Appendices
Appendix I

MATHEW
IAS RATING SCALE
V. George Mathew, Ph.D.
1995
Copyright reserved
Malayalam Version

Chapter 35: The Malayalam Version

1. Malayalam Translation

2. Malayalam Notes
3. സ്ത്രീ
   I. സ്ത്രീകമ്പാടുകൾ, സ്ത്രീകമ്പാടുകൾ അർത്ഥാടനം
   A. സ്ത്രീകാലം, സ്ത്രീകാലം മാതൃദിനീകരണം പ്രകാരം
   S. സ്ത്രീകാലം സ്ത്രീകാലം മാതൃദിനീകരണം പ്രകാരം

4. അവധികകൾ
   I. അവധികകൾ ഭാഗം, അവധികകൾ ഭാഗം നിരവധിക
   A. പുരുഷം, മുകളില്പാടു
   S. നിരവധിക

5. സാഹിത്യം
   I. സാഹിത്യം പ്രകാരം, സാഹിത്യം പ്രകാരം ഗ്രന്ഥശാലകൾ
   A. പ്രസിദ്ധിയേയും സാഹിത്യം പ്രകാരം ഭാഷാഭിന്ദു ശാസ്ത്രം
   S. ഗ്രന്ഥശാലകൾ, ഗ്രന്ഥശാലകൾ പ്രേമിക, പ്രഭാഷക.

6. പത്രപ്രധാന നൂതനത
   I. പത്രപ്രധാന നൂതനത
   A. പ്രകാശിക, പണ്ഡിതൻ പ്രകാശിക
   S. പ്രകാശിക, പ്രഭാഷക, പണ്ഡിതൻ

7. രംഗാനന്ത
   I. രംഗാനന്ത ഉപകരണാനുബന്ധ
   A. രംഗാനന്ത രംഗാനന്ത
   S. രംഗാനന്ത, രംഗാനന്ത അന്താരാഷ്ട്രാനുബന്ധ

8. പാത
   I. പാതമാർഗ് പാതമാർഗ്, പാതമാർഗ് ഉപകരണം
   A. പാതമാർഗ്, പാതമാർഗ് ഉപകരണം
   S. പാതമാർഗ്, പാതമാർഗ്

9. മെമ്മുക
   I. മെമ്മുക
   A. മെമ്മുക മെമ്മുകമാക്കൽ അംഗമായും
   S. മെമ്മുക മെമ്മുക മെമ്മുകമാക്കൽ അംഗമായും, അംഗമായും

10. ഹൈന്ദവാനയമുള്ള താൾ
    I. ഹൈന്ദവാനയമുള്ള താൾ
    A. ഹൈന്ദവാനയ, ഹൈന്ദവാനയ, ഹൈന്ദവാനയ
    S. ഹൈന്ദവാനയ, ഹൈന്ദവാനയ, ഹൈന്ദവാനയ
11. 

I. 

A. 

S. 

12. 

I. 

A. 

S. 

13. 

I. 

A. 

S. 

14. 

I. 

A. 

S. 

15. 

I. 

A. 

S. 

16. 

I. 

A. 

S. 

17. 

I. 

A. 

S.
18. സംബന്ധം
I. താഴ്ന്ന നിയനതകളുടെ കരിവില്ലത
A. മാനിക്യായുഗം, താഴ്ന്ന നിയനതകളുടെ കരിവില
S. ഉദ്ഭവം മുതൽ ചെലവേറ്റു നിയനതകളുടെ കരിവില്ലത

19. ഗാനദാനം
I. മൂന്നായുഗത്തിന്റെ ഗാനദാനങ്ങൾ
A. മൂന്നായുഗത്തിന് ഗാനദാനകൾ
S. മൂന്നായുഗത്തിന് ഗാനദാനകൾ ഗാനദാനങ്ങൾ

20. മൂന്നായുഗത്തിന്റെ ഗാനം
I. മൂന്നായുഗത്തിന് ഗാനം പ്രധാനമായും, മൂന്നായുഗത്തിന്
A. മൂന്നായുഗത്തിന് ഗാനം, മൂന്നായുഗത്തിന്
S. മൂന്നായുഗത്തിന് ഗാനം, മൂന്നായുഗത്തിന്

