# Personality, Emotions, & Attitudes

**This questionnaire covers a number of topics. Since there are different sections, please read the instructions at the beginning of each section very carefully. All of your answers are completely confidential. Please do NOT write your name on this booklet.**

**Use a No. 2 pencil, and please erase cleanly any stray marks or answers you wish to change. Make a solid mark to fill each bubble completely.**

CORRECT: ● INCORRECT: ✓ ✗ ◐ ⊙

## Computer Use

**Do you have a computer at home?**

○ No: If No, do you have plans to obtain a home computer? ○ No ○ Maybe ○ Yes
○ Yes: If Yes, do you have Internet access at home? ○ No ○ Yes

**Do you have access to a computer at work?**

○ No ○ Yes ○ Not applicable

**How would you rate your computer skills?**

○ Poor ○ Fair ○ Good ○ Very good ○ Excellent

**Do you use E-mail?**

○ No ○ Yes

**If you use E-mail, about how many hours do you spend using it in an average week?**

| | | | |
|---|---|---|---|
| ○ Not applicable | ○ 2 to 4 hours | ○ 8 to 10 hours | ○ 14 to 16 hours |
| ○ Less than an hour | ○ 4 to 6 hours | ○ 10 to 12 hours | ○ 16 to 18 hours |
| ○ 1 to 2 hours | ○ 6 to 8 hours | ○ 12 to 14 hours | ○ More than 18 hours |

**Other than for E-mail, do you use the Internet?**

○ No ○ Yes

**If you use the Internet, about how many hours do you spend using it in an average week?**

| | | | |
|---|---|---|---|
| ○ Not applicable | ○ 2 to 4 hours | ○ 8 to 10 hours | ○ 14 to 16 hours |
| ○ Less than an hour | ○ 4 to 6 hours | ○ 10 to 12 hours | ○ 16 to 18 hours |
| ○ 1 to 2 hours | ○ 6 to 8 hours | ○ 12 to 14 hours | ○ More than 18 hours |

**Would you like to complete some of our questionnaires via the Internet?**

○ No ○ Not sure ○ Yes

PLEASE DO NOT WRITE IN THIS AREA

■○○○○○○○○○○○○○○○○○■■■■■■ [SERIAL]

# Some Experiences & Feelings

**Please use the rating scale below to describe how accurately each statement applies to you. Read each statement carefully, and then fill in the bubble that corresponds to the number on the scale.**

| ① | ② | ③ | ④ | ⑤ |
|---|---|---|---|---|
| Very Inaccurate | Moderately Inaccurate | Neither Inaccurate nor Accurate | Moderately Accurate | Very Accurate |

**Like to watch children open presents** ..... ① ② ③ ④ ⑤

**Dislike being around happy people when I'm feeling sad** ..... ① ② ③ ④ ⑤

**Shout or scream when I'm angry** ..... ① ② ③ ④ ⑤

**Find it difficult showing people that I care about them** ..... ① ② ③ ④ ⑤

**Laugh out loud if something is funny** ..... ① ② ③ ④ ⑤

**Believe important decisions should be based on logical reasoning** ..... ① ② ③ ④ ⑤

**Express my happiness in a childlike manner** ..... ① ② ③ ④ ⑤

**Am put off by people who touch or hug when speaking to me** ..... ① ② ③ ④ ⑤

**Can recall many events before the age of three** ..... ① ② ③ ④ ⑤

**Keep my feelings to myself, regardless of how unhappy I am** ..... ① ② ③ ④ ⑤

**Am unaffected by other people's happiness** ..... ① ② ③ ④ ⑤

**Find it difficult showing people that I'm angry with them** ..... ① ② ③ ④ ⑤

**Rarely get caught up in the excitement** ..... ① ② ③ ④ ⑤

**Can't help but look upset when something bad happens** ..... ① ② ③ ④ ⑤

**Listen to my feelings when making important decisions** ..... ① ② ③ ④ ⑤

**Usually end up laughing if the people around me are laughing** ..... ① ② ③ ④ ⑤

**Rarely get bored because I start daydreaming when things get boring** ..... ① ② ③ ④ ⑤

**Act as if I am somebody else and completely identify myself with the part** ..... ① ② ③ ④ ⑤

**Experience very vivid and lively memories when I recall my childhood** ..... ① ② ③ ④ ⑤

**Get nauseous when I see or think of spoiled food** ..... ① ② ③ ④ ⑤

**Have out-of-body experiences** ..... ① ② ③ ④ ⑤

**Can be confused about the emotions I'm feeling** ..... ① ② ③ ④ ⑤

| ① | ② | ③ | ④ | ⑤ |
|---|---|---|---|---|
| Very Inaccurate | Moderately Inaccurate | Neither Inaccurate nor Accurate | Moderately Accurate | Very Accurate |

