

Success and Happiness Attributes Questionnaire (SHAQ) Administration and Scoring Manual

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The SHAQ APP

The **SHAQ APP** is a downloadable .exe Windows computer program which administers and scores SHAQ instantly—and provides additional self-help information—available at <http://web.csulb.edu/~tstevens>. It is highly recommended that ALL SHAQ users (self-help, research subjects, etc.) use the SHAQ APP for taking SHAQ. The SHAQ APP instantly downloads and is ready to run. The SHAQ APP is completely anonymous, saves a great deal of time, is more accurate, and provides more information than the manually-scored version. The manually-scored version provides complete lists of questions, scales and subscales, and all scoring information that researchers or others may want. However, most of this information is printed by the SHAQ APP as well.

For research results related to SHAQ, go to:

1-Professional monograph: <http://www.csulb.edu/~tstevens/HQandSHAQresearch.htm>

2-Summary of research results: <http://www.csulb.edu/~tstevens/h10conclusions.htm>

SHAQ is free to all users; however, researchers and others administering SHAQ to groups are requested to provide at least summary research data to the author, Tom G. Stevens PhD at Tom.Stevens@csulb.edu

This manual contains all forms and instructions needed to administer and score SHAQ.

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FOR RESEARCH RESULTS RELATED TO SHAQ

GO TO:

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Success and Happiness Attributes Questionnaire (SHAQ)

Administration and Scoring Manual

INTRODUCTION

The Success and Happiness Attributes Questionnaire (SHAQ) was developed primarily from ideas in my book, *You Can Choose To Be Happy: "Rise Above" Anxiety, Anger, and Depression*. It assumes a cognitive systems model of human personality and behavior and emphasizes the importance of cognitions (values, beliefs, knowledge, thoughts, skills, etc.) for influencing both emotions and behavior.

The SHAQ REVISED SCALES consist of 81 scales and subscales to reflect the complexity of key cognitive factors influencing happiness and success. SHAQ's main scales were reliable according to Cronbach alpha tests. More than 3446 users completed most or all of SHAQ according to their personal choices. All completed additional outcome scales and items. Overall happiness, depression, anxiety, anger, health, relationship outcomes, highest personal income, academic achievement, and other factors were measured by outcome scales.

The SHAQ scales had moderate to high positive correlations with almost all outcome measures. SHAQ's subscales had surprisingly high multiple correlations with the emotional outcomes; with Overall Happiness, $R = .865$, $R^2 = .749$; with Low Depression, $R = .730$, $R^2 = .533$; with Low Anxiety $R = .675$, $R^2 = .426$; with Low Anger-Aggression, $R = .701$, $R^2 = .491$ ($N = 1123$ for all analyses). For the 224 subjects who completed all 70 subscales—including the academic scales, $R = .897$, $R^2 = .805$ for Overall Happiness. I devised the Happiness Quotient (HQ) to get an overall predictor of happiness. The HQ score is determined by a linear combination of 56 SHAQ scale/subscale scores. HQ was made analogous to IQ by having a mean = 100 and a standard deviation = 10.

Results for other outcomes included for the Relationship Outcomes scale, $R = .693$, $R^2 = .467$; for the Health Outcomes scale, $R = .816$, $R^2 = .666$; for Highest Income, $R = .486$, $R^2 = .236$; and for Educational Attainment, $R = .458$, $R^2 = .210$. Behavioral measures used as outcomes also yielded good results. For example, for a Major Depression Checklist, $R = .596$, $R^2 = .356$; Amount of Therapy for Depression, $R = .452$, $R^2 = .204$; and Amount of Medication for Depression, $R = .409$, $R^2 = .167$.

The research results support SHAQ's reliability, validity, and utility. The results also support the ideas in the book and the proposition that a host of key learned cognitions are the most important determinants of happiness and other emotions. They also show how these positive happiness and success-producing factors tend to correlate with each other and may support the development of each other. The implication is that when people begin a self-development program, they can use SHAQ to get a profile of the factors they need to improve in order to increase their happiness (and decrease depression, anxiety, and anger); and increase life success.

This SHAQ ADMINISTRATION MANUAL contains complete information and forms for administering, scoring, and minimally interpreting the SHAQ results. It may be used by users and researchers to further understand the more specific, learned components of values, beliefs, and skills that are important in achieving happiness, success, and other positive well-being outcomes.

SHAQ APP AND RELATED INFORMATION

SHAQ and all the other materials on my website (including a complete pdf copy of my book above) can be downloaded free from my website at <http://web.csulb.edu/~tstevens>. The SHAQ APP is the preferred way to administer SHAQ for personal or other use. The SHAQ APP consists of two Windows .exe files that require no special setup and may be run from your PC desktop. Any novice can download them and run SHAQ. The SHAQ APP is a very easy and quick way to take or administer SHAQ; and is completely anonymous. The results provide all the detailed information provided in this manual—plus more. The SHAQ results may be saved to a file and/or printed out instantly.