21. മൂന്നായുഗത്തിന്റെ ഗാനം
I. മൂന്നായുഗത്തിന് ഗാനം പ്രധാനമായും കരിവില്ലത
A. മൂന്നായുഗത്തിന് ഗാനം, മൂന്നായുഗത്തിന്
S. മൂന്നായുഗത്തിന് ഗാനം, മൂന്നായുഗത്തിന്

22. മൂന്നായുഗത്തിന്റെ ഗാനം
I. മൂന്നായുഗത്തിന് ഗാനം
A. മൂന്നായുഗത്തിന് ഗാനം, മൂന്നായുഗത്തിന്
S. മൂന്നായുഗത്തിന് ഗാനം, മൂന്നായുഗത്തിന്

23. മൂര്ത്തി
I. മൂര്ത്തികളെ മൂന്നായുഗത്തിന് പ്രധാനമായും, മൂര്ത്തികളെ മൂന്നായുഗത്തിന്
A. മൂര്ത്തികളെ മൂന്നായുഗത്തിന്, മൂര്ത്തികളെ മൂന്നായുഗത്തിന്
S. മൂര്ത്തികളെ മൂന്നായുഗത്തിന്, മൂര്ത്തികളെ മൂന്നായുഗത്തിന്

24. മൂന്നായുഗത്തിന്റെ ഗാനം
I. മൂന്നായുഗത്തിന് ഗാനം, മൂന്നായുഗത്തിന്, മൂന്നായുഗത്തിന് കരിവില്ലത
A. മൂന്നായുഗത്തിന് ഗാനം, മൂന്നായുഗത്തിന്
S. മൂന്നായുഗത്തിന് ഗാനം, മൂന്നായുഗത്തിന്

25. മൂന്നായുഗത്തിന്റെ ഗാനം
I. മൂന്നായുഗത്തിന് ഗാനം, മൂന്നായുഗത്തിന്
A. മൂന്നായുഗത്തിന് ഗാനം, മൂന്നായുഗത്തിന്
S. മൂന്നായുഗത്തിന് ഗാനം, മൂന്നായുഗത്തിന്
26. അനുകരണത്തിലേക്ക വിവരണം
I. അനുകരണത്തിലേക്ക വിവരണം വിവരണത്തിലേക്ക
A. വിവരണത്തിലേക്ക വിവരണത്തിലേക്ക, വിവരണത്തിലേക്ക
S. വിവരണത്തിലേക്ക വിവരണത്തിലേക്ക വിവരണത്തിലേക്ക

27. മൃഗാംഗം
I. മൃഗാംഗം മൃഗാംഗം മൃഗാംഗം മൃഗാംഗം
A. മൃഗാംഗം മൃഗാംഗം മൃഗാംഗം മൃഗാംഗം
S. മൃഗാംഗം മൃഗാംഗം മൃഗാംഗം മൃഗാംഗം

28. ആണ്ടുംജീവി
I. ആണ്ടുംജീവി ആണ്ടുംജീവി ആണ്ടുംജീവി
A. ആണ്ടുംജീവി ആണ്ടുംജീവി ആണ്ടുംജീവി
S. ആണ്ടുംജീവി ആണ്ടുംജീവി ആണ്ടുംജീവി

29. യാവും കഴിവടുകൾ
I. യാവും കഴിവടുകൾ കഴിവടുകൾ കഴിവടുകൾ
A. കഴിവടുകൾ കഴിവടുകൾ കഴിവടുകൾ
S. കഴിവടുകൾ കഴിവടുകൾ കഴിവടുകൾ

30. സാധനം
I. സാധനം സാധനം സാധനം
A. സാധനം സാധനം സാധനം
S. സാധനം സാധനം സാധനം

31. യാത്രാകാലം
I. യാത്രാകാലം യാത്രാകാലം യാത്രാകാലം
A. യാത്രാകാലം യാത്രാകാലം യാത്രാകാലം
S. യാത്രാകാലം യാത്രാകാലം യാത്രാകാലം

32. വാളികൾ വാളികൾ
I. വാളികൾ വാളികൾ വാളികൾ
A. വാളികൾ വാളികൾ വാളികൾ
S. വാളികൾ വാളികൾ വാളികൾ
33. നീളുക്കുന്നത്