**Experience panic spells** ..... ① ② ③ ④ ⑤

**Believe the poor deserve our sympathy** ..... ① ② ③ ④ ⑤

**Actually get cold when I think of something cold** ..... ① ② ③ ④ ⑤

**Base my goals in life on inspiration, rather than logic** ..... ① ② ③ ④ ⑤

**Have the feeling of being directed or controlled from outside, like a puppet on a string** ..... ① ② ③ ④ ⑤

**Wish I could more easily show my negative feelings** ..... ① ② ③ ④ ⑤

**Feel as if my body, or a part of it, has disappeared** ..... ① ② ③ ④ ⑤

**Don't know why I'm angry** ..... ① ② ③ ④ ⑤

**Dislike smells that I usually like** ..... ① ② ③ ④ ⑤

**Feel a special sense of destiny or prophecy** ..... ① ② ③ ④ ⑤

**Think about the causes of my emotions** ..... ① ② ③ ④ ⑤

**Dislike tastes that I usually like** ..... ① ② ③ ④ ⑤

**Have attacked someone physically** ..... ① ② ③ ④ ⑤

**Prefer talking to people about their daily activities rather than their feelings** ..... ① ② ③ ④ ⑤

**Think that most of my problems are due to the fact that other people just don't understand me** ..... ① ② ③ ④ ⑤

**Can't speak (or only with great effort), or can only whisper** ..... ① ② ③ ④ ⑤

**Do my best to avoid arguments** ..... ① ② ③ ④ ⑤

**Often have the feeling that others laugh or talk about me** ..... ① ② ③ ④ ⑤

**Quickly lose interest in the tasks I start** ..... ① ② ③ ④ ⑤

**Dislike children's birthday parties** ..... ① ② ③ ④ ⑤

**Act or feel in a way that does not fit me** ..... ① ② ③ ④ ⑤

**Have frightening dreams** ..... ① ② ③ ④ ⑤

**Spend much of the day fantasizing or daydreaming** ..... ① ② ③ ④ ⑤

**Would be upset if I saw an injured animal** ..... ① ② ③ ④ ⑤

**Have felt the presence of another person when he or she was not really there** ..... ① ② ③ ④ ⑤

# Do You Like to Gamble?

**How often have you made bets or gambled for money? Please use the following response scale for each question:**

| ① | ② | ③ | ④ | ⑤ |
|---|---|---|---|---|
| Never or Virtually Never | Occasionally, but NOT in the past year or so | Frequently, but NOT in the past year or so | Occasionally during the past year | Frequently during the past year |

***How often have you...***

| | |
|---|---|
| Played cards for money | ① ② ③ ④ ⑤ |
| Bet on horses, dogs, or other such contests | ① ② ③ ④ ⑤ |
| Bet on other sports events, such as football or basketball | ① ② ③ ④ ⑤ |
| Played dice games for money | ① ② ③ ④ ⑤ |
| Played slot machines | ① ② ③ ④ ⑤ |
| Bet on lotteries, such as the Oregon Lottery | ① ② ③ ④ ⑤ |
| Played video poker | ① ② ③ ④ ⑤ |
| Played Bingo or Keno for money | ① ② ③ ④ ⑤ |
| Bowled, shot pool, played golf, or some other game of skill for money | ① ② ③ ④ ⑤ |
| Bought pull tabs or similar games other than the lottery | ① ② ③ ④ ⑤ |
| Gambled in a casino | ① ② ③ ④ ⑤ |

**What is the largest amount of money with which you have ever gambled on any one day?**

- ◯ Never gambled for money
- ◯ $10 or less
- ◯ From $10 to $100
- ◯ From $100 to $1,000
- ◯ Over $1,000

**Have you ever invested money in a high-risk project?**

- ◯ No
- ◯ A small amount
- ◯ A moderate amount
- ◯ A substantial amount

**Do you feel that you have ever had a problem with betting or gambling?**

- ◯ No, never
- ◯ Perhaps in my youth, but not as an adult
- ◯ Yes in the past, but not now
- ◯ Yes, in the present

