APPENDIX
MITHILA MENTAL HEALTH STATUS INVENTORY (MMHST)

Hindi Adaptation
(हिंदी अनुवाद)

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&

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निर्देश

आपके पृष्ठों पर कुछ कथन (Statements) दिए गए हैं। प्रत्येक कथन को ध्यानपूर्वक पढ़ें और उस कथन के बारे में अपनी भावना को व्यक्त करने के लिए कथन के आगे दिये गए पंक्तियों में से उपयुक्त विकल्प पर (√) का निर्देश लगाए। इनमें कोई भी उत्तर सही या गलत नहीं है। उनका उद्देश्य मात्र आपकी प्रतिक्रियाओं को जानना है। अंत में कृपया यह देखें कि सभी कथनों के आगे आपने कौन सा निर्देशक लगाया है। आपके उत्तर पूर्णतः गोपनीय रखें जाएंगे।

उदाहरण

विकल्प 1

सत्य असत्य असत्य विकल्प 1

सत्य

असत्य

नुसे कभी-कभी ऐसा लगता है कि मैं दुनिया में अर्जित हूँ।

उपयुक्त कथन के प्रति आप अपनी प्रतिक्रिया दिखाना चाहते हैं? यदि हाँ, उसे एक उत्तर खाने में दिए के निर्देशक (√) लगाएं। मान लें कि यह कथन आपके लिए "सत्य" है तो कृपया आपके "असत्य" बाले खाने में दिए निर्देश (×) लगाएं। यदि ना है कि एक कथन के प्रति एक ही खाने में निर्देश लगाकर आपकी अपनी प्रतिक्रिया व्यक्त करनी है।

कृपया अपनी सही राय ही दीजिए।

Published by:

Ganga Saran & Grand Sons
Publishers & Suppliers of:
Psychological Tests & Apparatuses
Ck.37/44 B, Bansphatak, Varanasi (U.P.)
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10. जब कोई नमके किसी सहयोग के लिए मिलता है, मैं
आपसी हो जाता हूँ।
11. मैं दूधों से आपके संबंध बनाये रखता हूँ।
12. मैं स्किल्स दी गई है।
13. मैं आत्मनिर्भर और निर्णय निर्धारण द्वारा गृहीत हूँ।
14. वर्तमान सरकारी नियम जानने के हित में नहीं हूँ।
15. हमें लोगों से बदल लेने की अपेक्षा उन्हें क्षमा कर
देना पड़ता।
16. मेरी अभिव्यक्ति असफलताओं के लिए दूसरे लोग
निम्नलिखित हेतु है।
17. मैं समूह के बीच नहीं बोल पाता।
18. मैं अपने उपर निवेश उठ गया हूँ।
19. मैं ऐसा कार्य नहीं करना चाहता जो समाज के हित के
विरुद्ध हो।

कृपया देखें कि आप आप सभी प्रश्नों के उत्तर दे दिये हैं।
सहयोग के लिए धन्यवाद!

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Multivariable Personality Inventory (MPI)

By:
Dr. B.C. MUTHAYYA
Director of Psychology
NICD, Hyderabad

DIRECTION:

Here are some questions regarding the way you behave, feel and act. After each question is a space for answering in terms of 'Yes' or 'No'.

Try to decide whether 'Yes' or 'No' represents your way of acting or feeling and then encircle 'Yes' or 'No' as the case may be. There are no right or wrong answers. Work quickly, and do not spend much time over any questions. We want your first reaction, and not a long-drawn out thought process. Please make sure not to leave any question unanswered.

1. Most people can be trusted.                      YES  NO
2. Are you repeatedly guided to action by high hopes of possible success?  YES  NO
3. Do you believe that life is just one worry after another?  YES  NO
4. Do you often feel lonely even when you are with other people?  YES  NO
5. Are you often troubled with feelings of guilt?  YES  NO
6. Do you enjoy doing work as much as play?  YES  NO
7. Are you easily hurt when people find fault with your work?  YES  NO
8. Do you find it difficult to speak in public?  YES  NO
9. Do you take the responsibility of introducing someone at a meeting or a party?  YES  NO
10. Do you think that other man's point of view is as important as your own?  YES  NO
11. Are you very talkative at social functions?  YES  NO
12. Do you think that no immediate compensation could console you for the failure of your highest hopes?  YES  NO
13. Do you work like a slave at everything you undertake until you are satisfied with the result?  YES  NO
14. When your own interests are in danger, do you entirely concentrate on your job and forget your obligations to others? YES NO
15. Does criticism discourage you in an argument even when you know you are right? YES NO
16. Do you try to take added responsibility on yourself? YES NO
17. After you have done something important, do you often come away feeling you could have done better? YES NO
18. Do you greatly dislike being told how you should do things? YES NO
19. Do you want some one to be with you when you receive bad news? YES NO
20. Do you set difficult goals for yourself which you attempt to reach? YES NO
21. Are you mostly quiet when you are with other people? YES NO
22. Are you easily discouraged when the opinion of others differ from your own? YES NO
23. Are you driven to ever greater efforts by a ceaseless ambition? YES NO
24. Do you often find that you cannot make up your mind until the time for action has passed? YES NO
25. Do you listen to your superior officer however unreasonable he may be? YES NO
26. Do you think that nobody ever cares whatever happens to you? YES NO
27. Do you dislike people who reject authority? YES NO
28. Do you feel that there is little chance for getting promotion in one's job unless one has unfair pull? YES NO
29. Are people sometimes successful in taking advantage of you? YES NO
30. Do you feel so restless at times, that you cannot sit in a chair for a very long time? YES NO
31. Do you ever complain when you are served with poor quality of food in a hotel? YES NO
32. Do you feel that it is difficult to think clearly these days? YES NO
33. Are you in favour of very strict enforcement of rules no matter what the consequences are? YES NO
34. Are you often the last one to give up trying to complete any task? YES NO
35. Do you think that nobody every offers help to you unless YES NO
there is some ulterior motive?

36. Do you feel mad an innocent person is being accused for no fault of his? YES  NO

37. Can you stick to a tiresome task for a long time without some one encouraging you? YES  NO

38. Do you think that no one can demand from you as much as you demand from yourself? YES  NO

39. Are you guided in most of your decisions by high ambition? YES  NO

40. Do you take a subordinate, work-associate to task if he fails to complete the work on time? YES  NO

41. Do you think that the country is heading for a disaster? YES  NO

42. When some on the road pushes you unintentionally, do you try to understand the situation and not take him to task? YES  NO

43. Do you suddenly feel difficult when you want to talk to your superior officer? YES  NO

44. Do you prefer to shoulder responsibilities alone? YES  NO

45. Do you feel that some big distant goal deserves you effort more than any daily duty? YES  NO

46. Do you dislike having to adapt yourself to unusual situations? YES  NO

47. Do you find it hard to take a 'No' for answer. YES  NO

48. Do you have difficulty in starting a conversation with a superior officer? YES  NO

49. Do you often need understanding friends to cheer you up? YES  NO

50. Are you free in expressing cordiality and good-will to others? YES  NO
PERSONAL DATA SCHEDULE

NAME : 
AGE : 
SEX : MALE  FEMALE
EDUCATION :
EXPERIENCE :
MARITAL STATUS : MARRIED  UNMARRIED
PROFESSION :
SPECIALIZATION :
SPOUSE'S OCCUPATION : WORKING  NON WORKING
NO OF DEPENDENTS :
FATHER'S OCCUPATION :
INCOME :
INCOME FROM OTHER SOURCES :