I. ഒരു സ്ഥലത്തിൽ നിന്ന് മറ്റൊരു സ്ഥലത്ത് എതിർക്കുന്ന നീളുക്കുണ്ട്

A. ഏത് സ്ഥലത്തിൽനിന്നും നീളുക്കുണ്ട്

S. മൂന്നുനം, ചുറ്റിക്കാതിലിന്റെ, അടുത്തുള്ളത്, മൂന്നുനം സ്ഥലത്തിനെക്കുറിച്ച്

34. മനസ്സം പഠിക്കുന്നത്

I. വിദ്യാഭ്യാസത്തിലെ മനസ്സിലാക്കാനെതിരെ പഠിക്കുന്നത്, താഴ് അത്

A. പഠിക്കുന്നത്, മനസ്സിലാക്കാനെതിരെ ഏതായാണ്

S. മനസ്സിലാക്കാനെതിരെ മനസ്സിലാക്കാനെതിരെ ഏതായാണ് മനസ്സിലാക്കാനെതിരെ 

35. മുഴു

I. മുഴു, കൊടുക്, മാനേജ് എന്നിവ മുഴുവനെറ്റുക

A. കൊടുക് (മാനേജിലെ) എന്നും, മാനേജ് എന്നായി മാനേജ് 

S. കൊടുക് (മാനേജിലെ) എന്നായി മാനേജിലെ എന്നായി മാനേജിലെ
The following are 45 statements about our feelings and reactions, while facing unpleasant behaviour from others or unpleasant situations. Read them carefully and indicate your level of agreement using ✓ marks in the columns for:

Always true • Usually true • Sometimes true • Seldom true • Never true

<table>
<thead>
<tr>
<th>No.</th>
<th>Statements</th>
<th>Always true</th>
<th>Usually true</th>
<th>Sometimes true</th>
<th>Seldom true</th>
<th>Never true</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>I subject myself to self-criticism.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Anger evokes a sense of guilt in me.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>I have malice towards many.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>I hate those people who oppose me.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>I hate the very sight of some people.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>I regard it as humiliation to be judged by others.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>I change my decision taken earlier.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>I am haunted by a sense of guilt.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>I feel like killing those people who harm me.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>I feel uneasy if my enemies show affection towards me.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
I am not able to dedicate myself fully to my work because of the feeling of hatred I maintain towards others.

Most of my decisions are taken without much thought.

I believe that my inadequacies and failures are a result of my former misdeeds.

I seldom get a chance to express my anger fully.

I even hate those who are friendly with my enemies.

I regret my wrong doings.

I am incapable of assessing my abilities.

I believe that to err is human.

I nurse hatred towards my enemies and never allow it to diminish.

I never forgive those who hurt me.

I doubt whether my enemies follow me with the intention of hurting me.

Finding fault with everything is my nature.

I never pardon those who had hurt me.

I strongly criticise people who take decisions without thinking.

I am seldom suspicious of others.

My family members and friends are jealous of my achievements.

I feel that many of the people around me are the cause of my mental tension.

I seldom associate with those whom I hate.
<table>
<thead>
<tr>
<th>No.</th>
<th>Statement</th>
</tr>
</thead>
<tbody>
<tr>
<td>29</td>
<td>I try to control the expression of hatred in my behaviour turned others.</td>
</tr>
<tr>
<td>30</td>
<td>It is my habit to point out and criticize the mistakes of others.</td>
</tr>
<tr>
<td>31</td>
<td>I am not able to correct others through criticism.</td>
</tr>
<tr>
<td>32</td>
<td>Many people are jealous of my success.</td>
</tr>
<tr>
<td>33</td>
<td>I feel that the world is devoid of good.</td>
</tr>
<tr>
<td>34</td>
<td>I express my hatred verbally.</td>
</tr>
<tr>
<td>35</td>
<td>I feel like punching on the walls when I think of my enemies.</td>
</tr>
<tr>
<td>36</td>
<td>I comment about my enemies to my friends</td>
</tr>
<tr>
<td>37</td>
<td>I am of the nature of openly expressing my opinions about others.</td>
</tr>
<tr>
<td>38</td>
<td>I comment about my enemies to my friends</td>
</tr>
<tr>
<td>39</td>
<td>Children secretly nurse their hostility.</td>
</tr>
<tr>
<td>40</td>
<td>I deliberately avoid my enemies in my discussion.</td>
</tr>
<tr>
<td>41</td>
<td>I express hatred through facial expressions, sound and laughter.</td>
</tr>
<tr>
<td>42</td>
<td>In my opinion many regard mistakes unwittingly made as malice.</td>
</tr>
<tr>
<td>43</td>
<td>I vehemently criticize others when I get a suitable situation.</td>
</tr>
<tr>
<td>44</td>
<td>I feel that the people we see around nurture hatred.</td>
</tr>
<tr>
<td>45</td>
<td>Many of my friends are sincere.</td>
</tr>
</tbody>
</table>