# Health Concerns

**How accurately do each of the following statements describe you?**

| | Very Inaccurate | Moderately Inaccurate | Neither Inaccurate nor Accurate | Moderately Accurate | Very Accurate |
|---|---|---|---|---|---|
| Worry a lot about catching a serious illness | ○ | ○ | ○ | ○ | ○ |
| Am bothered by frequent aches and pains | ○ | ○ | ○ | ○ | ○ |
| Do a lot of things just to avoid getting sick | ○ | ○ | ○ | ○ | ○ |
| Am usually active and full of energy | ○ | ○ | ○ | ○ | ○ |
| Worry about my health | ○ | ○ | ○ | ○ | ○ |
| Feel weak | ○ | ○ | ○ | ○ | ○ |
| Go to the doctor a lot | ○ | ○ | ○ | ○ | ○ |
| Feel healthy and vibrant most of the time | ○ | ○ | ○ | ○ | ○ |
| Fear dying from a lingering or painful illness | ○ | ○ | ○ | ○ | ○ |
| Don't let an illness or injury change my daily habits | ○ | ○ | ○ | ○ | ○ |
| Believe that medical tests are often inaccurate | ○ | ○ | ○ | ○ | ○ |
| Worry a lot when I develop a physical symptom that I never have had before | ○ | ○ | ○ | ○ | ○ |
| Have complete confidence in my doctor | ○ | ○ | ○ | ○ | ○ |
| Have avoided situations or people for fear that I would get sick | ○ | ○ | ○ | ○ | ○ |
| Rarely feel ill | ○ | ○ | ○ | ○ | ○ |
| Wish I was less concerned about my health | ○ | ○ | ○ | ○ | ○ |
| Get sick more often than my friends | ○ | ○ | ○ | ○ | ○ |
| Am afraid that my life will be cut short by illness | ○ | ○ | ○ | ○ | ○ |
| Think of things like developing cancer or catching an infectious disease | ○ | ○ | ○ | ○ | ○ |
| Feel like I wouldn't know what to do if I developed a serious illness | ○ | ○ | ○ | ○ | ○ |
| Go to bed immediately if I feel that I'm getting sick | ○ | ○ | ○ | ○ | ○ |
| Discuss my health problems with my family and friends | ○ | ○ | ○ | ○ | ○ |
| Am unable to do some of the things I would like to do because of my health | ○ | ○ | ○ | ○ | ○ |

# More Experiences & Feelings

**How accurate are each of the following as self-descriptions?**

| ① | ② | ③ | ④ | ⑤ |
|---|---|---|---|---|
| Very Inaccurate | Moderately Inaccurate | Neither Inaccurate nor Accurate | Moderately Accurate | Very Accurate |

**Sometimes laugh out loud when reading or watching TV** ..... ① ② ③ ④ ⑤

**Prefer to watch light entertainment shows rather than psychological dramas** ..... ① ② ③ ④ ⑤

**Can't sleep for nights on end but remain active during the daytime** ..... ① ② ③ ④ ⑤

**Have little sympathy for the unemployed** ..... ① ② ③ ④ ⑤

**Wonder who I really am** ..... ① ② ③ ④ ⑤

**Have had the feeling that my thoughts were audible** ..... ① ② ③ ④ ⑤

**Show my fear** ..... ① ② ③ ④ ⑤

**Believe that cheating is wrong because it is unfair to others** ..... ① ② ③ ④ ⑤

**Rarely cry during sad movies** ..... ① ② ③ ④ ⑤

**Have physical sensations that even doctors don't understand** ..... ① ② ③ ④ ⑤

**Am able to describe my feelings easily** ..... ① ② ③ ④ ⑤

**Have a quiet laugh** ..... ① ② ③ ④ ⑤

**Have had the feeling that other people have injected their thoughts into my mind** ① ② ③ ④ ⑤

**Don't know what's going on inside me** ..... ① ② ③ ④ ⑤

**Can't swallow, or only with a great effort** ..... ① ② ③ ④ ⑤

**Feel other people's joy** ..... ① ② ③ ④ ⑤

**Find myself in the same kinds of trouble, time after time** ..... ① ② ③ ④ ⑤

**Feel guilty as if I had committed a crime, although I did not really commit one** ..... ① ② ③ ④ ⑤

**Rarely show my anger** ..... ① ② ③ ④ ⑤

**Am unaffected by the suffering of others** ..... ① ② ③ ④ ⑤

**Take risks that could cause trouble for me** ..... ① ② ③ ④ ⑤

**Plan my life based on how I feel** ..... ① ② ③ ④ ⑤

**Prefer to analyze problems rather than to just describe them** ..... ① ② ③ ④ ⑤

**Get caught up in the excitement when others are celebrating** ..... ① ② ③ ④ ⑤

**Am strongly influenced by the good moods of others** ..... ① ② ③ ④ ⑤

| ① Very Inaccurate | ② Moderately Inaccurate | ③ Neither Inaccurate nor Accurate | ④ Moderately Accurate | ⑤ Very Accurate |
|---|---|---|---|---|

