# Experimental Personality Survey

## PERCEPTIONS OF PERSONAL QUALITIES

On the following pages you will find a series of statements that individuals can use to describe themselves. For each statement, please give your best estimate of how well it describes you.

| ① Very Inaccurate | ② Moderately Inaccurate | ③ Neither Inaccurate nor Accurate | ④ Moderately Accurate | ⑤ Very Accurate |
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|---|---|
| Prefer city life to rural life. | ① ② ③ ④ ⑤ |
| Have a good memory. | ① ② ③ ④ ⑤ |
| Avoid interfering in the lives of others. | ① ② ③ ④ ⑤ |
| Go through money quickly. | ① ② ③ ④ ⑤ |
| Tremble in dangerous situations. | ① ② ③ ④ ⑤ |
| Play a role in order to impress people. | ① ② ③ ④ ⑤ |
| Experience supernatural guidance. | ① ② ③ ④ ⑤ |
| Would feel uncomfortable trying to take advantage of others. | ① ② ③ ④ ⑤ |
| Enjoy the thrill that comes with fearful situations. | ① ② ③ ④ ⑤ |
| Believe that most people would lie to get ahead. | ① ② ③ ④ ⑤ |
| Don't use harsh language. | ① ② ③ ④ ⑤ |
| See myself as an average person. | ① ② ③ ④ ⑤ |
| Feel that I am too fat. | ① ② ③ ④ ⑤ |
| Have a strong personality. | ① ② ③ ④ ⑤ |
| Feel it is important to keep up appearances. | ① ② ③ ④ ⑤ |
| Love change. | ① ② ③ ④ ⑤ |
| Have a conscience. | ① ② ③ ④ ⑤ |
| Believe that religion is foolish. | ① ② ③ ④ ⑤ |
| Wish to stay young forever. | ① ② ③ ④ ⑤ |
| Enjoyed school. | ① ② ③ ④ ⑤ |
| Am always joking. | ① ② ③ ④ ⑤ |
| Cheat on people who have trusted me. | ① ② ③ ④ ⑤ |
| Get too tired to do anything. | ① ② ③ ④ ⑤ |
| Have the ability to be a good teacher. | ① ② ③ ④ ⑤ |

PLEASE DO NOT WRITE IN THIS AREA

[SERIAL]

| ① Very Inaccurate | ② Moderately Inaccurate | ③ Neither Inaccurate nor Accurate | ④ Moderately Accurate | ⑤ Very Accurate |
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|---|---|
| Am plain in appearance. | ① ② ③ ④ ⑤ |
| Believe in a supernatural source of peace and love. | ① ② ③ ④ ⑤ |
| Act like people older than me. | ① ② ③ ④ ⑤ |
| Find it easy to stay healthy. | ① ② ③ ④ ⑤ |
| Got in trouble a lot at school. | ① ② ③ ④ ⑤ |
| Don't analyze the reasons for my actions. | ① ② ③ ④ ⑤ |
| Would be good at rescuing people from a burning building. | ① ② ③ ④ ⑤ |
| Don't act like a show-off. | ① ② ③ ④ ⑤ |
| Do things for a reason. | ① ② ③ ④ ⑤ |
| Am a large-sized person. | ① ② ③ ④ ⑤ |
| Don't pretend to be more than I am. | ① ② ③ ④ ⑤ |
| Pay too little attention to details. | ① ② ③ ④ ⑤ |
| Like to attend ceremonies. | ① ② ③ ④ ⑤ |
| Stick to the facts. | ① ② ③ ④ ⑤ |
| Am considered well-off financially. | ① ② ③ ④ ⑤ |
| Feel that others misunderstand me. | ① ② ③ ④ ⑤ |
| Prefer the simple life. | ① ② ③ ④ ⑤ |
| Have a "couldn't care less" attitude. | ① ② ③ ④ ⑤ |
| Don't like getting dirt on my hands. | ① ② ③ ④ ⑤ |
| Do everything I say I will do. | ① ② ③ ④ ⑤ |
| Would be afraid to give a speech in public. | ① ② ③ ④ ⑤ |
| Have often been punished without a good reason. | ① ② ③ ④ ⑤ |
| Feel that I am too short. | ① ② ③ ④ ⑤ |
| Dislike work. | ① ② ③ ④ ⑤ |
| Find it necessary to please the people who have power. | ① ② ③ ④ ⑤ |
| Begin to panic when there is danger. | ① ② ③ ④ ⑤ |
| Get deeply immersed in music. | ① ② ③ ④ ⑤ |
| Have strong sexual urges. | ① ② ③ ④ ⑤ |
| Act properly in most situations. | ① ② ③ ④ ⑤ |