Name: 
Age: 
Sex: 
Education: 
Religion & Caste: 
Locality of living: Village/Town 
Health Problems: 
ix
Appendix III

OCCUPATIONAL STRESS INVENTORY

Dr. M.I. Joseph, Dr. C. Jayan & Dr. B. Dharmangadan

2004

This questionnaire is meant for a psychological investigation. The questionnaire consists of a number of statements that employees sometimes feel or say various components of their jobs. The following five-point scale is to be used to indicate the extent to which you agree with each statement to describe your own job and the experiences or feelings about your job.

**Strongly Agree (A) / Agree (B) / Undecided (C) / Disagree (D) / Strongly Disagree (E)**

For example, if you strongly disagree with the following statement, in context of your job, put 'E' in box given against it.

"I have to do my work under tense circumstances" [E] In case you disagree with the above statement put (D) in place of 'E' and so on. Give your responses frankly. Your responses will be kept strictly confidential.
1. I am having a lot of work which cannot be finished within a normal working day.

2. I am having a good lot of leisure time during my working hours.

3. I have to participate in work activities outside of my normal working hours at the expense of personal time.

4. I often have to face unreasonable pressure for more work.

5. I have to do some of the work which ought to be done by others.

6. I am unable to carry out my assignments to my satisfaction on account of excessive load of work and lack of time.

7. In my job, I often have to face unreasonable pressure for better performance.

8. If adequate training and facilities are provided I can perform my duties in a far better way.

9. The standard of work expected of me; in my job far outweigh my abilities.

10. The complexity of my duties at times makes me feel that I am not fully qualified for this job.
11. I am not clear about the scope and responsibilities of my job.

12. I am not getting the information that is necessary to carry out my duties properly.

13. I have a clear picture of the do's and do not's expected of me, so that I don't have to take decisions at my own work.

14. I am not provided with clear instructions regarding new assignments given to me in the job.

15. In practice, I have to do things contradicting to the formal instructions of laws governing our work role.

16. Often I am confused by conflicting demands from those who have authority over me.

17. In my job I often have to do things that are against my better judgement.

18. My subordinates often make suggestions that conflict with my own plans of work.

19. The role that I have to assume in this job does not match the role that I like to take in my social life.
20. People often approach me with demands which oppose with other works I have to do.

21. I am always under pressure to please too many bosses.

22. Our organisation gives due weight to our suggestions and ideas regarding the various aspects of our work.

23. The policy making of the organisation is with our representatives.

24. Even the reasonable suggestions that I make are often neglected by higher authorities.

25. Our higher officials do welcome proposals of new ideas from among the subordinates.

26. My opinion is often sought by others in helping set the way things are done on the job.

27. I can make decisions regarding my work at my own discretion.

28. I am having too little authority to delegate duties to others.
29. In view of my job responsibilities, I can function properly only if more authority is given to me.

30. I am free from close and constant supervision by my superiors

31. I have enough freedom to do things in my own way.

32. Sufficient power/authority is not given to our department in view of its huge responsibilities.

33. I am having sufficient power/authority to make independent decisions and when needed.

34. Often it becomes difficult for me to make adjustment between outside pressures and the formal rules of the department.

35. I am often compelled to violate the formal administrative procedures and practices owing to external pressures.

36. Some external forces interfere in our straight forward dealings.

37. Political and other external group pressures are the great curse to our profession.
38. The assignments given to me are of monotonous nature.

39. I get ample opportunity in this job to utilize and develop my abilities and skills.

40. There is a good lot of variety in this job.

41. In this job, I have to engage in activities that are of little interest to me.

42. I get the opportunity to work on challenging problems in this job.

43. This job denies me the opportunity for expressing my feelings and ideas openly.

44. My job imposes contain constraints in acting creatively and independently.

45. In this job, I seldom get a proper knowledge of the results of my action.

46. I am having considerable control over the events happening in my work situations.

47. It is hard and sincere work rather than luck that leads to success in this job.
48. However hard to try, things often go beyond my control in my job.