| | |
|---|---|
| See things around me differently than I regularly do (for example, as if looking through a tunnel, or seeing only part of an object) | ① ② ③ ④ ⑤ |
| Feel smothered when others show deep concern towards me | ① ② ③ ④ ⑤ |
| Have intentionally done myself physical harm | ① ② ③ ④ ⑤ |
| Find it hard to stay in a bad mood if the people around me are happy | ① ② ③ ④ ⑤ |
| Can feel close to someone, even in moments of silence | ① ② ③ ④ ⑤ |
| Feel that other people are out to get me | ① ② ③ ④ ⑤ |
| Hug my close friends | ① ② ③ ④ ⑤ |
| Suspect that my facial expressions give me away when I feel sad | ① ② ③ ④ ⑤ |
| Feel paralyzed for awhile | ① ② ③ ④ ⑤ |
| Confuse fantasies with real memories | ① ② ③ ④ ⑤ |
| Find examination of my feelings useful in solving personal problems | ① ② ③ ④ ⑤ |
| Keep my happy feelings to myself | ① ② ③ ④ ⑤ |
| Feel that people or things change in their appearance when they really do not | ① ② ③ ④ ⑤ |
| Am often puzzled by sensations in my body | ① ② ③ ④ ⑤ |
| Rarely think about how I feel | ① ② ③ ④ ⑤ |
| See strange figures or visions when nothing is really there | ① ② ③ ④ ⑤ |
| Get in trouble with the law | ① ② ③ ④ ⑤ |
| Don't plan anything very far in advance | ① ② ③ ④ ⑤ |
| Think that looking for hidden meanings in movies or plays distracts me from their enjoyment | ① ② ③ ④ ⑤ |
| Have had intense religious experiences | ① ② ③ ④ ⑤ |
| Can't see for awhile (as if I am blind) | ① ② ③ ④ ⑤ |
| Believe that I have a serious disease | ① ② ③ ④ ⑤ |
| Enjoy having control over someone | ① ② ③ ④ ⑤ |
| Prefer to just let things happen | ① ② ③ ④ ⑤ |
| Plan my life logically | ① ② ③ ④ ⑤ |

# Some Interesting Beliefs

**How much do you agree or disagree with each of the following statements?**

| | STRONGLY DISAGREE | DISAGREE | NOT SURE | AGREE | STRONGLY AGREE |
|---|---|---|---|---|---|
| I've had the momentary feeling that I might not be human | ○ | ○ | ○ | ○ | ○ |
| I've sometimes been fearful of stepping on sidewalk cracks | ○ | ○ | ○ | ○ | ○ |
| I think I could learn to read others' minds if I wanted to | ○ | ○ | ○ | ○ | ○ |
| Horoscopes are right too often for it to be a coincidence | ○ | ○ | ○ | ○ | ○ |
| Things sometimes seem to be in different places when I get home, even though no one has been there | ○ | ○ | ○ | ○ | ○ |
| Numbers like 13 and 7 have no special powers | ○ | ○ | ○ | ○ | ○ |
| I've occasionally had the feeling that a TV or radio broadcaster knew I was listening to him or her | ○ | ○ | ○ | ○ | ○ |
| I believe that people on other planets may be influencing what happens on earth | ○ | ○ | ○ | ○ | ○ |
| The government refuses to tell us the truth about flying saucers | ○ | ○ | ○ | ○ | ○ |
| I've felt that there were messages for me in the way things were arranged, like in a store window | ○ | ○ | ○ | ○ | ○ |
| I believe that my dreams are the products of my own mind | ○ | ○ | ○ | ○ | ○ |
| Good luck charms don't work | ○ | ○ | ○ | ○ | ○ |
| I've noticed words or sounds in music that are not there at other times | ○ | ○ | ○ | ○ | ○ |
| Some people can make me aware of them just by thinking about me | ○ | ○ | ○ | ○ | ○ |
| The hand motions that strangers make seem to influence me at times | ○ | ○ | ○ | ○ | ○ |
| I dream about things before they happen | ○ | ○ | ○ | ○ | ○ |
| I've had the momentary feeling that someone has been replaced by a look-alike | ○ | ○ | ○ | ○ | ○ |
| It is possible to harm others merely by thinking bad thoughts about them | ○ | ○ | ○ | ○ | ○ |
| I've sometimes sensed an evil presence around me, although I could not see it | ○ | ○ | ○ | ○ | ○ |
| I sometimes have a feeling of gaining or losing energy when certain people look at me or touch me | ○ | ○ | ○ | ○ | ○ |
| I've sometimes had the passing thought that strangers are in love with me | ○ | ○ | ○ | ○ | ○ |