| ① Very Inaccurate | ② Moderately Inaccurate | ③ Neither Inaccurate nor Accurate | ④ Moderately Accurate | ⑤ Very Accurate |
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| React strongly to criticism. | ① ② ③ ④ ⑤ |
| Believe that most people tell the truth. | ① ② ③ ④ ⑤ |
| Avoid appearing superior to others. | ① ② ③ ④ ⑤ |
| Feel better after some hard work. | ① ② ③ ④ ⑤ |
| Feel no gratitude to others. | ① ② ③ ④ ⑤ |
| Am patient with people who annoy me. | ① ② ③ ④ ⑤ |
| Recover quickly from stress and illness. | ① ② ③ ④ ⑤ |
| Am open to new experiences. | ① ② ③ ④ ⑤ |
| Have a thin body. | ① ② ③ ④ ⑤ |
| Consider myself old. | ① ② ③ ④ ⑤ |
| Never resent being asked to do a favor for someone. | ① ② ③ ④ ⑤ |
| Tire out quickly. | ① ② ③ ④ ⑤ |
| Make a fool of myself. | ① ② ③ ④ ⑤ |
| Learn things slowly. | ① ② ③ ④ ⑤ |
| Am no danger to society. | ① ② ③ ④ ⑤ |
| Am interested in science. | ① ② ③ ④ ⑤ |
| Don't have a place I call home. | ① ② ③ ④ ⑤ |
| Am not good at deceiving other people. | ① ② ③ ④ ⑤ |
| Don't like seeing people dressed carelessly. | ① ② ③ ④ ⑤ |
| Believe in the goodness of human nature. | ① ② ③ ④ ⑤ |
| Fear nothing. | ① ② ③ ④ ⑤ |
| Am looking for a job. | ① ② ③ ④ ⑤ |
| Believe that people are either good or bad. | ① ② ③ ④ ⑤ |
| Get easily agitated. | ① ② ③ ④ ⑤ |
| Hope that I am never a nuisance to anyone. | ① ② ③ ④ ⑤ |
| Have bad things happen to me for no reason. | ① ② ③ ④ ⑤ |
| Don't think much about sex. | ① ② ③ ④ ⑤ |
| Find life difficult. | ① ② ③ ④ ⑤ |
| Don't know much about history. | ① ② ③ ④ ⑤ |

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| Can be relied upon by others. | ① ② ③ ④ ⑤ |
| Feel that I am too tall. | ① ② ③ ④ ⑤ |
| Believe that most people dislike helping other people. | ① ② ③ ④ ⑤ |
| Am not good at sports. | ① ② ③ ④ ⑤ |
| Live a life of luxury. | ① ② ③ ④ ⑤ |
| Feel that I am treated well by others. | ① ② ③ ④ ⑤ |
| Am in good physical condition. | ① ② ③ ④ ⑤ |
| Am good at getting people to do what I want. | ① ② ③ ④ ⑤ |
| Felt close to my parents when I was a child. | ① ② ③ ④ ⑤ |
| Am a small-sized person. | ① ② ③ ④ ⑤ |
| Have never attended a college or university. | ① ② ③ ④ ⑤ |
| Am often mistaken for being younger than my age. | ① ② ③ ④ ⑤ |
| Am willing to take risks. | ① ② ③ ④ ⑤ |
| Feel used by other people. | ① ② ③ ④ ⑤ |
| Have all my senses intact. | ① ② ③ ④ ⑤ |
| Make difficulties out of nothing. | ① ② ③ ④ ⑤ |
| Take responsibility for what happens. | ① ② ③ ④ ⑤ |
| Don't wear fashionable clothing. | ① ② ③ ④ ⑤ |
| Feel like a failure when someone else succeeds. | ① ② ③ ④ ⑤ |
| Would never indulge in extramarital affairs. | ① ② ③ ④ ⑤ |
| Am just an ordinary person. | ① ② ③ ④ ⑤ |
| Keep things tidy. | ① ② ③ ④ ⑤ |
| Don't like being interrupted. | ① ② ③ ④ ⑤ |
| Am not considered attractive by others. | ① ② ③ ④ ⑤ |
| Know the names of many types of animals, birds, and plants. | ① ② ③ ④ ⑤ |
| Will do anything for money. | ① ② ③ ④ ⑤ |
| Don't like being laughed at. | ① ② ③ ④ ⑤ |
| Feel controlled by powerful people. | ① ② ③ ④ ⑤ |
| Smile a lot. | ① ② ③ ④ ⑤ |