49. I have sufficient ability and powers to keep things under control even under very stressful conditions.

50. Some of my colleagues and subordinate try to defend and malign me as unsuccessful.

51. It is very difficult to get along with the people whom I work with.

52. All people in our organisation are supportive of each other despite status distinction.

53. Conflict between hierarchies is a great problem in our organisation.

54. There exists sufficient mutual co-operation and team spirit among the members of our department.

55. My superiors are ready to extend all possible to me in my work.

56. I often feel it difficult to handle my subordinates.
57. Our superiors always stand for their subordinates at time of crisis.

58. There is a high degree of loyalty among the members of our organisation.

59. Taking everything into considerations, I am satisfied in my relationships with others in the organisation.

60. I am given very responsible work in my job.

61. I often have to make decisions at my own risk that affect the future of others.

62. I am having too much responsibility for maintaining the morale of our organisation.

63. Often, I have to work with my own safety in giving helping others.

64. We are having a good chance of advancement in administrative authority and status in my job.

65. When it comes to promotion it is often favouritism or influences that counts rather than sincere work.

66. I always feel worried, when I think of my future in this job.

67. I am worried about my career prospects because of the very strict policies followed in our organisation.
68. I feel there is considerable security in my job.

69. The general public view the whole of us as inhuman creatures

70. The nature of work makes me alienated from the main stream of society

71. I am a bit hesitant to make social relationship with people outside the organisation.

72. There is a lot of difference between our world and the outside world

73. I have to do my work under tense circumstances

74. I am always worried about physical environment in my work

75. Working conditions, from the point of view of our welfare and convenience are satisfactory in my job.

76. Lonely and uncomfortable duties are very stressful to me in my job

77. I have to work even under my adverse working conditions
HAMILTON DEPRESSION INVENTORY (HDI)

Hamilton, 1967

DIRECTIONS

Use a sharp pencil or ballpoint pen (not a soft-tip pen) for completing this questionnaire on the answer sheet provided. Do not mark in this booklet. Print your name, today's date, your sex, race, age, years of education and occupation on the answer sheet. If you have an identification number, please enter this in the space provided.

This questionnaire asks about your current feelings and behaviour. Read each question and select the answer that best describes your behaviour or how you have been feeling for THE PAST 2 WEEKS. Darken the circle with the number on your answer sheet that corresponds to the answer you have selected. Please darken in only one circle for each question. Do not make any marks or write in this booklet. If you wish to change your answer on the answer sheet, put an X through the incorrect circle and fill in the correct circle. DO NOT ERASE. Be sure to answer each question. DO NOT leave any question blank unless the instructions tell you to skip that question.

1a. In the past 2 weeks, how often have you been bothered by feeling depressed (i.e., sad, blue, "down in the dumps")?
   0) Not at all or rarely (if 0, skip to Question 2).
   1) Occasionally.
   2) Often (about half of the time).
   3) Very often.
   4) Almost all of the time.

1b. On average, how bad was the feeling of being depressed (i.e., sad, blue, "down in the dumps")?
   1) Mild
   2) Moderate
   3) Severe
   4) Very severe

1c. When you are feeling depressed, to what extent does your mood lift when something good happens to you?
   0) My mood lifts significantly, and I feel better.
   1) My mood lifts a bit, and I feel somewhat better.
   2) My mood lifts only minimally.
   3) My mood doesn't lift at all.
1d. How often do you cry or feel like crying?
   0) Rarely
   1) Slightly more than usual for me.
   2) Quite a bit more than usual for me.
   3) Nearly all of the time.

1e. When you are feeling depressed or down in the dumps, are your feelings usually?
   0) No different in the morning or evening.
   1) Worse in the evening.
   2) Worse in the morning.

2. Do you blame yourself or feel guilty for things that have happened or that you have done?
   0) I do not blame myself or feel guilty.
   1) I blame or feel mad at myself when little things go wrong.
   2) I feel guilty about things or feel that I have done something wrong.
   3) I feel VERY guilty or feel like I am or should be punished for something I did or that happened.
   4) I constantly feel extremely guilty for something very bad that has happened.

