

Copy of questionnaire for survey.sav

General instructions

In this booklet are a number of scales and questions designed to measure your opinions, beliefs and behaviour. Please answer the questions as honestly as possible, in a way that shows how you really are, not how you would like to be or how you think you should be.

You may feel that some questions are very similar to others in the questionnaire. Each of the different sets of questions is measuring different aspects so it is important that you answer each of the questions. Don't spend too much time thinking about your answers. The first answer that pops into your head is what is needed.

Instructions are given for each of the different sets of questions. Please read these carefully as they vary from section to section. Some sets of questions ask you to give an answer by ticking a box. Others ask you to rate how much you agree or disagree using a 4 point scale, others use a 5, 6 or 7 point scale. It is important that you use the correct scale for each question.

Thank you very much for agreeing to participate in this study.

1. **Sex:** ☐ Male ☐ Female (please tick whichever applies)

2. **Age:** (in years)

3. What is your **marital status**: (please tick whichever best describes your current situation)

☐ 1. single ☐ 2. in a steady relationship ☐ 3. living with partner ☐ 4. married for first time

☐ 5. remarried ☐ 6. separated ☐ 7. divorced ☐ 8. widowed

4. Do you have any children currently living at home with you: ☐ Yes ☐ No

5. What is the **highest** level of education that you have completed: (*please tick the **highest level** you have completed*).

☐ primary school ☐ some secondary school ☐ completed high school

☐ some additional training
(apprenticeship, TAFE courses etc.) ☐ completed undergraduate University

☐ completed postgraduate University

6. What are the major sources of stress in your life?

7. Do you smoke?: ☐ Yes ☐ No

If yes, how many cigarettes do you smoke per week

Scale A

Please read through the following statements and decide how much you either agree or disagree with each. Using the scale provided write the number that best indicates how you feel on the line next to each statement.

- | | | | | | | | |
|--|--------------------------|----------|----------|----------|----------|----------|-----------------------|
| | strongly disagree | 1 | 2 | 3 | 4 | 5 | strongly agree |
|--|--------------------------|----------|----------|----------|----------|----------|-----------------------|
-
- | | |
|----------|---|
| _____ 1. | In uncertain times I usually expect the best. |
| _____ 2. | If something can go wrong for me it will. |
| _____ 3. | I'm always optimistic about my future. |
| _____ 4. | I hardly ever expect things to go my way. |
| _____ 5. | Overall I expect more good things to happen to me than bad. |
| _____ 6. | I rarely count on good things happening to me. |

Scale B

Please indicate how much you either agree or disagree with each statement. Write a number from 1 to 4 on the line next to each statement.

- | | | | | | | |
|--|--------------------------|----------|----------|----------|----------|-----------------------|
| | strongly disagree | 1 | 2 | 3 | 4 | strongly agree |
|--|--------------------------|----------|----------|----------|----------|-----------------------|
-
- | | |
|----------|--|
| 1. _____ | I have little control over the things that happen to me |
| 2. _____ | I can do just about anything I really set my mind to do |
| 3. _____ | There is really no way I can solve some of the problems I have |
| 4. _____ | There is little I can do to change many of the important things in my life |
| 5. _____ | What happens to me in the future mostly depends on me |
| 6. _____ | I often feel helpless in dealing with the problems of life |
| 7. _____ | Sometimes I feel that I'm being pushed around in life |

Scale C

This scale consists of a number of words that describe different feelings and emotions. For each item indicate to what extent you have felt this way during the past few weeks. Write a number from 1 to 5 on the line next to each item.

<i>very slightly or not at all</i>	<i>a little</i>	<i>moderately</i>	<i>quite a bit</i>	<i>extremely</i>
1	2	3	4	5
1. _____ interested		8. _____ distressed		15. _____ excited
2. _____ upset		9. _____ strong		16. _____ guilty
3. _____ scared		10. _____ hostile		17. _____ enthusiastic
4. _____ proud		11. _____ irritable		18. _____ alert
5. _____ ashamed		12. _____ inspired		19. _____ nervous
6. _____ determined		13. _____ attentive		20. _____ jittery
7. _____ active		14. _____ afraid		

Scale D

Below are five statements with which you may agree or disagree. Using a 1 to 7 scale, indicate your agreement with each item by placing the appropriate number on the line next to that item.

strongly disagree	1	2	3	4	5	6	7	strongly agree
1. _____								In most ways my life is close to ideal
2. _____								The conditions of my life are excellent
3. _____								I am satisfied with my life
4. _____								So far I have got the important things I want in life
5. _____								If I could live my life again, I would change almost nothing