| ① Very Inaccurate | ② Moderately Inaccurate | ③ Neither Inaccurate nor Accurate | ④ Moderately Accurate | ⑤ Very Accurate |
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| Tend to talk sarcastically. | ① ② ③ ④ ⑤ |
| Work harder after a failure. | ① ② ③ ④ ⑤ |
| Am without talent. | ① ② ③ ④ ⑤ |
| Would enjoy being out on a sailboat during a storm. | ① ② ③ ④ ⑤ |
| Would rather spend money than save it. | ① ② ③ ④ ⑤ |
| Am eager to soothe hurt feelings. | ① ② ③ ④ ⑤ |
| Feel that I am too small. | ① ② ③ ④ ⑤ |
| Want to be the perfect leader. | ① ② ③ ④ ⑤ |
| Would like to be a race-car driver. | ① ② ③ ④ ⑤ |
| Tell people about it when I'm irritated. | ① ② ③ ④ ⑤ |
| Can't afford to buy things I need. | ① ② ③ ④ ⑤ |
| Am chubby. | ① ② ③ ④ ⑤ |
| Like to give orders. | ① ② ③ ④ ⑤ |
| Switch my loyalties when I feel like it. | ① ② ③ ④ ⑤ |
| Face danger confidently. | ① ② ③ ④ ⑤ |
| Feel like a young person. | ① ② ③ ④ ⑤ |
| Care about others. | ① ② ③ ④ ⑤ |
| Protect myself from threat or danger. | ① ② ③ ④ ⑤ |
| Live in a state of poverty. | ① ② ③ ④ ⑤ |
| Feel that fantasy is more powerful than reality. | ① ② ③ ④ ⑤ |
| Have bad luck. | ① ② ③ ④ ⑤ |
| Am physically out of shape. | ① ② ③ ④ ⑤ |
| Have leadership abilities. | ① ② ③ ④ ⑤ |
| Spend more money than I should. | ① ② ③ ④ ⑤ |
| Would never go riding down a stretch of rapids in a canoe. | ① ② ③ ④ ⑤ |
| Feel that I have done something wrong. | ① ② ③ ④ ⑤ |
| Laugh a lot. | ① ② ③ ④ ⑤ |
| Make decisions easily. | ① ② ③ ④ ⑤ |
| Have bad manners. | ① ② ③ ④ ⑤ |

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| Feel a strong sense of oneness with everything around me. | ① ② ③ ④ ⑤ |
| Was a better than average student when I was in school. | ① ② ③ ④ ⑤ |
| Feel that people are against me. | ① ② ③ ④ ⑤ |
| Am not easily made to feel jealous. | ① ② ③ ④ ⑤ |
| Have nerves of steel. | ① ② ③ ④ ⑤ |
| Wonder how I got to be the way that I am. | ① ② ③ ④ ⑤ |
| Think constantly about sex. | ① ② ③ ④ ⑤ |
| Defend my own beliefs. | ① ② ③ ④ ⑤ |
| Consider myself a disabled person. | ① ② ③ ④ ⑤ |
| Neglect to thank others for their help. | ① ② ③ ④ ⑤ |
| Maintain high energy throughout the day. | ① ② ③ ④ ⑤ |
| Have many valuable material possessions. | ① ② ③ ④ ⑤ |
| Don't think as well as I used to. | ① ② ③ ④ ⑤ |
| Get back at people who insult me. | ① ② ③ ④ ⑤ |
| Don't desire things that others may have. | ① ② ③ ④ ⑤ |
| Am considered tall. | ① ② ③ ④ ⑤ |
| Wish that I was somebody else. | ① ② ③ ④ ⑤ |
| Experience a lot of physical pain. | ① ② ③ ④ ⑤ |
| Prefer to observe formalities. | ① ② ③ ④ ⑤ |
| Enjoy intellectual games. | ① ② ③ ④ ⑤ |
| Love luxury. | ① ② ③ ④ ⑤ |
| Consider myself good-looking. | ① ② ③ ④ ⑤ |
| Complete my duties as soon as possible. | ① ② ③ ④ ⑤ |
| Experience altered states of consciousness. | ① ② ③ ④ ⑤ |
| Would like to have more power than other people. | ① ② ③ ④ ⑤ |
| Stay only where I'm wanted. | ① ② ③ ④ ⑤ |
| Have a good sense of physical balance. | ① ② ③ ④ ⑤ |
| Feel that friendly people are actually trying to manipulate me. | ① ② ③ ④ ⑤ |
| Wish that I were more fully employed. | ① ② ③ ④ ⑤ |