3. In the past 2 weeks, have you thought about suicide?
   0) I have not had any thoughts about suicide.
   1) I feel like life is not worth living.
   2) I think about killing myself but have no plans.
   3) I think about killing myself and have a specific method or plan.
   4) I tried to kill myself in a way that I was sure would succeed.

4a. Over the past 2 weeks, how often did you have trouble falling asleep at night?
   0) None of the time (if 0, skip to Question 5a).
   1) 1 to 2 nights a week.
   2) 3 to 5 nights a week.
   3) 6 to 7 nights a week.

4b. On those nights that you had trouble falling asleep, ON AVERAGE, how much longer than usual did it take you to fall asleep?
   1) Less than ½ an hour.
   2) ½ an hour to 1 hour.
   3) Over 1 hour.
5a. How often did you have trouble with waking up in the middle of the night during the past 2 weeks? (Do not count waking up to go to the bathroom or waking due to external causes such as baby crying, phone calls, illness, etc.)
0) None of the time (if 0, skip to Question 6a).
1) 1 to 2 nights a week.
2) 3 to 5 nights a week.
3) 6 to 7 nights a week.

5b. On average, how long did it take you to fall back to sleep again on those nights you woke up during the night?
1) Less than ½ an hour.
2) ½ an hour to 1 hour.
3) Over 1 hour.

6a. In the past 2 weeks, how often did you wake up earlier in the morning than usual and could not fall back to sleep again?
0) None of the time (if 0, skip to Question 7a).
1) 1 to 2 nights a week.
2) 3 to 5 nights a week.
3) 6 to 7 nights a week.

6b. On average, how much earlier than usual did you wake up?
1) Less than ½ an hour.
2) ½ an hour to 1 hour.
3) Over 1 hour.

7a. Have you noticed any change in your interest in or ability to enjoy your usual activities? (For instance, your hobbies, work, social activities, family, or other leisure activities).
0) I still enjoy and am interested in my usual activities.
1) I am somewhat less interested in or get less enjoyment from my usual activities.
2) I am much less interested in or get less satisfaction from my usual activities.
3) I get almost no pleasure out of any of my activities.
4) I have lost ALL interest in and pleasure from my usual activities.

7b. Have you noticed any change in your work performance? (Either at home, office, school, etc.)
0) I work about as well as usual.
1) I am less efficient, but I get most things done eventually.
2) I have to push myself to get my usual tasks accomplished, and some things remain undone.
3) I have to push myself very hard to do even simple tasks, like washing or getting dressed.
4) I am unable to work or take care of myself.

8. To what extent are you CURRENTLY feeling physically slowed down, for instance your movements, speech, and physical reactions? (This refers not just to an inner feeling, but that you are actually physically slower in your movements, speech, etc., so other people could actually notice it).
0) Not at all.
1) I am a bit sluggish or slowed down.
2) I move and speak noticeably slower than usual.
3) It takes a great deal of energy or effort to move around or speak.
4) It is extremely difficult to speak or engage in any physical activity at all.

9. To what extent are you CURRENTLY feeling physically restless or fidgety, for instance having trouble sitting still for more than a few seconds? (This refers to more than just an inner feeling of tension or restlessness, but to actual physical movement that other people could notice).
0) Not at all.
1) I am a bit jumpy or restless.
2) I find myself very restless and fidgety.
3) My restlessness is so bad that it is interfering with my life.
4) I can't sit still for a few seconds, even if I try.

10a. How often have you left anxious or nervous over the past 2 weeks?
0) Not at all or rarely (if 0, skip to Question 1).
1) Occasionally.
2) Often (about half of the time).
3) Very often.
4) Almost all of the time.

10b. On average, how bad was the feeling of anxiety or nervousness over the past 2 weeks?
1) Mild
2) Moderate
3) Severe
4) Very Severe
For Questions 11a through 11d, please indicate how often you have experienced the following physical symptoms over the past 2 weeks.

11a. Heart pounding rapidly or loudly, chest pain, feeling flushed or faint?
   0) Not at all
   1) Occasionally.
   2) Often
   3) Almost constantly

11b. Sweating more than usual (not due to heat, exercise, or weather), dry mouth, or ringing in the ears?
   0) Not at all.
   1) Occasionally.
   2) Often
   3) Almost constantly.