| | STRONGLY DISAGREE | DISAGREE | NOT SURE | AGREE | STRONGLY AGREE |
|---|---|---|---|---|---|
| I've had the feeling that certain thoughts of mine really belonged to someone else | ○ | ○ | ○ | ○ | ○ |
| When introduced to strangers, I wonder whether I have known them before | ○ | ○ | ○ | ○ | ○ |
| If reincarnations were true, it would explain some unusual experiences I have had | ○ | ○ | ○ | ○ | ○ |
| People often behave so strangely that one wonders if they are part of an experiment | ○ | ○ | ○ | ○ | ○ |
| At times I perform certain little rituals to ward off negative influences | ○ | ○ | ○ | ○ | ○ |
| I've felt that I might cause something to happen just by thinking too much about it | ○ | ○ | ○ | ○ | ○ |
| I've wondered whether the spirits of the dead can influence the living | ○ | ○ | ○ | ○ | ○ |
| At times I have felt that a particular song was meant especially for me | ○ | ○ | ○ | ○ | ○ |
| I've sometimes felt that strangers were reading my mind | ○ | ○ | ○ | ○ | ○ |

## Childhood Experiences

**How often did you do these things when you were a child?**

| *As a CHILD:* | NEVER | RARELY | SOME-TIMES | OFTEN | ALMOST ALWAYS |
|---|---|---|---|---|---|
| I imagined that dolls, teddy bears, and stuffed animals with which I played were living creatures | ○ | ○ | ○ | ○ | ○ |
| I believed in the existence of dwarfs, elves, and other fairytale figures | ○ | ○ | ○ | ○ | ○ |
| I had my own make-believe friend or animal | ○ | ○ | ○ | ○ | ○ |
| I could identify with the leading role of a story or movie | ○ | ○ | ○ | ○ | ○ |
| I believed that I was someone else (for example, an orphan) | ○ | ○ | ○ | ○ | ○ |
| I was encouraged by one or more of my family members (parents, grandparents, brothers, sisters) to indulge myself in my fantasies and daydreams | ○ | ○ | ○ | ○ | ○ |
| I felt lonely | ○ | ○ | ○ | ○ | ○ |
| I devoted much of my time to music, ballet, theater, drawing, or other artistic activities | ○ | ○ | ○ | ○ | ○ |

# Even More Experiences & Feelings

**How accurately do the following statements describe you?**

| ① | ② | ③ | ④ | ⑤ |
|---|---|---|---|---|
| Very Inaccurate | Moderately Inaccurate | Neither Inaccurate nor Accurate | Moderately Accurate | Very Accurate |

**Feel that people and things around me are not real** ..... ① ② ③ ④ ⑤

**Am often bored** ..... ① ② ③ ④ ⑤

**Find that I am able to pursue one goal for a long time** ..... ① ② ③ ④ ⑤

**Show my sadness** ..... ① ② ③ ④ ⑤

**Have feelings that I can't quite identify** ..... ① ② ③ ④ ⑤

**Feel that I'm living in a dream, or see my life before me as if it were a movie** ..... ① ② ③ ④ ⑤

**Can't hear for awhile (as if I am deaf)** ..... ① ② ③ ④ ⑤

**Enjoy manipulating other people's feelings** ..... ① ② ③ ④ ⑤

**Rarely analyze my emotions** ..... ① ② ③ ④ ⑤

**Feel that I'm someone special** ..... ① ② ③ ④ ⑤

**Admire a really clever scam** ..... ① ② ③ ④ ⑤

**Hear sounds from nearby as if they come from far away** ..... ① ② ③ ④ ⑤

**Experience pangs of hunger that cause me to devour everything in sight** ..... ① ② ③ ④ ⑤

**Can't find the right words for my feelings** ..... ① ② ③ ④ ⑤

**Make a point of trying not to hurt others in pursuit of my goals** ..... ① ② ③ ④ ⑤

**Make decisions based on facts, not feelings** ..... ① ② ③ ④ ⑤

**Feel that my body is dissolving or that a part of my body is missing or changing** ..... ① ② ③ ④ ⑤

**Feel badly if my words or actions cause someone else to feel emotional pain** ..... ① ② ③ ④ ⑤

**Pay a lot of attention to my feelings** ..... ① ② ③ ④ ⑤

**Feel like I am "falling apart"** ..... ① ② ③ ④ ⑤

**Think that being in touch with emotions is essential** ..... ① ② ③ ④ ⑤

**Steal things** ..... ① ② ③ ④ ⑤

**Get in shouting matches with other people** ..... ① ② ③ ④ ⑤

**Think that people who are stupid enough to get ripped off usually deserve it** ..... ① ② ③ ④ ⑤

| ① Very Inaccurate | ② Moderately Inaccurate | ③ Neither Inaccurate nor Accurate | ④ Moderately Accurate | ⑤ Very Accurate |
|---|---|---|---|---|