| ① Very Inaccurate | ② Moderately Inaccurate | ③ Neither Inaccurate nor Accurate | ④ Moderately Accurate | ⑤ Very Accurate |
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| Prevent myself from saying mean things. | ① ② ③ ④ ⑤ |
| Feel that other people are often to blame for my problems. | ① ② ③ ④ ⑤ |
| Feel that I am too skinny. | ① ② ③ ④ ⑤ |
| Offend no one. | ① ② ③ ④ ⑤ |
| Worked hard when I was in school. | ① ② ③ ④ ⑤ |
| Don't think that I'm better than other people. | ① ② ③ ④ ⑤ |
| Act as a leader. | ① ② ③ ④ ⑤ |
| Am prone to addiction. | ① ② ③ ④ ⑤ |
| Avoid imposing my will on others. | ① ② ③ ④ ⑤ |
| Am mainly interested in money. | ① ② ③ ④ ⑤ |
| Am considered short. | ① ② ③ ④ ⑤ |
| Avoid doing things behind another person's back. | ① ② ③ ④ ⑤ |
| Act like people younger than me. | ① ② ③ ④ ⑤ |
| Love my enemies. | ① ② ③ ④ ⑤ |
| Believe that most questions have one right answer. | ① ② ③ ④ ⑤ |
| Honor all the vows I have made. | ① ② ③ ④ ⑤ |
| Enjoy feeling "close to the earth." | ① ② ③ ④ ⑤ |
| Have gotten better with age. | ① ② ③ ④ ⑤ |
| Want to experience passion and romance. | ① ② ③ ④ ⑤ |
| Feel that most people can't be trusted. | ① ② ③ ④ ⑤ |
| Like hard jobs better than easy ones. | ① ② ③ ④ ⑤ |
| Feel that I have a lot of inner strength. | ① ② ③ ④ ⑤ |
| Behave in a way that is acceptable to society. | ① ② ③ ④ ⑤ |
| Believe in God. | ① ② ③ ④ ⑤ |
| Learn things at an acceptable rate. | ① ② ③ ④ ⑤ |
| Like being well-dressed at all times. | ① ② ③ ④ ⑤ |
| Am a naturally good dancer. | ① ② ③ ④ ⑤ |
| Get started quickly on doing a job. | ① ② ③ ④ ⑤ |
| Take the blame when I'm at fault. | ① ② ③ ④ ⑤ |

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| Like being the authority who has everyone's attention. | ① ② ③ ④ ⑤ |
| Believe in universal harmony. | ① ② ③ ④ ⑤ |
| Use a lot of medications. | ① ② ③ ④ ⑤ |
| Am nice to people I should be angry at. | ① ② ③ ④ ⑤ |
| Have good "presence of mind." | ① ② ③ ④ ⑤ |
| Push myself very hard to succeed. | ① ② ③ ④ ⑤ |
| Am free of prejudice. | ① ② ③ ④ ⑤ |
| Have a strong physique. | ① ② ③ ④ ⑤ |
| Rebel against authority. | ① ② ③ ④ ⑤ |
| Feel older than my age. | ① ② ③ ④ ⑤ |
| Have beautiful ideals in my heart. | ① ② ③ ④ ⑤ |
| Am easily annoyed. | ① ② ③ ④ ⑤ |
| Treat all races and religions equally. | ① ② ③ ④ ⑤ |
| Don't like sex. | ① ② ③ ④ ⑤ |
| Easily laugh at myself. | ① ② ③ ④ ⑤ |
| Feel that my body is too large. | ① ② ③ ④ ⑤ |
| Feel that life has no meaning. | ① ② ③ ④ ⑤ |
| Can see the funny side of a painful situation. | ① ② ③ ④ ⑤ |
| Ignore signs of danger. | ① ② ③ ④ ⑤ |
| Become aggressive when I feel hurt. | ① ② ③ ④ ⑤ |
| Have an attractive face. | ① ② ③ ④ ⑤ |
| Stop when work becomes too difficult. | ① ② ③ ④ ⑤ |
| Can bend to the will of others. | ① ② ③ ④ ⑤ |
| Don't bother worrying about political and social problems. | ① ② ③ ④ ⑤ |
| Am good at saving money. | ① ② ③ ④ ⑤ |
| Don't indulge in violence. | ① ② ③ ④ ⑤ |
| Am easily influenced. | ① ② ③ ④ ⑤ |
| Would not enjoy being a famous celebrity. | ① ② ③ ④ ⑤ |
| Deal efficiently with practical matters. | ① ② ③ ④ ⑤ |