Most of the SHAQ-related information is also available on the websites: www.academia.edu and www.researchgate.net.

SHAQ ADMINISTRATION AND MATERIALS

Users may self-administer SHAQ or administer it to others. SHAQ consists of four major parts: The MAIN SCALES, the OUTCOME SCALES, the ACADEMIC-LEARNING SCALES, and the CAREER/MAJOR INTEREST SCALES. Users may select which sections they want to complete. Users must complete the Main scales in order to receive a Happiness Quotient (HQ) score. The Main scales were the main topic of the introductory section above. The Outcome Scales are not included in the HQ score; they were used in research to validate the Main scales. The Academic-Learning scales were designed for college students to help them understand important factors that lead to academic success. They provide a comprehensive view for the student or advisor to understand the student's strengths and weaknesses. The Career/Major Interest scales are to help college students choose a major.

All the materials to administer SHAQ manually are included in this manual. Most users choose to complete only part of SHAQ. Most choose the Main and Outcome sections only. However, college students should complete at least the Academic-Learning section.

Go to Section 4: ALL SHAQ QUESTIONS: The Complete SHAQ Questionnaire, page 26 or a copy of the question form. It should NOT be marked on. Instead make all marks on the form in Section 4: ALL SHAQ QUESTIONS: The Complete SHAQ Questionnaire. Once complete, SHAQ can be scored in one of two possible ways (or both). The simplest way is to use the form at the end of section 4 which uses SHAQ's ORIGINAL SCALES.

The SHAQ REVISED SCALES scoring information and information about all the revised scales are included in the sections Section 2: Complete HQ Scale/Subscales Scoring Information and Section 3: Scoring Information for Outcome, Academic-Learning, And Career/Major Interest Scales. Note that this form should be used for scoring the Academic-Learning and Career/Major Interest sections. The instructions for completing each section are included in those sections.

IMPORTANT: Completing and scoring SHAQ manually is a time-consuming task that I do not recommend. The SHAQ APP is far more preferable and provides more accurate and more comprehensive results. I strongly suggest that you use this version instead. Computer shy people should understand that the online instructions to download and complete SHAQ are very simple—even for novices; and that it is much faster to complete and will provide instant results.

USING SHAQ IN RESEARCH

There is no cost to use SHAQ for any purpose—including research. Researchers should read this manual to understand exactly what the contents, scoring, and results of SHAQ look like; and they should complete SHAQ using the SHAQ APP, which they can then use for running subjects. Researchers are even more strongly urged to use the SHAQ APP to complete the questionnaire; or they may have subjects go online themselves to get the app and complete SHAQ. Results should be saved to files that can be used in research. If you contact me at Tom.Stevens@csulb.edu, I can arrange for the data to be put in a single text file and/or in SPSS format. For any additional questions please contact me. I would appreciate copies of any research reports.

PURPOSE OF SHAQ PROJECT

SHAQ is the result of many years of my work as a clinical/counseling psychologist at California State University, Long Beach in the Counseling and Psychological Services center as a psychologist/professor. During those years I saw thousands of students for all types of counseling/therapy, taught classes, did research, and did program administration. Writing my book (above), designing SHAQ, and building my website was the culmination of my personal mission to better understand and promote the factors that lead to happiness and success in life. I have earned a good income, so I give all these materials away freely, because it is my belief (and the evidence from my research) that I have discovered many of these key factors, that they can be learned, and that they can make a big difference in people's lives. I have witnessed this first hand in my own life and in the lives of many clients, students, and others. SHAQ was based upon my book, and more detailed information that would help users improve the HQ score, etc. are found in my book. They go hand-in-hand. My primary goal is for users to have happier, more successful lives as a result of taking SHAQ and reading my book or other website self-help materials.

Section 2: Complete HQ Scale/Subscales Scoring Information

Success and Happiness Attributes Questionnaire (SHAQ): Complete HQ Scale/Subscales Scoring Information

(Note: There are no outcome, academic, or interest scales included here.)

