LIST OF APPENDIX

A: Background work done from 1993 to 1999.

B: Line diagrams of motor movements relevant to the thesis.

C: Muscles and nerves involved in leg-shaking.

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E: List of Institutions.

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APPENDIX-A

BACKGROUND WORK DONE FROM 1993 TO 1999—(NOT INCLUDED IN THE THESIS)

As a student of classical dance my academic interest has been in body movement and dance therapy. My primary curiosity has been in the adaptive, the emotionally expressive and the symbolic aspects of dance. The earliest writings in this area by Werner Wolffe (1933) on movement as expression impressed me and subsequently the Movement Psychodiagnostic Inventory (MPI) developed by Dr Martha Davis in 1991 confirmed the importance of motor behavior.

I started observing and documenting natural body movements, gaits, facial expressions, nonverbal communication and abnormal movements. At this time I noticed some individuals including myself shaking their legs. I set out to find out the frequency, type and incidence of leg shaking. This began a long journey of observing people in different public settings.

My data from 1993 to 1999 is shown in the table below. This data has been excluded from the thesis because my Ph.D registration was in 2000 and as per rules this data cannot be included.

<table>
<thead>
<tr>
<th>Setting</th>
<th>Male</th>
<th>Female</th>
<th>Mixed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classroom</td>
<td>113</td>
<td>896</td>
<td></td>
</tr>
<tr>
<td>Exams</td>
<td>221</td>
<td>3673</td>
<td></td>
</tr>
<tr>
<td>Restaurants</td>
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<td>Library</td>
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<td>675</td>
<td></td>
</tr>
<tr>
<td>Church</td>
<td>1282</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trains</td>
<td>994</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parks</td>
<td>766</td>
<td></td>
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<td>Foyers</td>
<td>513</td>
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<tr>
<td>Airports</td>
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<tr>
<td>Banks</td>
<td>193</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Canteens</td>
<td>378</td>
<td>2111</td>
<td></td>
</tr>
</tbody>
</table>

TOTAL: 10053.
No of Leg-shakers: 2213

% Of Leg-shakers 22.01%
APPENDIX-B

Line diagrams of typical Leg-movements

1. Extension:

2. Flexion:

3. Adduction-Adduction

Types of Leg-shaking

A. Sitting position:

1. Only feet/foot
2. Leg up to knee.

3. The whole leg like bellowing.

4. Thigh crossed with foot rotation

5. Thigh crossed leg up to knee up down

6. Thigh crossed only foot shaking
7. Feet crossed like bellowing

B. Lying posture:

1. Feet crossed rubbing each other in a lying or relaxed position.

2. Feet crossed and swaying movement

C. Standing posture:

3. Shaking one leg with heel anchored

4. Shaking one leg with toes anchored.
APPENDIX-C

Muscles and Nerves Involved in Leg-shaking movement.

<table>
<thead>
<tr>
<th>Abduction-Adduction movement:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>MUSCLES INVOLVED</td>
<td>NERVES INVOLVED</td>
</tr>
<tr>
<td><strong>Abduction</strong></td>
<td></td>
</tr>
<tr>
<td>1. Gluteus Maximus</td>
<td>1. Inferior Gluteal L5 S1 S2</td>
</tr>
<tr>
<td>2. Gluteus Medius</td>
<td>2. Superior Gluteus L5 L4 S1</td>
</tr>
<tr>
<td>3. Gluteus Minimus</td>
<td>3. Superior Gluteus L5 L4 S1</td>
</tr>
<tr>
<td>4. Tencor Fascias Latae</td>
<td>4. Superior Gluteus L5 L4 S1</td>
</tr>
<tr>
<td><strong>Adduction</strong></td>
<td></td>
</tr>
<tr>
<td>1. Pectinius</td>
<td>1. Femoral &amp; Obdurator L2 L3 L4</td>
</tr>
<tr>
<td>2. Adductor Longus</td>
<td>2. Obdurator L2 L3 L4</td>
</tr>
<tr>
<td>3. Adductor Magnus</td>
<td>3. Obdurator &amp; Sciatic L2 L3 L4 L5&amp;S1 S2</td>
</tr>
<tr>
<td>4. Adductor Brevis</td>
<td>4. Obdurator</td>
</tr>
<tr>
<td>5. Gracilis</td>
<td>5. Obdurator</td>
</tr>
</tbody>
</table>