| ① Very Inaccurate | ② Moderately Inaccurate | ③ Neither Inaccurate nor Accurate | ④ Moderately Accurate | ⑤ Very Accurate |
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| Have read the great literary classics. | ① ② ③ ④ ⑤ |
| Get physically ill when things aren't going well for me. | ① ② ③ ④ ⑤ |
| Know someone who is absolutely fair and just. | ① ② ③ ④ ⑤ |
| Have good luck. | ① ② ③ ④ ⑤ |
| Am not handicapped in any way. | ① ② ③ ④ ⑤ |
| Get suspicious when someone treats me nicely. | ① ② ③ ④ ⑤ |
| Know how to do well on tests. | ① ② ③ ④ ⑤ |
| Have never hated anyone. | ① ② ③ ④ ⑤ |
| Have great stamina. | ① ② ③ ④ ⑤ |
| Feel that many things are outside my control. | ① ② ③ ④ ⑤ |
| Try to be with someone else when I'm feeling badly. | ① ② ③ ④ ⑤ |
| Wanted to run away from home when I was a child. | ① ② ③ ④ ⑤ |
| Don't like to spend money. | ① ② ③ ④ ⑤ |
| Was a slow learner in school. | ① ② ③ ④ ⑤ |
| Work longer hours than most people. | ① ② ③ ④ ⑤ |
| Do things without thinking of the consequences. | ① ② ③ ④ ⑤ |
| Avoid being a bother to anyone. | ① ② ③ ④ ⑤ |
| Enjoy sexual experiences intensely. | ① ② ③ ④ ⑤ |
| Withdraw from people when I feel hurt. | ① ② ③ ④ ⑤ |
| Work out my anxieties by doing something constructive or creative. | ① ② ③ ④ ⑤ |
| Have problems with my eyesight. | ① ② ③ ④ ⑤ |
| Won't let others dominate me. | ① ② ③ ④ ⑤ |
| Look at myself through others' eyes. | ① ② ③ ④ ⑤ |
| Have always been completely fair to others. | ① ② ③ ④ ⑤ |
| Am willing to take a stand. | ① ② ③ ④ ⑤ |
| Act impulsively when something is bothering me. | ① ② ③ ④ ⑤ |
| Have as much money as I need. | ① ② ③ ④ ⑤ |
| Move in a graceful manner. | ① ② ③ ④ ⑤ |
| Am sensitive to the needs of others. | ① ② ③ ④ ⑤ |

# VIEWS ON SPIRITUALITY

These statements concern experiences, attitudes, beliefs and lifestyle practices pertaining to spirituality. Read each statement carefully and rate the extent to which you agree with each statement as it applies to you.

| ① Strongly Disagree | ② Disagree | ③ Neither Disagree nor Agree | ④ Agree | ⑤ Strongly Agree |
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| Spirituality is an important part of who I am as a person. | ① ② ③ ④ ⑤ |
| I have had an experience in which I seemed to be deeply connected to everything. | ① ② ③ ④ ⑤ |
| It is possible to communicate with the dead. | ① ② ③ ④ ⑤ |
| I believe that going to religious services is important. | ① ② ③ ④ ⑤ |
| Spirituality is an essential part of human existence. | ① ② ③ ④ ⑤ |
| I have had an experience in which I seemed to transcend space and time. | ① ② ③ ④ ⑤ |
| I believe witchcraft is real. | ① ② ③ ④ ⑤ |
| I feel a sense of closeness to a higher power. | ① ② ③ ④ ⑤ |
| I am more aware of my lifestyle choices because of my spirituality. | ① ② ③ ④ ⑤ |
| I have had a mystical experience. | ① ② ③ ④ ⑤ |
| It is possible to predict the future. | ① ② ③ ④ ⑤ |
| I see myself as a religiously oriented person. | ① ② ③ ④ ⑤ |
| I try to consider all elements of a problem, including its spiritual aspects, before I make a decision. | ① ② ③ ④ ⑤ |
| I have had an experience in which I seemed to merge with a power or force greater than myself. | ① ② ③ ④ ⑤ |
| I don't believe in spirits or ghosts. | ① ② ③ ④ ⑤ |
| I see God or a Higher Power present in all the things I do. | ① ② ③ ④ ⑤ |
| My life has benefited from my spirituality. | ① ② ③ ④ ⑤ |
| I have had an experience in which all things seemed divine. | ① ② ③ ④ ⑤ |
| I think psychokinesis, or moving objects with one's mind, is possible. | ① ② ③ ④ ⑤ |
| I practice some form of prayer. | ① ② ③ ④ ⑤ |
| I believe that attention to one's spiritual growth is important. | ① ② ③ ④ ⑤ |
| I have had an experience in which I seemed to go beyond my normal everyday sense of self. | ① ② ③ ④ ⑤ |
| It is possible to leave your body. | ① ② ③ ④ ⑤ |
| I believe that God or a Higher Power is responsible for my existence. | ① ② ③ ④ ⑤ |

## THINGS THAT DON'T HAPPEN EVERY DAY

Below is a list of life events that don't usually happen to people every day. How many times has each of the following events happened to you personally in your life? Please use the rating scale provided.