11c. Indigestion, heartburn, stomachaches, gas, or diarrhoea (not due to illness or something you ate)?
   0) Not at all.
   1) Occasionally.
   2) Often.
   3) Almost constantly.

11d. Headaches, shaking or trembling, "pins and needles" feelings?
   0) Not at all.
   1) Occasionally.
   2) Often.
   3) Almost constantly.

12. How has your appetite been over the past 2 weeks?
   0) My appetite is fine.
   1) My appetite is not as good as usual.
   2) I have almost no appetite.

13a. Have you had less physical energy than usual to do things? (This is different from your interest in things and refers to your physical energy).
   0) I have as much energy as usual.
   1) I get tried more easily or have less energy than usual.
   2) I have almost no energy and feel tired almost all the time.

13b. To what extent are your muscles stiff, sore, or achy (not as a result of exercise, illness, or physical causes)?
0) My muscles usually are not tense or achy.
1) I am often bothered by tense or aching muscles.
2) My muscles constantly ache or are very tense.

14. Have you noticed any change in your interest in or pleasure from sex?
0) I have not noticed any change in my interest in or pleasure from sex.
1) I am less interested in or enjoy sex less.
2) I don't enjoy or feel like having sex at all anymore.

15a. Have you been worried much about your health?
0) I am not worried about my health (if 0, go to Question 16).
1) I am somewhat concerned about my health.
2) I am very concerned about my health.
3) I am constantly worried about my health and am sure there is something wrong.
4) I can feel parts of my body decaying or rotting away.

15b. Has a doctor found that something is wrong with you physically?
1) I have not gone to a doctor because of my health problems.
2) I went to doctor, but he or she could not find anything wrong.
3) The doctor found that I had a minor health problem.
4) The doctor found that I had a major health problem.

16. You have just answered some questions about various symptoms and problems that you might be experiencing. What do you believe is causing these problems?
0) I am not currently bothered by many of the symptoms covered in this questionnaire.
1) My symptoms are part of the problems I am currently having with depression.
2) There might be some possibility that my symptoms are because I am depressed, but I don't really think so.
3) My symptoms are definitely NOT because I am depressed or have an emotional problem.

17a. Have you lost any weight during the past 2 weeks?
0) None, or 1 to 2 pounds.
1) 3 to 6 pounds.
2) Over 6 pounds.
3) Unsure, but I believe that I have lost some weight.
17b. Does it feel as if your clothes are fitting looser?
0) No.
1) Somewhat looser.
2) Definitely looser.

17c. Are you purposely trying to lose weight by dieting?
0) Yes.
1) No.

18a. Over the past 2 weeks, how often have you unintentionally slept more than usual?
0) None of the time (if 0, skip to Question 19).
1) 1 to 2 days a week.
2) 3 to 5 days a week.
3) 6 to 7 days a week.

18b. On those days that you slept more than usual, on the average, how much longer did you sleep?
1) ½ to 1 hour.
2) 1 to 2 hours.
3) Over 2 hours.

19. Do you feel helpless or incapable of getting everyday tasks done?
0) Not at all.
1) Occasionally
2) Often.
3) Almost constantly.

20. Over the past 2 weeks, did you sometimes feel that things around you were not real or that you were detached from your thoughts or actions?
0) None of the time.
1) I sometimes have mild feelings of unreality or detachment.
2) Things around me do not seem real.
3) I feel detached from myself and things around me.
4) I feel totally detached from myself and the world around me.

21. Over the past 2 weeks, how have you been feeling about yourself?
0) I feel OK about myself.
1) I feel that I am somewhat inadequate
2) I feel somewhat worthless as a person.
3) I feel that I am a worthless person.
4) I feel I am totally rotten and worthless as a person.
22. How does the future look to you?
0) OK.
1) I feel a bit discouraged about the future.
2) I am somewhat discouraged, and things seem hopeless to me.
3) I am very discouraged and do not think that things will never get better.

