THE ADJUSTMENT INVENTORY

REVISED (1962) STUDENT FORM
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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 may be possible for you to obtain a better understanding of yourself.

There are no right or wrong answers. Indicate your answer to each question by making a mark in the appropriate space on the answer sheet or “Yes”, “No”, or “?”. Use the question mark only when you are certain you cannot answer “Yes” or “No”. DO NOT MAKE ANY MARKS ON THE TEST BOOKLET. There is no time limit for these questions, but work rapidly.

If you have not been living your parents, answer certain of the questions with regard to the people with whom you have been living.
1. Do you daydream frequently?
2. Do you take cold rather easily from other people?
3. Do you like dramatics very much?
4. Do you think that the conversation of many people is silly?
5. Does it frighten you when you have to see a doctor about some illness?
6. At a reception or tea do you seek to meet the important person present?
7. Are your eyes very sensitive to light?
8. Did you ever have a strong desire to run away from home?
9. Do colours greatly interest you?
10. Do you think it will ever be possible for all the peoples of the earth to live together peacefully?
11. Do you take responsibility for introducing people at a party?
12. Do you sometimes feel that your parents are disappointed in you?
13. Do you frequently have spells of the “blues”?
14. Are you subject to hay fever or asthma?
15. Have you found that there are many persons in this world whom you just can’t afford to trust?
16. Do you like to wear colourful clothes?
17. Do you often have much difficulty in thinking of an appropriate remark to make in group conversation?
18. Have you ever had scarlet fever or diphtheria?
19. Do you prefer a shower bath to a tub bath?
20. Do you think that it is a pretty good plan to “cover up” a bit rather than to put yourself in an embarrassing position by telling the whole truth?
21. Did you ever take the lead to enliven a dull party?
22. Does your mother tend to dominate your home?
23. Would you like to be a social worker?
24. Do you enjoy social gatherings just to be with people?
25. Have a number of people acted unfriendly toward you?
26. Has either of your parents acted unfriendly toward you unjustly?
27. Do you feel embarrassed when you have to enter a public assembly after everyone else has been seated?
28. Do you often feel lonesome, even when you are with people?
29. Would you like to be an interior decorator?
30. Have you ever been seriously injured in any kind of an accident?
31. Do you feel there has been a lack of real affection and love in your home?
32. In school is it difficult for you to give an oral report before the class?
33. Do you have many headaches?
34. Have you ever felt that someone was trying to do you harm?
35. Would you like to be a private secretary?
36. Do you often feel that people do not understand you?
37. Have your relationships with your father usually been pleasant?
38. Do you sometimes have difficulty getting to when there are no noise to disturb you?
39. When riding on a train or a bus do you sometime engage fellow travellers in conversation?
40. Do you frequently feel very tired towards the end of the day?
41. Does the thought of an earthquake or a fire frighten you?
42. Do you believe in being “brutally frank” most of the time?
43. Do you often use the word “cute” in describing people or things?
44. Does the thought of having burglars in your house at night frighten you?
45. Have you lost weight recently?
46. Has either of your parents insisted on your obeying him or her regardless of whether or not the request was reasonable?
47. Do you find it easy to ask others for help?
48. Do you often read such magazines as Good Housekeeping and Ladies Home Journal?
49. Has illness or death among your immediate family tended to make home life unhappy for you?
50. Do you frequently have spells of dizziness?
51. Have people ever accused you of being too critical of them?
52. Has lack of money tended to make home unhappy for you?
53. Are you easily moved to tears?
54. Are you troubled with shyness?
55. Does a big fire scare you?
56. When you want something from a person with whom you are not very well acquainted, would you rather write a note or letter to the individual than go and ask him or her personally?
57. Has either of your parents frequently found fault with your conduct?
58. Have you ever had a surgical operation?
59. Would you feel very self-conscious if you had to volunteer an idea to start a discussion among a group of people?
60. Do you dread the sight of a snake?
61. Do you sometimes feel that there are an “awful lot of saps” in this world?
62. Are you afraid of insane persons?
63. Have your parents frequently objected to the kind of companions that you go around with?
64. Do things often go wrong for you from no fault of your own?
65. Do you have many colds?
66. Have you had experience in making plans for and directing the actions of other people?
67. Have you been embarrassed because of the type of work your father does in order to support the family?
68. Have you frequently had the experience of having a friend “double-cross” you?
69. Do you usually read the sport section of your newspaper?
70. Are you subject to tonsillitis or laryngitis?
71. Are you frightened by lightning?
72. Is either of your parents very easily irritated?
73. Are you subject to attacks of influenza?
74. Have you frequently been depressed because of low merit in school?
75. Do you have difficulty in starting conversation with a person to whom you have just been introduced?
76. Do you think that you can usually trust women to “play fair” with you?
77. Does it disgust you to hear someone use foul language?
78. Have you ever felt that someone was hypnotizing you and making you act against your will?
79. Have you had considerable illness during the last ten years?
80. Have you frequently disagreed with either of your parents about the way in which the work about the home should be done?
81. Do you sometimes envy the happiness that others seem to enjoy?
82. Have you frequently known the answer to a question in class but failed when called upon because you were afraid to speak out before the class?
83. Do you think your parents fail to recognize that you are a mature person and hence treat you as if you are still a child?
84. Does the extremely naive and gullible person irritate you a great deal?
85. Do you find it very difficult to speak in public?
86. Have you ever been afraid that you might jump off after you were on a high place?
87. Have there been frequent family quarrels among your relatives?
88. Do you like to read about new styles in clothing?