**Plantar Flexion and Dorsiflexion**

**Plantar Flexion**

| 1. Gastrocnemius | 1. Tibial L4 L5 S1 S2 S3 |
| 2. Soleus | 2. Tibial |
| 3. Tibialis Posterior | 3. Tibial |
| 4. Peronius Longus | 4. Peroneal L4 L5 S1 S2 |
| 5. Peronius Brevis | 5. Peroneal L4 L5 S1 S2 |
| 6. Flexor Digitorum Longus | 6. Tibial |
| 7. Flexor Hallusis Longus | 7. Tibial |
| 8. Intrinsic foot Muscles | 8. Tibial & Peroneal |

**Dorsi Flexion**

| 1. Tibialis Anterior | 1. Peroneal |
| 2. Extensor Digitorum Longus | 2. Peroneal |
| 3. Extensor Hallusis longus | 3. Peroneal |
| 4. Intrinsic foot Muscles | 4. Tibial & Peroneal |
APPENDIX-D
Topographical Models of Observation Settings

Diagram of a Typical Observational Format
1. Setting: Class Room/Examination
   [Appropriate variations of this was used in other similar settings]

- Male Leg-shaker
- Male non Leg-shaker
- Female Leg-shaker
- Female non leg-shaker

<table>
<thead>
<tr>
<th>Male Leg-shaker</th>
<th>Nos. Observed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male non Leg-shaker</td>
<td></td>
</tr>
<tr>
<td>Female Leg-shaker</td>
<td></td>
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<tr>
<td>Female non leg-shaker</td>
<td></td>
</tr>
</tbody>
</table>

Total:
Date:
Duration:
Location:
% shakers:
Male:
Female:
Total:
APPENDIX-D
Topographical Models of Observation Settings

Diagram of a Typical Observational Format
1. Setting: Churches/chapels
   [Appropriate variations of this was used in other similar settings]

- Male Leg-shaker
  Nos. Observed
- Male non Leg-shaker
- Female Leg-shaker
- Female non leg-shaker

Total:
Date:
Duration:
Location:
\% shakers:
Male:
Female:
Total:
APPENDIX D
Topographical Models of Observation Settings

Diagram of a Typical Observational Format
1. Setting: Airport foyer
   [Appropriate variations of this was used in other similar settings]

<table>
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<tr>
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</thead>
<tbody>
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<td>Male non Leg-shaker</td>
<td></td>
</tr>
<tr>
<td>Female Leg-shaker</td>
<td></td>
</tr>
<tr>
<td>Female non leg-shaker</td>
<td></td>
</tr>
</tbody>
</table>

![Diagram of Leg-shakers]

Total:
Date:
Duration:
Location:
% shakers:
Male:
Female:
Total:
APPENDIX D
Topographical Models of Observation Settings

Diagram of a Typical Observational Format

1. Setting: Library

[Appropriate variations of this was used in other similar settings]

- Male Leg-shaker
- Male non Leg-shaker
- Female Leg-shaker
- Female non leg-shaker

Nos. Observed

<p>| | | | |</p>
<table>
<thead>
<tr>
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<td></td>
</tr>
</tbody>
</table>

Total:
Date:
Duration:
Location:
% shakers:
Male:
Female:
Total:
APPENDIX D
Topographical Models of Observation Settings

Diagram of a Typical Observational Format
1. Setting: Restaurant, Canteen, Dining room
[Appropriate variations of this was used in other similar settings]

- Male Leg-shaker
- Male non Leg-shaker
- Female Leg-shaker
- Female non leg-shaker

