APPENDIX - 3

THE ADJUSTMENT INVENTORY

BY HUGH M. BELL

..............................................................
Name

.................................
Sex

..............................................................
Occupation

Married or Single

..............................................................
Education High-School Graduate, Etc.

Date

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 will be possible for you to obtain a better understanding of yourself. These questions have been carefully selected, and then given to a large number of persons. By comparing your answers with the answers of the group you will secure a more accurate notion of your own characteristics. The value of this to you will be in proportion to the care and honestly with which you answer each question.

Your answers to the questions will be treated in the strictest confidence. Therefore, feel free to give candid replies. There are no right or wrong answers. Indicate your answer to each question by drawing a circle around the 'YES', 'NO', or the '?'. Use the question mark only when you are certain that you cannot answer 'YES' or 'NO'. There is no time limit; but work rapidly.

If you are not employed now, answer the occupational question with reference to the last portion which you held. Housewives who are not employed outside the home should omit the questions referring to working conditions.
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<th>No.</th>
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1a Yes No ? Does the place which you live now in any way interfere with your obtaining the social life which you would like to enjoy?

2d Yes No ? Do you have ups and downs in mood without apparent cause?

3b Yes No ? Are you troubled occasionally by a skin disease or skin eruption such as athlete's foot, carbuncles or boils?

4c Yes No ? Do you feel self-conscious when you have to ask an employer for work?

6b Yes No ? Have you had any trouble with your heart or your kidney or your lungs?

6a Yes No ? Do you feel that your present home environment allows you enough opportunity to develop your own personality?

7c Yes No ? Do you like to participate in festival gatherings and lively parties?

8d Yes No ? Have you ever been extremely afraid of something which you knew could do you no harm?

9a Yes No ? Is any member of your present home very nervous?

10b Yes No ? Have you ever been anemic (lacking in red blood corpuscles)?

11d Yes No ? Do you worry too long over humiliating experience?

12c Yes No ? Do you find it difficult to start a conversation with a stranger?

13a Yes No ? Did you disagree with your parents about the type of occupation you should enter?

14c Yes No ? Does it upset you considerably to have someone ask you to speak when you had no time to prepare your talk?

15d Yes No ? Does some particular useless thought keep coming into your mind to bother you?

16b Yes No ? Do you take scold rather easily from other people?

17c Yes No ? Do you keep in the background on social occasions?

18a Yes No ? Have you had unpleasant disagreements over such matters as religion, politics, or sex with the person or persons with whom you live?

19d Yes No ? Do you get upset easily?
20b Yes No ? Do you find it necessary to watch your health carefully?
21a Yes No ? Has there ever been a divorce among any member of your immediate family?
22b Yes No ? Do you frequently come to your meals without really being hungry?
23d Yes No ? Are you often in a state of excitement?
24c Yes No ? Do you feel embarrassment if you have to ask permission to leave a group of people?
25a Yes No ? Have any of the members of your present home made unhappy by criticizing your personal appearance?
26c Yes No ? Do you find that you tend to have a few close friends rather than many casual acquaintances?
27b Yes No ? Have you had an illness from which you feel that not completely recovered?
28d Yes No ? Does criticism disturb you greatly?
29a Yes No ? Are you happy and contended in your present home environment?
30c Yes No ? Are you often the center of favourable attention at a party?
31b Yes No ? Do you frequently have shooting pains in the head?
32d Yes No ? Are you troubled with idea that people are watching you on the street?
33a Yes No ? Do you feel a lack of affection and love in your private home?
34b Yes No ? Do you suffer from sinusitis or any obstruction in breathing?
35d Yes No ? Are you bothered by the feeling that people are reading your thoughts?
36c Yes No ? Do you make friends readily?
37a Yes No ? Do the person or persons or persons with whom you live you and sympathize with you?
<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
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<td>Do you day-dream frequently?</td>
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<td>Has any illness you have had resulted in a permanent injury to your health?</td>
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<td>Do you feel that your friends have happier home environments than you?</td>
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<td>Do you often hesitate to speak out in a group lest you say and do the wrong things?</td>
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<td>Do you have difficulty getting rid of a cold?</td>
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<td>Do ideas often run through your head so that you cannot sleep?</td>
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<td>Does any person with whom you live now become angry at you very easily?</td>
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<td>Are you troubled with too high or too low blood pressure.</td>
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<td>Do you worry over possible misfortunes?</td>
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<td>If you come late to a meeting would you rather stand or leave than take a front seat?</td>
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<td>Are you subject to hay fever or asthma?</td>
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<td>Are the members of your present home congenial and well suited?</td>
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<td>At a reception or a tea do you seek to meet the important persons present?</td>
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<td>Are you feelings easily hurt?</td>
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<td>Are you troubled much constipation?</td>
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<td>Do you dislike intensely certain people with whom you live now?</td>
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<td>Are you some times the leader at a social affair?</td>
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<td>Are you bothered by the feeling that things are not real?</td>
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<td>Do you occasionally have conflicting moods of love and hate for members of your immediate family?</td>
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<td>Do you feel very self conscious in the presence of people whom you greatly admire but with whom you are not well acquainted?</td>
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<td>Do you frequently experience nausea or vomiting or diarrhea?</td>
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59d Yes No ? Do you blush easily ?

