APPENDIX
### APPENDIX - A

**SWBI QUESTIONNAIRE**

1. **Do you feel your life is interesting?**
   - Very much 1
   - To some extent 2
   - No so much 3

2. **Do you think you have achieved the standard of living and the social that you had expected?**
   - Very much 1
   - To some extent 2
   - No so much 3

3. **How do you feel about the extent to which you have achieved success and are getting ahead?**
   - Very much 1
   - Quite good 2
   - No so much 3

4. **Do you normally accomplish what you want to?**
   - Most of the time 1
   - Some times 2
   - Hardly ever 3

5. **Compared with the past, do you feel your present life is?**
   - Very happy 1
   - Quite happy 2
   - Not so happy 3

6. **On the whole, how happy are you with the things you have been doing in recent years?**
   - Very happy 1
   - Quite happy 2
   - Not so happy 3

7. **Do you feel you can manage situations even when they do not turn out as expected?**
   - Most of the time 1
   - Some times 2
   - Hardly ever 3

8. **Do you feel confident that in cases of a crisis (anything which substantially upsets your life situation) you will be able to cope with it/face it boldly?**
   - Very much 1
   - To some extent 2
   - No so much 3

9. **The way things are going now do you feel confident in coping with the future?**
   - Very much 1
   - To some extent 2
   - No so much 3
<table>
<thead>
<tr>
<th>Question</th>
<th>Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>10. Do you sometimes feel that all of us are part of a common force?</td>
<td>Very much 1, To some extent 2, No so much 3</td>
</tr>
<tr>
<td>11. Do you sometimes experience moments of intense happiness which are difficult to describe?</td>
<td>Quite often 1, Some times 2, Hardly ever 3</td>
</tr>
<tr>
<td>12. Does it give you happiness to think that you are part of mankind as children of any almighty God?</td>
<td>Quite often 1, Some times 2, Hardly ever 3</td>
</tr>
<tr>
<td>13. Do you feel confident that relatives and/or friends will help you out if there is an emergency, e.g. if you lose what you have by fire or theft?</td>
<td>Very much 1, To some extent 2, No so much 3</td>
</tr>
<tr>
<td>14. How do you feel about the relationship you and your children have?</td>
<td>Very good 1, Quite good 2, Not so good 3, Not applicable 4</td>
</tr>
<tr>
<td>15. Do you feel confident that relatives and/or friends will look after you if you are severely ill or meet with an accident?</td>
<td>Very much 1, To some extent 2, No so much 3</td>
</tr>
<tr>
<td>16. Do you get easily upset if things don’t turn out as expected?</td>
<td>Very much 1, To some extent 2, No so much 3</td>
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<tr>
<td>17. Do you sometimes feel sad without reason?</td>
<td>Very much 1, To some extent 2, No so much 3</td>
</tr>
<tr>
<td>18. Do you feel too easily irritated, too sensitive?</td>
<td>Very much 1, To some extent 2, No so much 3</td>
</tr>
</tbody>
</table>
19. Do you feel disturbed by feelings of anxiety and tension?
   Most of the time 1
   Some times 2
   Hardly ever 3

20. Do you consider it a problem for you that your sometimes lose your temper over minor things?
   Very much 1
   To some extent 2
   No so much 3

21. Do you consider your family a source of help to you in finding solutions to most of the problems you have?
   Very much 1
   To some extent 2
   No so much 3

22. Do you think that most of the members of your family feel closely attached to each other?
   Very much 1
   To some extent 2
   No so much 3

23. Do you think you would be looked after well by your family in case you were seriously ill?
   Very much 1
   To some extent 2
   No so much 3

24. Do you feel your life is boring/uninteresting?
   Very much 1
   To some extent 2
   No so much 3

25. Do you worry about your future?
   Very much 1
   To some extent 2
   No so much 3

26. Do you feel your life is useless?
   Very much 1
   To some extent 2
   No so much 3

27. Do you sometimes worry about the relationship you and your wife/husband have?
   Very much 1
   To some extent 2
   No so much 3
<table>
<thead>
<tr>
<th></th>
<th>Question</th>
<th>Response Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>28.</td>
<td>Do you feel your friends/relatives would help you out if you were in need?</td>
<td>Very much 1, To some extent 2, No so much 3</td>
</tr>
<tr>
<td>29.</td>
<td>Do you sometimes worry about the relationship you and children have?</td>
<td>Very much 1, To some extent 2, No so much 3</td>
</tr>
<tr>
<td>30.</td>
<td>Do you feel that minor things upset you more than necessary?</td>
<td>Very much 1, To some extent 2, No so much 3</td>
</tr>
<tr>
<td>31.</td>
<td>Do you get easily upset if you are criticized?</td>
<td>Most of the time 1, Some times 2, Hardly ever 3</td>
</tr>
<tr>
<td>32.</td>
<td>Would you which to have more friends than you actually have?</td>
<td>Very much 1, To some extent 2, No so much 3</td>
</tr>
<tr>
<td>33.</td>
<td>Do you sometimes feel that you miss a real close friend?</td>
<td>Very much 1, To some extent 2, No so much 3</td>
</tr>
<tr>
<td>34.</td>
<td>Do you sometimes worry about your health?</td>
<td>Very much 1, To some extent 2, No so much 3</td>
</tr>
<tr>
<td>35.</td>
<td>Do you suffer from pains in various parts of your body?</td>
<td>Most of the time 1, Some times 2, Hardly ever 3</td>
</tr>
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<td>36.</td>
<td>Are you disturbed by palpitations / a thumping heart?</td>
<td>Most of the time 1, Some times 2, Hardly ever 3</td>
</tr>
<tr>
<td>37.</td>
<td>Are you disturbed by a feeling of giddiness?</td>
<td>Most of the time 1, Some times 2, Hardly ever 3</td>
</tr>
</tbody>
</table>
38. Do you feel you get tired too easily?
   - Most of the time 1
   - Some times 2
   - Hardly ever 3

39. Are you troubled by disturbed sleep?
   - Most of the time 1
   - Some times 2
   - Hardly ever 3

40. Do you sometimes worry that you do not have close personal relationship with other people?
   - Very much 1
   - To some extent 2
   - No so much 3