Nos. Observed

<table>
<thead>
<tr>
<th>Male Leg-shaker</th>
<th>Nos. Observed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male non Leg-shaker</td>
<td>Nos. Observed</td>
</tr>
<tr>
<td>Female Leg-shaker</td>
<td>Nos. Observed</td>
</tr>
<tr>
<td>Female non leg-shaker</td>
<td>Nos. Observed</td>
</tr>
</tbody>
</table>

Total:
Date:
Duration:
Location:
% shakers:
Male:
Female:
Total:
APPENDIX D
Topographical Models of Observation Settings

Diagram of a Typical Observational Format
Setting: Parks/Gardens
[Appropriate variations of this was used in other similar settings]

- Male Leg-shaker
- Male non Leg-shaker
- Female Leg-shaker
- Female non leg-shaker

Nos. Observed

<table>
<thead>
<tr>
<th></th>
<th>Male</th>
<th>Male</th>
<th>Female</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Date:
Duration:
Location:
% shakers:
Male:
Female:
Total:
APPENDIX D
Topographical Models of Observation Settings

Diagram of a Typical Observational Format
Setting: Train compartment
[Appropriate variations of this was used in other similar settings]

<table>
<thead>
<tr>
<th></th>
<th>Nos. Observed</th>
</tr>
</thead>
<tbody>
<tr>
<td>■ Male Leg-shaker</td>
<td>____________</td>
</tr>
<tr>
<td>□ Male non Leg-shaker</td>
<td>____________</td>
</tr>
<tr>
<td>● Female Leg-shaker</td>
<td>____________</td>
</tr>
<tr>
<td>○ Female non leg-shaker</td>
<td>____________</td>
</tr>
</tbody>
</table>

Total:
Date:
Duration:
Location:
% shakers:
Male:
Female:
Total:
### APPENDIX-E

#### List of institutions

<table>
<thead>
<tr>
<th>No.</th>
<th>Institution Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>M. D. College, Parel.</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Sophia College for Women, Bhulabhai Desai Road.</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Maharashtra College, Mumbai Central.</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Akbar Peerbhai College, Maulana Shaukat Ali Road.</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Wilson College, Chowpatty.</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>K.P.B. Hinduja College, Charni Road.</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>St. Xavier’s College, Mahapalika Marg.</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Nagindas Khandwala College, Malad.</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>National College, Bandra.</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Rizvi College, Bandra.</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>S. K. Somaiya College, Vidyavihar.</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Villa Teresa’s School, Deshmukh Marg.</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>St Stephen’s School, Kemps Corner.</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>New Activity School, Gamadia Road.</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>New Era high School, Hughes Road.</td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>Master Tutorial School, Nana Chowk.</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>St Xavier’s boys Academy, Marine Lines</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>Happy home and school for the Blind Worli.</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>Victoria Memorial School for the Blind, Tardeo</td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>N AB workshop for the Blind, Worli.</td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>Shrimati Kamla Mehta School for Blind Girls,</td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>J J group of Hospitals, Byculla.</td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>Dr Ambedkar College, Wadala.</td>
<td></td>
</tr>
</tbody>
</table>
APPENDIX F

Self-assessment questionnaire on leg shaking.

The following statements directly refer to your leg shaking behavior. You have had the opportunity to observe yourself for some days now and you are aware of it. The data from this survey will be used to identify a group for my research. I may contact you in the near future. Your participation in my study is voluntary.

1. Do you shake your legs?
   a) Yes   b) No

2. Have you noticed your leg shaking habit earlier?
   a) Yes   b) No

3. In which of the following situations do you shake your legs. Tick mark the appropriate items:
   a) While watching TV or the movies
   b) While reading
   c) While chatting with others
   d) While eating
   e) While listening to music at home
   f) While lying down on the bed at home
   g) While at a worktable
   h) Seated in an auditorium
   i) Seated in a classroom
   j) Any other situations:

4. At what age do you think you started shaking your legs?

5. Have you noticed other people shaking their legs?
   a) Yes   b) No.
5. Which is the most frequent type of leg shaking that you display (circle the option) Refer to the line drawings.