89. Do you think it is true that the only way to get ahead in life is to look out for yourself first?
90. Do you consider yourself rather a nervous person?
91. Do you enjoy social dancing a great deal?
92. Does it disgust you to see someone spitting tobacco?
93. Have the actions of either of your parents aroused a fear of fear in you at times?
94. Are you often sorry for the things you do?
95. If you were a guest at an important dinner would you do without something rather than ask to have it passed to you?
96. Do you think your parents fail to recognize that you are a mature person and hence treat you as if you are still a child?
97. Are you frightened by lightning?
98. Is either of your parents very easily irritated?
99. Are you subject to eyestrains?
100. Have you had considerable illness during the last ten years?
101. Do you often feel just miserable?
102. Has your home always been supplied with the common necessities of life?
103. Do you feel that your parents have been unusually strict with you?
104. Do you find it very difficult to speak in public?
105. Do you often feel just miserable?
121. Do you love your mother more than your father?
122. Are you subject to attacks of indigestion?
123. Do you enjoy arranging flowers?
124. Have you ever felt that people were talking about you "behind your back"?
125. Do you think that a lot of our social customs and moral practices are "pretty dumb"?
126. Do you blush easily?
127. Have you frequently had to keep quiet or leave the house in order to have peace at home?
128. Do you feel very self-conscious in the presence of people whom you greatly admire, but with whom you are not well acquainted?
129. Do you sometimes have shooting pains in the head?
130. Do you enjoy dancing with a member of your own sex?
131. Are you ever bothered by the feeling that things are not real?
132. Do you frequently experience nausea or vomiting or diarrhoea?
133. Are you sometimes the leader at a social affair?
134. Are your feelings easily hurt?
135. Do you find that many of the people you meet are very irresponsible?
136. Do you like to wear jewellery?
137. Do you ever cross the street to avoid meeting somebody?
138. Do you occasionally have conflicting moods of love and hate for members of your family?
139. Was your father what you would consider your ideal of manhood?
140. Do you think it is a good idea to point out other people's faults to them?
141. If you come late to a meeting, would you rather stand or leave than take a front seat?
142. Were you ill much of the time during childhood?
143. Do you worry over possible misfortunes?
144. Do you make friends readily?
145. Do you like to read about the construction of airplanes and battleships?
146. Did your parents frequently punish you when you were between 10 and 15 years of age?
147. Have you had the experience of being "chiselled" out of something by a supposed friend?
148. Do you frequently have difficulty in breathing through your nose?
149. Are you often the center of favourable attention at a party?
150. Does either of your parents become angry easily?
151. Do you find that you tend to have a few very close friends rather than many casual acquaintances?
152. Are you troubled with the idea that people are watching you on the street?
153. Do you like to do handcraft work such as knitting, sewing, or crocheting?
154. Do you think it is wrong to shoot rabbits just for fun?
155. Do you have difficulty getting rid of a cold?
156. Has either of your parents made you unhappy by criticizing your personal appearance?
157. Does criticism disturb you greatly?
158. Do you feel embarrassed if you have to ask permission to leave a group of people?
159. Do you think people honestly enjoy the time and effort they put into doing a favour for someone else?
160. Do you know what the world record is for either the 100-yard dash, the pole vault, or the mile race?
161. Are you considerably underweight?
162. Do you frequently come to your meals without really being hungry?
163. Are your parents permanently separated?
164. Are you often in a state of excitement?
165. Do you keep in the background on social occasions?
166. Do you wear eyeglasses?
167. Do you feel that many of the so called "good deeds" we do for people often turn out to do them more harm than good?
168. Is either of your parents very nervous?
169. Does some particular, useless thought keep coming into your mind to bother you?
170. Does it upset you considerably to have a teacher call on you unexpectedly?
171. Do you find it necessary to watch your health carefully?
172. Do you get upset easily?
173. Have you disagreed with your parents about your life work?
174. Do you like to participate in festive gatherings and lively parties?
175. Have you found that you have to "watch your step" around many people or they will take advantage of you?
176. Do you have ups and downs in mood without apparent cause?
177. Do you find it difficult to start a conversation with a stranger?
178. Do you worry too long over humiliating experiences?
179. Have you frequently been absent from school because of illness?
180. Have you ever been extremely afraid of something that you knew could do you no harm?
181. Are you troubled much with constipation?
182. Have you felt that your friends have had a happier home life than you?
183. Do you enjoy preparing food and doing housework?
184. Have your relationships with your mother usually been pleasant?
185. Are you afraid of black widow spiders?
186. Do you have teeth that you know need dental attention?
187. Do you feel self-conscious when you recite in class?
188. Has either of your parents dominated you too much?
189. Have you often felt superior in some way to those around you?
190. Do you occasionally find it necessary to “tell off” nosey people?
191. Have you had any trouble with your heart or your kidneys or your lungs?
192. Do you agree with the statement: “Most people will change their minds if you offer them enough”?
193. Do ideas often run through your head so that you cannot sleep?
194. Have you often felt that either of your parents did not understand you?
195. Are you interested in interpretive dancing?
196. Does it frighten you to be alone in the dark?
197. Do you agree with the statement that there is no such thing as an absolutely unselfish act?
198. Do you hesitate to volunteer in a class recitation?
199. Have you ever had a skin disease or skin eruption, such as athlete’s foot, carbuncles, or boils?
200. Do you hesitate to enter a room by yourself when a group of people are sitting around the room talking together?
Appendix 4a

Descriptive Norms for the Bell Adjustment Inventory (Bell, 1962)

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