| | Never | Once | Twice | Three times | Four times | Five or more times |
|---|---|---|---|---|---|---|
| Visited Europe | ○ | ○ | ○ | ○ | ○ | ○ |
| Broken a bone in your leg or arm | ○ | ○ | ○ | ○ | ○ | ○ |
| Adopted a child | ○ | ○ | ○ | ○ | ○ | ○ |
| Been close to death | ○ | ○ | ○ | ○ | ○ | ○ |
| Found a 4-leaf clover | ○ | ○ | ○ | ○ | ○ | ○ |
| Fainted | ○ | ○ | ○ | ○ | ○ | ○ |
| Been divorced | ○ | ○ | ○ | ○ | ○ | ○ |
| Joined a military service | ○ | ○ | ○ | ○ | ○ | ○ |
| Been widowed (i.e., your current spouse died) | ○ | ○ | ○ | ○ | ○ | ○ |
| Had heart surgery | ○ | ○ | ○ | ○ | ○ | ○ |
| Became engaged to someone you never married | ○ | ○ | ○ | ○ | ○ | ○ |
| Been diagnosed with cancer | ○ | ○ | ○ | ○ | ○ | ○ |
| Been arrested | ○ | ○ | ○ | ○ | ○ | ○ |
| Been married | ○ | ○ | ○ | ○ | ○ | ○ |
| Had a stroke | ○ | ○ | ○ | ○ | ○ | ○ |
| Been expelled or suspended from school | ○ | ○ | ○ | ○ | ○ | ○ |
| Gave birth to or fathered a child | ○ | ○ | ○ | ○ | ○ | ○ |
| Been skydiving (parachuted from an aircraft) | ○ | ○ | ○ | ○ | ○ | ○ |

## PRESENT HEALTH STATUS

Compared to others of your same age and sex, would you say that in general your health is...

- ○ **Excellent**
- ○ **Very good**
- ○ **Good**
- ○ **Fair**
- ○ **Poor**

Compared to one year ago, how would you rate your health now?

- ○ **Much better now**
- ○ **Somewhat better now**
- ○ **About the same**
- ○ **Somewhat worse now**
- ○ **Much worse now**

How much bodily pain have you had during the past year?

- ○ **None**
- ○ **Very mild**
- ○ **Mild**
- ○ **Moderate**
- ○ **Severe**
- ○ **Very severe**

# HOW HAVE YOU BEEN FEELING THIS WEEK?

Listed below are ways that people sometimes feel. Indicate how many times you have felt this way **during the past week,** using the following scale.

| ① Not at all in the past week | ② Rarely in the past week | ③ Some of the time during the past week | ④ Frequently in the past week | ⑤ Most or all of the time in the past week |
|---|---|---|---|---|

| | |
|---|---|
| Was bothered by things that usually don't bother me. | ① ② ③ ④ ⑤ |
| Had a poor appetite. | ① ② ③ ④ ⑤ |
| Did not feel like eating, even though I should have been hungry. | ① ② ③ ④ ⑤ |
| Felt that I could not shake off the blues, even with help from my family or friends. | ① ② ③ ④ ⑤ |
| Lost interest in other people. | ① ② ③ ④ ⑤ |
| Was "down in the dumps." | ① ② ③ ④ ⑤ |
| Had trouble keeping my mind on what I was doing. | ① ② ③ ④ ⑤ |
| Felt depressed. | ① ② ③ ④ ⑤ |
| Felt that everything I did was an effort. | ① ② ③ ④ ⑤ |
| Felt hopeful about the future. | ① ② ③ ④ ⑤ |
| Thought my life had been a failure. | ① ② ③ ④ ⑤ |
| Thought about killing myself. | ① ② ③ ④ ⑤ |
| Had restless sleep. | ① ② ③ ④ ⑤ |
| Felt happy. | ① ② ③ ④ ⑤ |
| Did not feel like interacting (doing things) with other people. | ① ② ③ ④ ⑤ |
| Felt lonely. | ① ② ③ ④ ⑤ |
| Enjoyed life. | ① ② ③ ④ ⑤ |
| Had crying spells. | ① ② ③ ④ ⑤ |
| Felt sad. | ① ② ③ ④ ⑤ |
| Could not "get going." | ① ② ③ ④ ⑤ |
| Felt fearful. | ① ② ③ ④ ⑤ |
| Felt that people disliked me. | ① ② ③ ④ ⑤ |
| Had thoughts about death. | ① ② ③ ④ ⑤ |
| Talked less than usual. | ① ② ③ ④ ⑤ |

How typical were your feelings last week when compared to the entire last year? ○ Very Typical ○ Somewhat Typical ○ Not at all Typical

# SOME LESS COMMON PERSONALITY TERMS

Please use these terms to describe yourself as accurately as possible. Describe yourself as you honestly see yourself, in relation to other persons you know who are of your same age and sex.

| UNCHARACTERISTIC, NOT TYPICAL | | | | CHARACTERISTIC, TYPICAL | | |
|---|---|---|---|---|---|---|
| ① Very | ② Moderately | ③ Slightly | ? Uncertain | ⑤ Slightly | ⑥ Moderately | ⑦ Very |