Sitting positions: A-- 1 2 3 4 5 6 7 any other specify.......  
Lying positions: B--1  2  any other specify.......  
Standing positions C--1  2  any other specify.......  

7. Have you ever been asked to stop shaking your legs?  
   a) Yes  b) No.  
For each of the following statements choose the reply which best seems to fit you and your amount/degree of leg shaking. Rate your replies by placing a tick mark on the number applicable.

8. When sitting at some place where my feet don’t reach the floor I often swing my legs back and forth  
   0-Not at all  
   1-A little  
   2-Quite a lot  
   3-A lot  
   4-Very much.

9. I shake my legs while sitting in the classroom.  
   0-Not at all  
   1-A little  
   2-Quite a lot  
   3-A lot  
   4-Very much.
10. When studying at home I shake my legs at the worktable.

   0-Not at all
   1-A little
   2-Quite a lot
   3-A lot
   4-Very much.

11. While standing, I often shift my weight from one leg to the other.

   0-Not at all
   1-A little
   2-Quite a lot
   3-A lot
   4-Very much.

12. Of the amount of time I spend sitting I find myself shaking my legs.

   0-Not at all
   1-A little
   2-Quite a lot
   3-A lot
   4-Very much.

13. I shake my legs while working at the computer.

   0-Not at all
   1-A little
   2-Quite a lot
   3-A lot
   4-Very much.
14. I rub my legs against each other while in a sitting or lying posture.

   0-Not at all
   1-A little
   2-Quite a lot
   3-A lot
   4-Very much.

15. I shake my legs while involved at a game (chess, cards, solving puzzles/crosswords etc).

   0-Not at all
   1-A little
   2-Quite a lot
   3-A lot
   4-Very much.

16. In the library while reading I find myself shaking my legs.

   0-Not at all
   1-A little
   2-Quite a lot
   3-A lot
   4-Very much.

17. During meal times I shake my legs at the dining table.

   0-Not at all
   1-A little
   2-Quite a lot
   3-A lot
   4-Very much.
18. I spend time shaking my legs while traveling in a bus, train, car etc.
   0-Not at all
   1-A little
   2-Quite a lot
   3-A lot
   4-Very much.

19. I shake my legs while watching TV.
   0-Not at all
   1-A little
   2-Quite a lot
   3-A lot
   4-Very much.

20. While indulging in leisure reading (leisure reading would include newspapers, magazines, fiction etc.) I shake my legs.
   0-Not at all
   1-A little
   2-Quite a lot
   3-A lot
   4-Very much.

21. While lying down in a comfortable posture, I shake my legs.
   0-Not at all
   1-A little
   2-Quite a lot
   3-A lot
   4-Very much.
22. I find myself shaking my legs during an examination.

0-Not at all
1-A little
2-Quite a lot
3-A lot
4-Very much.

23. I shake my legs while I am waiting for my name/turn to be announced. (Doctor’s waiting room, bank, foyer etc.)

0-Not at all
1-A little
2-Quite a lot
3-A lot
4-Very much.

24. During an exciting situation (watching matches, films, competitions, debates, campaigns etc) I shake my legs.

0-Not at all
1-A little
2-Quite a lot
3-A lot
4-Very much.

25. I tend to shake my legs when I am bored and have nothing to do.

0-Not at all
1-A little
2-Quite a lot
3-A lot
4-Very much.
26. On an average, the time that I spend in vigorous physical activities (outdoor games, sports, aerobics, brisk walking, other exercise), is

0- not at all
1- less than 30 minutes
2- 30 minutes - 1 hour
3- more than 90 minutes
4- more than 2 hours

27. Are you a smoker?
   a) Yes   b) No

28. Are you a coffee drinker?
   a) Yes   b) No

If yes, how much
   a) less than 2 cups a day
   b) 2 to 3 cups a day
   c) more than 3 cups a day.

