably to have some one ask you to speak when you had no time to prepare your talk?

18d Yes No ? Does some particular useless thought keep coming into your mind to bother you?

19b Yes No ? Do you take cold rather easily from other people?

20e Yes No ? Do you think you must "play politics" to get promotion or an increase in pay in your present job?

21c Yes No ? Do you keep in the background on social occasions?

22a Yes No ? Have you had unpleasant disagreements over such matters as religion, politics, or sex with the person or persons with whom you live?

23d Yes No ? Do you get upset easily?

24b Yes No ? Do you find it necessary to watch your health carefully?

25a Yes No ? Has there ever been a divorce among any members of your immediate family?

26e Yes No ? Has your employer always treated you fairly?

27b Yes No ? Do you frequently come to your meals without really being hungry?

28d Yes No ? Are you often in a state of excitement?

29c Yes No ? Do you feel embarrassment if you have to ask permission to leave a group of people?

30e Yes No ? Do you think that you have to work too long hours on your present job?

31a Yes No ? Have any of the members of your present home made you unhappy by criticizing your personal appearance?

32c Yes No ? Do you find that you tend to have a few close friends rather than many casual acquaintances?
33b Yes No ? Have you had an illness from which you feel that you have not completely recovered?

34d Yes No ? Does criticism disturb you greatly?

35a Yes No ? Are you happy and contended in your present home environment?

36e Yes No ? Would you like to secure some other job than the one you now hold?

37c Yes No ? Are you often the center of favourable attention at a party?

38b Yes No ? Do you frequently have shooting pains in the head?

39d Yes No ? Are you troubled with idea that people are watching you on the street?

40a Yes No ? Do you feel a lack of affection and love in your present home?

41e Yes No ? Do you have considerable difficulty in knowing just where you stand with your present employer?

42b Yes No ? Do you suffer from sinusitis or any obstruction in your breathing?

43d Yes No ? Are you bothered by the feeling that people are reading your thoughts?

44c Yes No ? Do you make friends readily?

45e Yes No ? Do you feel that your present employer or boss holds a personal dislike or grudge toward you?

46a Yes No ? Do the person or persons with whom you now live understand you and sympathize with you?

47d Yes No ? Do you day-dream frequently?

48b Yes No ? Has any illness you have had resulted in a permanent injury to your health?

49e Yes No ? Do you have to work on your present job with certain people whom you dislike?

50e Yes No ? Do you hesitate to enter a room by yourself when a group of people are sitting around together?
51a Yes No ? Do you feel that your friends have happier home environments than you?

52c Yes No ? Do you often hesitate to speak out in a group lest you say and do the wrong thing?

53b Yes No ? Do you have difficulty getting rid of a cold?

54d Yes No ? Do your ideas often run through your head so that you cannot sleep?

55a Yes No ? Does any person with whom you live now become angry at you very easily?

56e Yes No ? Are you getting enough pay on your present job to support those who are dependent upon you?

57b Yes No ? Are you troubled with too high or too low blood pressure?

58d Yes No ? Do you worry over possible misfortunes?

59c Yes No ? If you come late to a meeting would you rather stand or leave than take a front seat?

60e Yes No ? Is your present boss or employer an individual whom you feel you can always trust?

61b Yes No ? Are you subject to hay fever or asthma?

62a Yes No ? Are the members of your present home congenial and well-suited to each other?

63c Yes No ? At a reception or a tea do you seek to meet the important person present?

64e Yes No ? Do you feel that your employer is paying you a fair salary?

65d Yes No ? Are you feelings easily hurt?

66b Yes No ? Are you troubled much with constipation?

67a Yes No ? Do you dislike intensely certain people with whom you live now?

68c Yes No ? Are you sometimes the leader at a social affair?

69e Yes No ? Do you like all the people with whom you work on your present job?
70d Yes No ? Are you bothered by the feeling that things are not real?

71a Yes No ? Do you occasionally have conflicting moods of love and hate for members of your immediate family?

72c Yes No ? Do you feel very self-conscious in the presence of people whom you greatly admire but with whom you are not well acquainted?

73b Yes No ? Do you frequently experience nausea or vomiting or diarrhea?

74d Yes No ? Do you blush easily?

75a Yes No ? Have the actions of any person with whom you now live frequently caused you to feel blue and prepressed?

76c Yes No ? Have you frequently changed jobs during the last five years?

77c Yes No ? Do you ever cross the street to avoid meeting somebody?

78b Yes No ? Are you subject to tonsillitis or other throat ailments?

79d Yes No ? Do you often feel self-conscious because of your personal appearance?

80e Yes No ? Does your present job fatigue you greatly?

81a Yes No ? Is the home where you live now often in a state of turmoil and dissension?

82d Yes No ? Do you consider yourself rather a nervous person?

83c Yes No ? Do you greatly enjoy social dancing?

84b Yes No ? Are you subject to attacks of indigestion?

85a Yes No ? Did either of your parents frequently find fault with your conduct when you lived with them?

86e Yes No ? Do you feel that you have adequate opportunities to express your own ideas in your present job?