| | |
|---|---|
| Am usually aware of the way that I'm feeling | ① ② ③ ④ ⑤ |
| Find it difficult to tell whether something really happened, or whether it occurred only in my imagination | ① ② ③ ④ ⑤ |
| Believe emotions give direction to life | ① ② ③ ④ ⑤ |
| Find it hard to describe how I feel about people | ① ② ③ ④ ⑤ |
| Waste money, or lose it gambling | ① ② ③ ④ ⑤ |
| Would be upset if my success came at someone else's expense | ① ② ③ ④ ⑤ |
| Remain calm during emergencies | ① ② ③ ④ ⑤ |
| Feel a sense of worthlessness or hopelessness | ① ② ③ ④ ⑤ |
| Keep my feelings to myself, regardless of how scared I am | ① ② ③ ④ ⑤ |
| Am unsure about questions concerning politics, religion, or morality | ① ② ③ ④ ⑤ |
| Have difficulty showing affection | ① ② ③ ④ ⑤ |
| Grow stiff for awhile | ① ② ③ ④ ⑤ |
| Notice my emotions | ① ② ③ ④ ⑤ |
| Am upset by the misfortunes of strangers | ① ② ③ ④ ⑤ |
| Feel a sense of not being real | ① ② ③ ④ ⑤ |
| Act spontaneously without thinking about the consequences | ① ② ③ ④ ⑤ |
| Hear voices talking about me when nobody is really there | ① ② ③ ④ ⑤ |
| Show my feelings when I'm happy | ① ② ③ ④ ⑤ |
| Have murderous ideas | ① ② ③ ④ ⑤ |
| Tell other people what they want to hear so that they will do what I want them to do | ① ② ③ ④ ⑤ |
| Often stop to analyze how I'm feeling | ① ② ③ ④ ⑤ |
| Have intense religious experiences which influence me in a strong manner | ① ② ③ ④ ⑤ |
| Have attacks that resemble an epileptic fit | ① ② ③ ④ ⑤ |
| Don't know what I really want | ① ② ③ ④ ⑤ |
| Think that love is overrated | ① ② ③ ④ ⑤ |

## Reading Habits

| *During the past few years, how often have you read:* | Never, or virtually never | Occasionally | At least once a month | At least once a week | Just about every day |
|---|---|---|---|---|---|
| Newspapers | ○ | ○ | ○ | ○ | ○ |
| News magazines | ○ | ○ | ○ | ○ | ○ |
| Other magazines | ○ | ○ | ○ | ○ | ○ |
| Scientific or professional materials, including books | ○ | ○ | ○ | ○ | ○ |
| Novels or short stories (fiction) | ○ | ○ | ○ | ○ | ○ |
| Non-fiction books | ○ | ○ | ○ | ○ | ○ |
| Catalogues | ○ | ○ | ○ | ○ | ○ |

**During the past few years, about how much total time have you spent reading?**

○ Virtually none at all
○ Less than an hour a week
○ Less than an hour a day
○ From 1 to 4 hours a day
○ Over 4 hours a day

## Relationship Styles

For each of the following relationship styles, please indicate how well it describes you.

**A) It is easy for me to become emotionally close to others. I am comfortable depending on them and having them depend on me. I don't worry about being alone or having others not accept me.**

① ② ③ ④ ⑤ ⑥ ⑦
Not at all like me ····· Neutral/Mixed ····· Very much like me

**B) I am uncomfortable getting close to others. I want emotionally close relationships, but I find it difficult to trust others completely, or to depend on them. I worry that I will be hurt if I allow myself to become too close to others.**

① ② ③ ④ ⑤ ⑥ ⑦
Not at all like me ····· Neutral/Mixed ····· Very much like me

**C) I want to be completely emotionally intimate with others, but I often find that others are reluctant to get as close as I would like. I am uncomfortable being without close relationships, but I sometimes worry that others don't value me as much as I value them.**

① ② ③ ④ ⑤ ⑥ ⑦
Not at all like me ····· Neutral/Mixed ····· Very much like me

**D) I am comfortable without close emotional relationships. It is very important to me to feel independent and self-sufficient, and I prefer not to depend on others or have others depend on me.**