| | | |
|---|---|---|
| Able ..... ①②③?⑤⑥⑦ | Approachable .. ①②③?⑤⑥⑦ | Affected .... ①②③?⑤⑥⑦ |
| Apprehensive ①②③?⑤⑥⑦ | Astute ..... ①②③?⑤⑥⑦ | Autocratic ... ①②③?⑤⑥⑦ |
| Brawling .... ①②③?⑤⑥⑦ | Brisk ..... ①②③?⑤⑥⑦ | Calculating ... ①②③?⑤⑥⑦ |
| Composed ... ①②③?⑤⑥⑦ | Conciliatory .... ①②③?⑤⑥⑦ | Constant .... ①②③?⑤⑥⑦ |
| Dynamic .... ①②③?⑤⑥⑦ | Devilish ..... ①②③?⑤⑥⑦ | Dictatorial ... ①②③?⑤⑥⑦ |
| Eccentric .... ①②③?⑤⑥⑦ | Emotionally-stable ①②③?⑤⑥⑦ | Even-tempered ①②③?⑤⑥⑦ |
| Filthy ..... ①②③?⑤⑥⑦ | Flatterable ..... ①②③?⑤⑥⑦ | Foreseeing ... ①②③?⑤⑥⑦ |
| Gossipy ..... ①②③?⑤⑥⑦ | Greasy ..... ①②③?⑤⑥⑦ | Half-witted .. ①②③?⑤⑥⑦ |
| Hearty ..... ①②③?⑤⑥⑦ | Heroic ..... ①②③?⑤⑥⑦ | Hot-blooded .. ①②③?⑤⑥⑦ |
| Hurtful ..... ①②③?⑤⑥⑦ | Hypersensitive ①②③?⑤⑥⑦ | Idiotic ..... ①②③?⑤⑥⑦ |
| Ingratiating .. ①②③?⑤⑥⑦ | Intolerant ..... ①②③?⑤⑥⑦ | Intense ..... ①②③?⑤⑥⑦ |
| Lax ..... ①②③?⑤⑥⑦ | Listless ..... ①②③?⑤⑥⑦ | Low-spirited .. ①②③?⑤⑥⑦ |
| Mentally-keen ①②③?⑤⑥⑦ | Merciful ..... ①②③?⑤⑥⑦ | Mild ..... ①②③?⑤⑥⑦ |
| Non-serious .. ①②③?⑤⑥⑦ | Nonchalant .... ①②③?⑤⑥⑦ | Non-persistent ①②③?⑤⑥⑦ |
| Overtalkative ①②③?⑤⑥⑦ | Pampered ..... ①②③?⑤⑥⑦ | Panicky ..... ①②③?⑤⑥⑦ |
| Poetical ..... ①②③?⑤⑥⑦ | Potent ..... ①②③?⑤⑥⑦ | Power-driven ①②③?⑤⑥⑦ |
| Rambling ... ①②③?⑤⑥⑦ | Reflective ..... ①②③?⑤⑥⑦ | Quick-tempered ①②③?⑤⑥⑦ |
| Secret-keeping ①②③?⑤⑥⑦ | Resolute ..... ①②③?⑤⑥⑦ | Self-condemning ①②③?⑤⑥⑦ |
| Sharp ..... ①②③?⑤⑥⑦ | Sickening ..... ①②③?⑤⑥⑦ | Silly ..... ①②③?⑤⑥⑦ |
| Sparkling .... ①②③?⑤⑥⑦ | Spiritual ..... ①②③?⑤⑥⑦ | Steadfast .... ①②③?⑤⑥⑦ |
| Sure ..... ①②③?⑤⑥⑦ | Swift ..... ①②③?⑤⑥⑦ | Swollen-headed ①②③?⑤⑥⑦ |
| Tough-minded ①②③?⑤⑥⑦ | Trainable ..... ①②③?⑤⑥⑦ | Treacherous .. ①②③?⑤⑥⑦ |
| Uncomplicated ①②③?⑤⑥⑦ | Uncultured .... ①②③?⑤⑥⑦ | Undecided ... ①②③?⑤⑥⑦ |
| Unruly ..... ①②③?⑤⑥⑦ | Unsettled ..... ①②③?⑤⑥⑦ | Unsocial .... ①②③?⑤⑥⑦ |
| Virtuous .... ①②③?⑤⑥⑦ | Wandering .... ①②③?⑤⑥⑦ | Weak-thinking ①②③?⑤⑥⑦ |

**UNCHARACTERISTIC, NOT TYPICAL** — **CHARACTERISTIC, TYPICAL**

| ① Very | ② Moderately | ③ Slightly | ? Uncertain | ⑤ Slightly | ⑥ Moderately | ⑦ Very |
|---|---|---|---|---|---|---|