Scale E

Please use the scale below to answer each of the following questions. Write a number from 1 to 5 in the space provided.

never
1

almost never
2

sometimes
3

fairly often
4

very often
5

In the last few weeks:

- _____ 1. How often have you been upset because of something that happened unexpectedly?
- _____ 2. How often have you felt that you were unable to control the important things in your life?
- _____ 3. How often have you felt nervous and 'stressed'?
- _____ 4. How often have you felt confident about your ability to handle your personal problems?
- _____ 5. How often have you felt that things were going your way?
- _____ 6. How often have you found that you could not cope with all the things that you had to do?
- _____ 7. How often have you been able to control irritations in your life?
- _____ 8. How often have you felt that you were on top of things?
- _____ 9. How often have you been angered because of things that happened that were outside of your control?
- _____ 10. How often have you felt difficulties were piling up so high that you could not overcome them?

Scale F

Please indicate how much you agree or disagree with each of these statements using the scale provided below. Write the number that best indicates how you feel in the space next to each statement.

strongly disagree 1 2 3 4 strongly agree

1. _____ I feel that I am a person of worth, at least on an equal basis with others
2. _____ I feel that I have a number of good qualities
3. _____ All in all, I am inclined to feel that I am a failure
4. _____ I am able to do things as well as most other people
5. _____ I feel I do not have much to be proud of
6. _____ I take a positive attitude toward myself
7. _____ I wish I could have more respect for myself
8. _____ On the whole, I am satisfied with myself
9. _____ I certainly feel useless at times
10. _____ At times I think I am no good at all

Scale G

Listed below are a number of statements concerning personal attitudes and traits. Read each item and decide whether the statement is true or false as it relates to you.

Circle either True (T) or False (F) for each statement

- | | | | |
|---|---|-----|--|
| T | F | 1. | I'm always willing to admit it when I make a mistake |
| T | F | 2. | I always try to practice what I preach |
| T | F | 3. | I never resent being asked to return a favour |
| T | F | 4. | I have never been irked when people expressed ideas very different from my own |
| T | F | 5. | I have never deliberately said something that hurt someone's feelings |
| T | F | 6. | I like to gossip at times |
| T | F | 7. | There have been occasions when I took advantage of someone |
| T | F | 8. | I sometimes try to get even rather than forgive and forget |
| T | F | 9. | At times I have really insisted on having things my own way |
| T | F | 10. | There have been occasions when I felt like smashing things |

Scale H

Using the scale provided, decide how much you either agree or disagree with each statement. Next to each statement, write the number that best indicates how you feel.

- | strongly
disagree | 1 | 2 | 3 | 4 | 5 | strongly
agree |
|------------------------------|----------|----------|----------|----------|----------|--|
| _____ 1. | | | | | | I don't have much control over my emotional reactions to stressful situations. |
| _____ 2. | | | | | | When I'm in a bad mood I find it hard to snap myself out of it. |
| _____ 3. | | | | | | My feelings are usually fairly stable. |
| _____ 4. | | | | | | I can usually talk myself out of feeling bad. |
| _____ 5. | | | | | | No matter what happens to me in my life I am confident of my ability to cope emotionally. |
| _____ 6. | | | | | | I have a number of good techniques that will help me cope with any stressful situation. |
| _____ 7. | | | | | | I find it hard to stop myself from thinking about my problems. |
| _____ 8. | | | | | | If I start to worry about something I can usually distract myself and think about something nicer. |
| _____ 9. | | | | | | If I realize I am thinking silly thoughts I can usually stop myself. |
| _____ 10. | | | | | | I am usually able to keep my thoughts under control. |
| _____ 11. | | | | | | I imagine there will be many situations in the future where silly thoughts will get the better of me. |
| _____ 12. | | | | | | I have a number of techniques which I am confident will help me think clearly and rationally in any situation I might find myself. |
| _____ 13. | | | | | | Even when under pressure I can usually keep calm and relaxed. |
| _____ 14. | | | | | | I have a number of techniques or tricks that I use to stay relaxed in stressful situations. |
| _____ 15. | | | | | | When I'm anxious or uptight there does not seem to be much that I can do to help myself relax. |
| _____ 16. | | | | | | There is not much I can do to relax when I get uptight. |
| _____ 17. | | | | | | I have a number of ways of relaxing that I am confident will help me cope. |
| _____ 18. | | | | | | If my stress levels get too high I know there are things I can do to help myself. |

**You have reached the end of the questionnaire.
Thank you very much for participating in this study.
Your assistance is greatly appreciated**