29. Have you ever suffered from?
   a) Thyroid dysfunction
   b) Streptococcal infection
   c) Rheumatoid fever
   d) Anemia
   e) Loss of consciousness
   f) Head injury
   g) Epilepsy
   h) Any mental illness
   i) Major fall or injury.
30. Does any related family member suffer from?
   a) Epilepsy
   b) Any mental illness

31. Your childhood can be described as
   a) Very happy
   b) Happy
   c) Not happy
   d) Very unhappy

32. Did your family experience any big trauma/setback/failure/crisis, which you were ever aware of?
   a) Yes   b) No.

33. Have you been on any regular medication other than vitamins, food supplements like Complan, Horlicks etc and herbal formulations like Chyawanprash during the past 3 to 4 weeks?
   a) Yes   b) No

34. Do you shake your legs because there is a creeping, crawling, tingling, painful feeling?
   a) Yes   b) No

35. Leg discomfort is worse at rest and at night and movements results in a relief of this discomfort.
   a) Yes   b) No.
36. Do you have a sensation of inner restlessness **while sitting**?
   a) Absent
   b) Questionable
   c) Present and easily controlled
   d) Present and barely controlled
   e) Present and not controlled.

37. Do you have a sensation of inner restlessness **while lying down**?
   a) Absent
   b) Questionable
   c) Present and easily controlled
   d) Present and barely controlled
   e) Present and not controlled

38. Do you have a sensation of inner restlessness **while standing**?
   a) Absent
   b) Questionable
   c) Present and easily controlled
   d) Present and barely controlled
   e) Present and not controlled

39. Do you have the urge to move the legs in particular **while sitting**?
   a) Absent
   b) Questionable
   c) Present and easily controlled
   d) Present and barely controlled
   e) Present and not controlled
40. Do you have the urge to move the legs in particular **while lying down**
   a) Absent
   b) Questionable
   c) Present and easily controlled
   d) Present and barely controlled
   e) Present and not controlled

41. Do you have the urge to move the legs in particular **while standing**?
   a) Absent
   b) Questionable
   c) Present and easily controlled
   d) Present and barely controlled
   e) Present and not controlled

Thank you for responding. Your responses will be strictly confidential and will be used for research purpose only. I may contact you in case you are chosen to be a part of my final study. You may contact me for any clarification: Ms Jennie Mendes, Department of Psychology, Sophia College for Women, B.Desai Road, Mumbai-400026.

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This study is performed as a partial fulfillment of a PhD degree.

There are no foreseeable risks with this research. If any discomfort should arise regarding material addressed in the study you may ask / clarify with me directly. A more detailed and complete statement of the nature of the research can be available when data collection is complete.

The time required for this study is approximately two hours. The nature of participation includes completing four measures.

Your participation is entirely voluntary. You may terminate your involvement at any time without penalty. All data are for research purposes only and will not affect your course grades. All data will be confidential.

If you agree to volunteer to participate please sign your name below.

Thank you for your consideration of this request. Those individuals participating in this study will be provided with a summary of the results upon completion if you so desire. If at anytime there are any queries then please do not hesitate to contact me at jenniem@vsnl.net or at Sophia College, B.Desai Rd. Mumbai 400026. Tel no: 23512560. (8pm to 11pm only)

CONSENT FORM

NAME:..................................................SIGNATURE:............................

AGE: .............................. GENDER:...........................

CLASS:............................ COLLEGE:............................

CONTACT TELEPHONE:.........................

HEIGHT:........... ft/inches /cms/mts. WEIGHT:...........kgs/lbs

INCOME GROUP (per month). 1) 50,000 & above    2) 20,000 to 49,000  
3) 10,000 to 20,000  4) Below 10,000
APPENDIX -H

Discrimination Index

<table>
<thead>
<tr>
<th>Serial No</th>
<th>Item No</th>
<th>Discrimination Index</th>
</tr>
</thead>
<tbody>
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<td>8</td>
<td>0.99</td>
</tr>
<tr>
<td>2</td>
<td>9</td>
<td>0.98</td>
</tr>
<tr>
<td>3</td>
<td>10</td>
<td>0.98</td>
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<td>4</td>
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