① ② ③ ④ ⑤ ⑥ ⑦
Not at all like me ····· Neutral/Mixed ····· Very much like me

# Personal Experiences

We hope that you trust us to keep your responses in complete confidence and privacy; this is the reason that we ask you not to include your name on any of our questionnaires. Nonetheless, if you feel uncomfortable answering any of the more intimate questions in this section, just skip them, and go on to the next section. **For each item below, please mark one response in the columns labeled "Before Age 18" AND one response in the columns labeled "Age 18 or Older."**

| ***Have each of the following events happened to you, and if so, how often?*** | BEFORE AGE 18 | | | AGE 18 or OLDER | | |
|---|---|---|---|---|---|---|
| | NEVER | ONE or TWO TIMES | MORE THAN THAT | NEVER | ONE or TWO TIMES | MORE THAN THAT |
| **Been in a major earthquake, fire, flood, hurricane, or tornado that resulted in significant loss of personal property, serious injury to yourself or a significant other, the death of a significant other, or the fear of your own death** | ○ | ○ | ○ | ○ | ○ | ○ |
| **Been in a major automobile, boat, motorcycle, plane, train, or industrial accident that resulted in similar consequences** | ○ | ○ | ○ | ○ | ○ | ○ |
| **Witnessed someone with whom <u>you were very close</u> (such as a parent, brother or sister, caretaker, or intimate partner) committing suicide, being killed, or being injured by another person so severely as to result in marks, bruises, burns, blood, or broken bones. This might include a close friend in combat** | ○ | ○ | ○ | ○ | ○ | ○ |
| **Witnessed someone with whom you were <u>not</u> so close undergoing a similar kind of traumatic event** | ○ | ○ | ○ | ○ | ○ | ○ |
| **Witnessed someone with whom <u>you were very close</u> deliberately attack another family member so severely as to result in marks, bruises, blood, broken bones, or broken teeth** | ○ | ○ | ○ | ○ | ○ | ○ |
| **You were deliberately attacked that severely by someone with whom <u>you were very close</u>** | ○ | ○ | ○ | ○ | ○ | ○ |
| **You were deliberately attacked that severely by someone with whom you were <u>not</u> close** | ○ | ○ | ○ | ○ | ○ | ○ |
| **You were made to have some form of sexual contact, such as touching or penetration, by someone with whom <u>you were very close</u> (such as a parent or lover)** | ○ | ○ | ○ | ○ | ○ | ○ |
| **You were made to have such sexual contact by someone with whom you were <u>not</u> close** | ○ | ○ | ○ | ○ | ○ | ○ |
| **You were emotionally or psychologically mistreated over a significant period of time by someone with whom <u>you were very close</u> (such as a parent or lover)** | ○ | ○ | ○ | ○ | ○ | ○ |
| **Experienced the death of one of your own children** | ○ | ○ | ○ | ○ | ○ | ○ |
| **Experienced a seriously traumatic event not already covered in any of these questions** | ○ | ○ | ○ | ○ | ○ | ○ |

# Yet More Experiences & Feelings

**How accurately do each of the following statements describe you?**

| ① | ② | ③ | ④ | ⑤ |
|---|---|---|---|---|
| Very Inaccurate | Moderately Inaccurate | Neither Inaccurate nor Accurate | Moderately Accurate | Very Accurate |

**Looking out for myself is my top priority** ..... ① ② ③ ④ ⑤

**Recently there has been nothing that has affected me emotionally** ..... ① ② ③ ④ ⑤

**If a relationship gets close, I feel trapped** ..... ① ② ③ ④ ⑤

**My body, or a part of it, is insensitive to pain** ..... ① ② ③ ④ ⑤

**People often appear to me to be hostile** ..... ① ② ③ ④ ⑤

**When I get frustrated, I often let off steam by blowing my top** ..... ① ② ③ ④ ⑤

**Many of my friends and relatives do not know that I have such detailed fantasies** ① ② ③ ④ ⑤

**It is difficult for me to reveal my innermost feelings, even to close friends** ..... ① ② ③ ④ ⑤

**My body or parts of my body seem strange or somehow changed** ..... ① ② ③ ④ ⑤

**Many of my fantasies are lifelike** ..... ① ② ③ ④ ⑤

**Even if I were trying to sell something, I wouldn't lie about it** ..... ① ② ③ ④ ⑤

**Many of my fantasies are just as lively as a good movie** ..... ① ② ③ ④ ⑤

**If relationships become too close, I often feel the need to break them off** ..... ① ② ③ ④ ⑤

**Before I do anything, I carefully consider the possible consequences** ..... ① ② ③ ④ ⑤

**People and objects look larger than they actually are** ..... ① ② ③ ④ ⑤

**In today's world, I feel justified in doing anything that I can get away with** ..... ① ② ③ ④ ⑤

**Another person appears inside me that does not belong to me** ..... ① ② ③ ④ ⑤

**I believe that success is based on survival of the fittest, and I am not concerned about the losers** ..... ① ② ③ ④ ⑤

**My body, or a part of it, feels numb** ..... ① ② ③ ④ ⑤

**Making a lot of money is my most important goal** ..... ① ② ③ ④ ⑤

**When I am upset, I don't know if I am sad, frightened, or angry** ..... ① ② ③ ④ ⑤

**For me, what's right is whatever I can get away with** ..... ① ② ③ ④ ⑤

**I let others worry about higher values -- my main concern is with the bottom line** ① ② ③ ④ ⑤

| ① Very Inaccurate | ② Moderately Inaccurate | ③ Neither Inaccurate nor Accurate | ④ Moderately Accurate | ⑤ Very Accurate |
|---|---|---|---|---|