23. Over the past 2 weeks, how often did you have difficulty making decisions?
0) Not at all or rarely.
1) Occasionally.
2) Often (about half of the time).
3) Very often.
4) Almost all of the time.
PERSONAL DATA SHEET
Biji Mathew, 2006

1. Name of the School: ......................................................
2. Class ................................................................. 3. Matriculation .......... 4. Degree / Other
5. Address ........................................................................
6. Telephone number (All) ...................................................
7. Permanent Address (All) ...................................................
8. Are you a Schoolmate? ....................................................
9. Are you the only child of your parents? Yes / No
10. Are you the only child of your family? Yes / No
11. Do you have a brother? Yes / No
12. Are you the only child of your family? Yes / No
13. Do you have a sister? Yes / No
14. Are you the only child of your family? Yes / No
15. Do you have a brother? Yes / No
16. Are you the only child of your family? Yes / No
17. Are you the only child of your family? Yes / No
18. Are you the only child of your family? Yes / No
19. Are you the only child of your family? Yes / No
20. Are you the only child of your family? Yes / No
21. Are you the only child of your family? Yes / No
22. Are you the only child of your family? Yes / No
23. Are you the only child of your family? Yes / No
<table>
<thead>
<tr>
<th>PERSONAL DATA SHEET</th>
<th>Appendix V</th>
</tr>
</thead>
</table>

Biji Mathew, 2006

<table>
<thead>
<tr>
<th>1. പേര്‍/പേരാപേര്‍</th>
<th>മാത്രം 600.00 / 600.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. വിവാദകര നാമം</td>
<td>اسم 600.00 / 600.00</td>
</tr>
<tr>
<td>---------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>3. നാമവ്യൂഹം</td>
<td>اسم 600.00 / 600.00</td>
</tr>
<tr>
<td>---------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>4. ജനനം</td>
<td>اسم 600.00 / 600.00</td>
</tr>
<tr>
<td>---------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>5. ജനനം</td>
<td>اسم 600.00 / 600.00</td>
</tr>
<tr>
<td>---------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>6. ജന്മദേശം</td>
<td>اسم 600.00 / 600.00</td>
</tr>
<tr>
<td>---------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>7. ജന്മനഗരം/ജന്മനഗരം (നഗരം)</td>
<td>اسم 600.00 / 600.00</td>
</tr>
<tr>
<td>---------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>8. സ്വീകാര്യം മെമ്മോറിലെല്ലാം</td>
<td>اسم 600.00 / 600.00</td>
</tr>
<tr>
<td>---------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>9. പിന്റെ പിന്നെ കേരളത്തിലെല്ലാം</td>
<td>اسم 600.00 / 600.00</td>
</tr>
<tr>
<td>---------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>10. പിന്റെ പിന്നെ കേരളത്തിലെല്ലാം</td>
<td>اسم 600.00 / 600.00</td>
</tr>
<tr>
<td>---------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>11. ഗതാഗതം</td>
<td>اسم 600.00 / 600.00</td>
</tr>
<tr>
<td>---------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>12. ഗതാഗതം</td>
<td>اسم 600.00 / 600.00</td>
</tr>
<tr>
<td>---------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>13. ഗതാഗതം</td>
<td>اسم 600.00 / 600.00</td>
</tr>
<tr>
<td>---------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>14. ഗതാഗതം</td>
<td>اسم 600.00 / 600.00</td>
</tr>
<tr>
<td>---------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>15. ഗതാഗതം</td>
<td>اسم 600.00 / 600.00</td>
</tr>
<tr>
<td>---------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>16. ഗതാഗതം</td>
<td>اسم 600.00 / 600.00</td>
</tr>
<tr>
<td>---------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>17. ഗതാഗതം</td>
<td>اسم 600.00 / 600.00</td>
</tr>
<tr>
<td>---------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>18. ഗതാഗതം</td>
<td>اسم 600.00 / 600.00</td>
</tr>
<tr>
<td>---------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>19. ഗതാഗതം</td>
<td>اسم 600.00 / 600.00</td>
</tr>
<tr>
<td>---------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>20. ഗതാഗതം</td>
<td>اسم 600.00 / 600.00</td>
</tr>
<tr>
<td>---------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>21. ഗതാഗതം</td>
<td>اسم 600.00 / 600.00</td>
</tr>
<tr>
<td>---------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>22. ഗതാഗതം</td>
<td>اسم 600.00 / 600.00</td>
</tr>
<tr>
<td>---------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>23. ഗതാഗതം</td>
<td>اسم 600.00 / 600.00</td>
</tr>
</tbody>
</table>