| | | |
|---|---|---|
| Accident-prone | Aloof | Altruistic |
| Agitated | Bad-tempered | Beastly |
| Available | Chaotic | Charismatic |
| Candid | Cold-hearted | Cool-headed |
| Contradicting | Conversational | Dogmatic |
| Diligent | Disloyal | False |
| Expansive | Exuberant | Free-and-easy |
| Formidable | Fragile | Harmonious |
| Handy | Hard-hearted | Hot-headed |
| Horrible | Hedonistic | Inaccurate |
| Humanistic | Hospitable | Isolated |
| Idle | Ill-tempered | Malicious |
| Incapable | Manageable | Moderate |
| Investigative | Modern | Non-special |
| Ironical | Non-agitated | Permissive |
| Mild-tempered | Peevish | Resistant |
| Nonsensical | Prudent | Retiring |
| Peace-loving | Raging | Scientific |
| Pretentious | Resplendent | Self-sacrificing |
| Rule-abiding | Self-reliant | Slovenly |
| Seething | Slow-moving | Solitary |
| Skittish | Stormy | Studious |
| Stealthy | Subordinate | Tender |
| Taciturn | Unapproachable | Tight-lipped |
| Undisciplined | Unenthusiastic | Unbalanced |
| Unspontaneous | Unsteady | Unmerciful |
| Well-balanced | Whimsical | Untalented |

**UNCHARACTERISTIC, NOT TYPICAL** — **CHARACTERISTIC, TYPICAL**

| ① Very | ② Moderately | ③ Slightly | ? Uncertain | ⑤ Slightly | ⑥ Moderately | ⑦ Very |
|---|---|---|---|---|---|---|

| | | |
|---|---|---|
| Apathetic | Articulate | Accurate |
| Benign | Bizarre | Brainy |
| Chattering | Childlike | Delicate |
| Degenerate | Dejected | Godly |
| Drastic | Dutiful | Heartless |
| Fickle | Fierce | Mediocre |
| Fiery | Gloomy | Oversensitive |
| Giggly | Haughty | Serving others |
| Hasty | Humane | Tattling |
| Human | Indifferent | Unclear |
| Inane | Ingenious | Unrelenting |
| Judicious | Just | Untruthful |
| Manly | Many-sided | Yielding |
| Mystical | Naughty | A loyal friend |
| Noble | Overbearing | Bohemian |
| Nurturant | Pessimistic | Crook |
| Pitiless | Provocative | Drunkard |
| Quaint | Revengeful | Fabricator |
| Reveling | Servile | Humanitarian |
| Self-willed | Solid | Know-it-all |
| Sober-minded | Sunny | Philanthropist |
| Sulky | Superior | Puritan |
| Terrifying | Tidy | Show-off |
| Uncalculating | Uncautious | Spendthrift |
| Unreconciling | Unrefined | Transgressor |
| Untidy | Untroubled | Vandal |
| Wordless | Worn-out | Vegetarian |

# 9/11 ATTACK

The following questions concern the events that happened on September 11, 2001.

1. **Were you *directly* exposed to the disaster of September 11?** *Directly* means that you were in the vicinity of the World Trade Center or the Pentagon at the time the disaster occurred.
   ○ NO ○ YES

2. **Was your spouse or partner, any member of your family, or a close friend *directly* exposed to the disaster of September 11?** *Directly* means that he or she was in the vicinity of the World Trade Center or the Pentagon or on one of the planes that crashed.
   ○ NO ○ YES

Occasionally, major events like this can change the way people view themselves, other people, or the world in general. Please use the response scale provided to rate how true the following statements are about

| ① Not at all true | ② A little true | ③ Somewhat true | ④ Very true | ⑤ Extremely true |
|---|---|---|---|---|

| | |
|---|---|
| You feel less safe than you did before the disaster on September 11. | ① ② ③ ④ ⑤ |
| Compared to how you felt before the disaster, you feel less able to control the forces that will influence your life. | ① ② ③ ④ ⑤ |
| You feel more pessimistic about the possibility of there ever being peace in the world. | ① ② ③ ④ ⑤ |
| You feel more pessimistic about your own future well-being. | ① ② ③ ④ ⑤ |
| You were disappointed in yourself because of things you felt, said, or did around the time of the crisis. | ① ② ③ ④ ⑤ |
| You were disappointed by other people you were close to because of things they said or did--or did not say or do–after the disaster. | ① ② ③ ④ ⑤ |
| You have less faith in government's ability to protect you than you did before the disaster. | ① ② ③ ④ ⑤ |
| There is at least one person whom you know that you like or respect less than you used to because of things he or she said or did after the disaster. | ① ② ③ ④ ⑤ |
| There is one person with whom you feel closer than you used to because of things he or she said or did after the disaster. | ① ② ③ ④ ⑤ |
| You became less confident in your own abilities to cope with major crises. | ① ② ③ ④ ⑤ |
| You were disappointed to find that someone you thought you could count on for support or assistance was not helpful to you when you needed him or her. | ① ② ③ ④ ⑤ |
| You honestly believe that you should have provided more emotional support or concrete assistance to other people than you were able to, and this has changed the way you think about yourself. | ① ② ③ ④ ⑤ |

***Thank you for completing this questionnaire!***

***Please return it to the Oregon Research Institute in the postage-paid envelope provided.***

PLEASE DO NOT WRITE IN THIS AREA

[SERIAL]