87c Yes No ? Do you find it very difficult to speak in public?
88b Yes No ? Do you feel tired most of the time?
89e Yes No ? Is the pay in your present work so low that you worry lest you be unable to meet your financial obligations?
90d Yes No ? Are you troubled with feelings of inferiority?
91a Yes No ? Do the personal habits of some of the people with whom you now live irritate you?
92d Yes No ? Do you often feel just miserable?
93b Yes No ? Has it been necessary for you to have frequent medical attention?
94c Yes No ? Have you had a number of experiences in appearing before public gatherings?
95e Yes No ? Have you been able to get the promotions you desire in your present job?
96a Yes No ? Does any member of your present home try to dominate you?
97b Yes No ? Do you often feel fatigued when you get up in the morning?
98e Yes No ? Do any of the people with whom you work have personal habits and characteristics which irritate you?
99c Yes No ? When you are a guest at an important dinner do you do without something rather than ask to have it passed to you?
100d Yes No ? Does it frighten you to be alone in the dark?
101a Yes No ? Did your parents tend to supervise you too closely when you lived with them?
102c Yes No ? Have you found it easy to make friendly contacts with members of the opposite sex?
103b Yes No ? Are you considerably underweight?
104e Yes No ? Does your present job force you to hurry a great deal?
105d Yes No ? Have you ever, when you were on a high place, been afraid that you might jump off?
106a Yes No ? Do you find it easy to get along with the person or persons with whom you live now?
107c Yes No ? Do you have difficulty starting conversation with a person to whom you have just been introduced?
108b Yes No ? Do you frequently have spells of dizziness?
109d Yes No ? Are you often sorry for the things you do?
110e Yes No ? Does your present employer or boss take all the credit for a piece of work which you have done yourself?
111a Yes No ? Do you have frequent disagreements with the individual or individual where you live now concerning the way things are to be done about the house?
112d Yes No ? Do you get discouraged easily?
113b Yes No ? Have you had considerable illness during the last ten years?
114c Yes No ? Have you had experience in making plans for and directing the actions of other people such as committee chairman, leader of a group, etc.?
115e Yes No ? Do you feel you are just a cog in an inhuman machine in your present job?
116a Yes No ? Does any person in the place you now live frequently object to the companions and friends with whom you like to associate?
117b Yes No ? Are you subject to attacks of influenza?
118e Yes No ? Does your present employer or boss praise you for work which you do well?
119c Yes No ? Would you feel very self-conscious if you had to volunteer an idea to start a discussion among a group of people?
120d Yes No ? Have you frequently been depressed because of the unkind things others have said about you?

121a Yes No ? Are any of the members of your present household very easily irritated?

122b Yes No ? Do you have many colds?

123d Yes No ? Are you easily frightened by lightning?

124c Yes No ? Are you troubled with shyness?

125e Yes No ? Did you enter your present job because you yourself really wanted to go into it?

126b Yes No ? Have you ever had a major surgical operation?

127a Yes No ? At home did your parents frequently object to the kind of companions you went around with?

128c Yes No ? Did you find it easy to ask others for help?

129e Yes No ? Do you get discouraged in your present work?

130d Yes No ? Do things often go wrong for you from no fault of your own?

131a Yes No ? Would you like very much to move from the place where you now live so that you might have more personal independence?

132c Yes No ? When you want something from a person with whom you are not very well acquainted, would you prefer to write a note or letter to the individual than go and ask him or her personally?

133b Yes No ? Have you ever been seriously injured in any kind of an accident?

134d Yes No ? Do you dread the sight of snake?

135e Yes No ? Do you feel that your work is supervised by too many different bosses?

136b Yes No ? Have you lost considerable weight recently?

137a Yes No ? Does the lack of money tend to make your present home life unhappy?
138c Yes No ? Would it be difficult for you to give an oral report before a group of people?

139e Yes No ? Is your present job very monotonous?

140d Yes No ? Are you easily moved to tears?

141b Yes No ? Do you frequently feel very tired toward the end of the day?

142a Yes No ? When you lived with your parents did either of them frequently criticize you unjustly?

143d Yes No ? Does the thought of an earthquake or a fire frighten you?

144c Yes No ? Do you feel embarrassed when you have to enter a public assembly by yourself after everyone else has been seated.

145e Yes No ? Do you find that you have very little real interest in your present job?

146b Yes No ? Do you sometimes have difficulty getting to sleep even when there are no noises to disturb you?

147a Yes No ? Is there anyone at the place where you live now who insists on your obeying him or her regardless of whether or not the request is reasonable?

148c Yes No ? Did you ever take the lead to enliven a dull party?

149e Yes No ? Do you feel that your immediate superior or boss lacks sympathy and understanding in dealing with you as an employee?

150d Yes No ? Do you often feel lonesome even when you are with people?

151a Yes No ? As a youth did you ever have a strong desire to run away from home?

152b Yes No ? Do you have many headaches?

153d Yes No ? Have you ever felt that someone was hypnotizing you and making you act against your will?

154c Yes No ? Do you often have much difficulty in thinking of an appropriate remark to make in group conversation?
Do you sometimes feel that your employer does not show real appreciation of your attempts to do your job in a superior manner?

Have you ever had scarlet fever or diphtheria?

Do you sometimes feel that you have been a disappointment to your parents.

Do you take responsibility for introducing people at a party?

Do you experience a fear of losing your present job?

Do you frequently have spells of the blues?

SCORING PROCEDURE FOR ADJUSTMENT INVENTORY

1. Do not score question marks.

2. All other questions except those listed in III below have No as the appropriate response. For recording: If you marked 'Yes', then record in the proper column by tally mark.

3. For questions: 7, 8, 12, 26, 32, 35, 44, 46, 56, 60, 62, 63, 64, 68, 69, 83, 86, 94, 95, 106, 114, 118, 125, 128, 148 and 158. The appropriate response is 'Yes'. For recording: If you marked No then record in proper column by tally marks.

Higher scores mean lesser adjustment.