60a Yes No ? Have the actions of any person with whom you now live frequently caused you to feel blue and depressed ?

61b Yes No ? Are you subject to tonsillities or other throat ailment ?

62d Yes No ? Do you often feel self-conscious because of your personal appearance ?

63a Yes No ? Is the home where you live now often in a state of turmoil and dissension ?

64d Yes No ? Do you consider yourself rather a nervous person ?

65c Yes No ? Do you greatly enjoy social dancing ?

66b Yes No ? Are you subject to attacks of indigestion ?

67a Yes No ? Did either of your parents frequently find fault with your conduct when you lived with them ?

68c Yes No ? Do you find it very difficult to speak in public ?

69b Yes No ? Do you feel tired most of the time ?

70d Yes No ? Are you troubled with feelings of inferiority ?

71a Yes No ? Do you personal habits of some of the people with whom you now live ?

72d Yes No ? Do you often feel just miserable ?

73b Yes No ? Has it been necessary for you to have frequent medical attention ?

74c Yes No ? Have you had a number of experiences in appearing before public gathering ?

75a Yes No ? Does any member of your present home try to dominate ?

76d Yes No ? Do you often feel fatigued when you get up in the morning .

77c Yes No ? When you are a guest at an important dinner do you do without something rather than ask to have it passed to you ?

78d Yes No ? Does it frighten you to be alone in the dark ?
79a Yes No ? Did your parents tend to supervise you too closely when you lived with them?

80c Yes No ? Have you found it easy to make friendly contacts with the members of the opposite sex?

81b Yes No ? Are you considerably underweight?

82d Yes No ? Have you ever, when you were on a high place, been afraid that you might jump off?

83a Yes No ? Do you find it easy to get along with the person or persons with whom you live now?

84c Yes No ? Do you have difficulty starting conversation with a person to whom you have just been introduced?

85b Yes No ? Do you frequently have spells of dizziness?

86d Yes No ? Are you often sorry for the things you do?

87a Yes No ? Do you have frequent disagreements with the individual or individuals where you live now concerning the way things are to be done about the house?

88d Yes No ? Do you get discouraged easily?

89b Yes No ? Have you had considerable illness during the last ten years?

90c Yes No ? Have you had experience in making plans for and directing the actions of other people such as committee chairman, leader of a group, etc?

91a Yes No ? Does any person in the place you now live frequently to the companions and friends with whom you like to associate?

92b Yes No ? Are you subject to attacks of influenza?

93c Yes No ? Would you feel very self-conscious if you had to volunteer an idea to start a discussion among a group of people?

94d Yes No ? Have you frequently been depressed because of unkind things others have said about you?

95a Yes No ? Are any of the members of your present household very easily irritated?

96b Yes No ? Do you have many colds?
97d Yes No ? Are you easily frightened by lightning?
98c Yes No ? Are you troubled with shyness?
99b Yes No ? Have you ever had a major surgical operation?
100a Yes No ? At home did your parents frequently object to the kind companions you went around with?
101c Yes No ? Did you find it easy to ask others for help?
102d Yes No ? Do things often go wrong for you from no fault of your own?
103c Yes No ? Would you like very much to move from the place where you now live so that you might have more personal independence?
104c Yes No ? When you want something from a person with whom you are not very well acquainted, would you prefer to write a note or letter to the individual than go and ask him or her personally?
105b Yes No ? Have you ever been seriously injured in any kind of an accident?
106d Yes No ? Are you dread the sight of snake?
107d Yes No ? Have you lost considerable weight recently?
108a Yes No ? Does the lack of money tend to make your present home life unhappy?
109c Yes No ? Would it be difficult for you to give an oral report before a group of people?
110d Yes No ? Are you easily moved to tears?
111b Yes No ? Do you frequently feel very tired towards the end of the day?
112a Yes No ? When you lived with your parents did either of them frequently criticise you unjustly?
113d Yes No ? Does the thought of an earthquake or a fire-frighten you?
114c Yes No ? Do you feel embarrassed when you have to enter a public assembly by yourself after everyone else has been seated?
115b Yes No ? Do you sometimes have difficulty getting to sleep even when there are no noises to disturb you?
116a Yes No ? Is there anyone at the place where you live now who insists on your obeying him or her regardless
117c  Yes  No  ?  Did you ever take the lead to enliven a dull party?

118d  Yes  No  ?  Do you often feel lonesome even when you are with people?

119a  Yes  No  ?  As a youth did you ever have a strong desire to run away from home?

120b  Yes  No  ?  Do you have many headaches?

121d  Yes  No  ?  Have you ever felt that someone was hypnotizing you and making you act against your will?

122c  Yes  No  ?  Do you often have much difficulty in thinking of an appropriate remark to make in group conversation?

123b  Yes  No  ?  Have you ever had scarlet fever or diphtheria?

124a  Yes  No  ?  Do you sometimes feel that you have been a disappointment to your parents?

125c  Yes  No  ?  Do you take responsibility for introducing people at a party?