**In romantic relationships, I'm often uncertain about the kind of relationship I want** ..... ① ② ③ ④ ⑤

**My feelings towards other people quickly change into opposite extremes (for example, from love and admiration to hate and disappointment)** ..... ① ② ③ ④ ⑤

**In close relationships, I'm hurt again and again** ..... ① ② ③ ④ ⑤

**People tell me to describe my feelings more** ..... ① ② ③ ④ ⑤

**Even when I do not have a cold, there are times when I have a much better or worse sense of smell than I usually do** ..... ① ② ③ ④ ⑤

**I often have the feeling that I can predict things that are bound to happen in the future** ..... ① ② ③ ④ ⑤

**I often have the experience of thinking of someone and soon afterwards that particular person calls or shows up** ..... ① ② ③ ④ ⑤

**When I see violence on television or in movies, it disturbs me so much that I get really upset** ..... ① ② ③ ④ ⑤

**When I sing or write something, I sometimes have the feeling that someone or something outside myself directs me** ..... ① ② ③ ④ ⑤

## More Personal Questions

Again, please do not complete this section if the questions make you uncomfortable.

**How would you characterize your adult sexual orientation?**

- ◯ Exclusively heterosexual
- ◯ Exclusively homosexual
- ◯ Bisexual
- ◯ Nonsexual

**Compared to other persons of your sex and age, how would you characterize your sexual drive?**

- ◯ Much less strong than others
- ◯ Somewhat less strong than others
- ◯ About the same as others
- ◯ Somewhat stronger than others
- ◯ Much stronger than others

## Dietary Supplements & Alternative Health Care

**Do you currently take multi-vitamins?**

- ◯ No
- ◯ Yes: ***If Yes, please answer A and B --***

**A. How <u>many</u> do you take per week?**

◯ 1 or less ◯ 2 ◯ 3 ◯ 4 ◯ 5 ◯ 6 ◯ 7 ◯ 8 ◯ 9 ◯ 10+

**B. <u>For how many years</u> have you taken them?**

◯ 1 or less ◯ 2 ◯ 3 ◯ 4 ◯ 5 ◯ 6 ◯ 7 ◯ 8 ◯ 9 ◯ 10+

**NOT COUNTING multi-vitamins, do you take any of the following supplements?**
***Please mark all that apply.***

| | | | | |
|---|---|---|---|---|
| ◯ B-Complex | ◯ Echinacea | ◯ Glucosamine | ◯ Potassium | ◯ Vitamin $B_{12}$ |
| ◯ Beta-carotene | ◯ Flax | ◯ Iron | ◯ Saw palmetto | ◯ Vitamin C |
| ◯ Black Cohosh | ◯ Folic acid | ◯ Lecithin | ◯ Selenium | ◯ Vitamin D |
| ◯ Brewer's yeast | ◯ Garlic | ◯ Magnesium | ◯ St. John's Wort | ◯ Vitamin E |
| ◯ Calcium | ◯ Ginkgo Biloba | ◯ Melatonin | ◯ Vitamin A | ◯ Zinc |
| ◯ Copper | ◯ Ginseng | ◯ Metamucil/Citrucil | ◯ Vitamin $B_6$ | |

**In the last few years, have you used any of the following forms of health care?**

| | | | |
|---|---|---|---|
| ◯ Acupuncture | ◯ Chiropractic | ◯ Massage | ◯ Relaxation therapy |
| ◯ Aromatherapy | ◯ Energy healing | ◯ Meditation | ◯ Self-help group |
| ◯ Biofeedback | ◯ Magnetic therapy | ◯ Naturopathic doctor | ◯ Sensory deprivation |

## Driving Habits

If you do not drive, you may skip this section, and you have completed this questionnaire.

**Do you own one or more motor vehicles?**

◯ Yes ◯ No

**During the past year, how often have you driven a motor vehicle?**

◯ Never ◯ Rarely ◯ Off and on ◯ Frequently ◯ Almost every day

**How skillfully do you drive?**

- ◯ Much less skillful than others
- ◯ Somewhat less skillful than others
- ◯ About the same as others
- ◯ Somewhat more skillful than others
- ◯ Much more skillful than others

**How cautiously do you drive?**

- ◯ Much less cautious than others
- ◯ Somewhat less cautious than others
- ◯ About the same as others
- ◯ Somewhat more cautious than others
- ◯ Much more cautious than others

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