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NOTE: It is highly recommended that you use the downloadable SHAQ APP to administer and score SHAQ. It provides instant results. Go to: <http://www.csulb.edu/~tstevens/success>



HQ MEANING and IMPORTANCE

Your results are based upon the data analysis of hundreds of persons who have completed SHAQ. Your HQ score is calculated from a composite score from SHAQ scales. The underlying regression model based upon these scales correlates very well with peoples overall happiness. The SHAQ scales had moderate to high positive correlations with almost all outcome measures. SHAQ's subscales had surprisingly high multiple correlations with the emotional outcomes; with Overall Happiness, $R = .865$; with Low Depression, $R = .730$; with Low Anxiety $R = .675$; with Low Anger-Aggression, $R = .701$. Results for other outcomes included for the Relationship Outcomes scale, $R = .693$; for the Health Outcomes scale, $R = .816$; for Highest Income, $R = .486$; and for Educational Attainment, $R = .458$. Behavioral measures used as outcomes also yielded good results. For example, for a Major Depression Checklist, $R = .596$; Amount of Therapy for Depression, $R = .452$; and Amount of Medication for Depression, $R = .409$. The research results overall support SHAQ's reliability, validity, and utility.

These SHAQ scales together are very good at summarizing the factors that correlate with happiness. Though we cannot say for sure that these SHAQ variables cause overall happiness, you can see that it might be a very good idea to try to maximize these factors within yourself if you want to maximize your happiness in your future. Note that these 13 factors are all primarily determined our previous learning and we CAN CHANGE THEM BY NEW LEARNING. Some key SHAQ scales most strongly related to overall happiness and low negative emotions are Self-Management Skills, Emotional Coping Skills, Life theme--achievement, Life theme--internal values, Self-Worth beliefs, Internal Control beliefs, Positive World View, Low Greatest Fears, Self-Confidence Areas, and interpersonal skills and habits related to assertive conflict resolution, intimacy, valuing others, collaboration, and romantic habits (see the actual scale names and help below).

HOW YOUR HQ SCORE COMPARES TO OTHERS' HQ SCORES

We used IQ (Intelligence Quotient) as our model for computing your score. The following list shows first an HQ score then a percentile. For example an HQ score of 112 would be about the 80th percentile. That means that about 80% of all people completing SHAQ scored below 112.

HQ Score = Percentile (percent of users below that score)

125 = 99%; 116 = 95%; 112 = 90%; 108 = 80%; 105 = 70%; 103 = 60%; 100 = 50%; 97 = 40%;

95 = 30%; 92 = 20%; 88 = 10%

By Quartiles: 125 = 99%; 107 = 75%; 100 = 50%; 93 = 25%

HOW TO INCREASE YOUR HQ

Study your SHAQ Results. Identify scales that may be areas of your life that you would like to improve. You can start you program to improve your HQ by (1) studying the questions to see why you scored the way you did and (2) follow the help links suggested under each scale to read more about how you can improve yourself in that area.

BETA WEIGHTS: Each scale score is multiplied by a BETA WEIGHT to get a weighted score [scales vary in how much they influence the overall HQ by their beta weights]. The beta weights are the value of the correlation coefficients (r) between that scale and the overall happiness outcome variable in our research study.

TO CALCULATE YOUR HQ SCORE:

1. Write YOUR SCALE/SUBSCALE RELATIVE-SCORE on the blank space beside each HQ scale. (From you scored answer sheet)
2. Multiply the beta weight X your scale score = weighted-score.
3. Add all the weighted scores together to get a TOTAL-WEIGHTED-SCORE.
4. Use the following formula to calculate your HQ score:
→ HQ-SCORE = 100 + [(TOTAL-WEIGHTED-SCORE - 13.3727) X (10 / 2.60388)]
 (See above for explanation of the meaning of the HQ-score.)

SCALE GROUP: VALUES-THEMES

DESCRIPTION: The 11 Value-Themes scales are the result of a factor and logical analysis of the original four scales Achievement-Status; Social-Family Related; Internal-Intrinsic; and Non-Dysfunctional Values-Themes.

SCALE SYMBOL: sT1HigherSelf

LABEL: sT1-HigherSelf-Integrity happy balance devel discpn phil HQ-BETA: 0.38

DESCRIPTION: Values self happiness, integrity, development, learning, discipline, self-sufficiency, independence, balance, and strong philosophy of life. This scale correlated .380 with overall happiness, .166 with low depression, .137 with low anxiety,.327 with low anger/aggression, .327 with the health scale, and .351 with overall relationship success, (10 items)

NUM-QUESTIONS: 10 SCALE-QUESTIONS: (THM6LEAR THM9SHAP THM14IND THM22BOD THM23BAL THMCOMPC THMINTEG THMPHIL THMSESUF THMSEDIS)

MEAN-SCORE: .749 WEIGHTED-SCORE [weight x scale-score] = 0.38 X SCORE (0-1.0): _____ = _____.

SCALE SYMBOL: sT2SocIntimNoFamScale

LABEL: sT2-SocialIntimacyNotFamily love/rom respect support agreeable HQ-BETA: 0.256

DESCRIPTION: Values intimacy, romance and being liked, respected, and supported. This scale correlated .256 with overall happiness, .251 with low anger/aggression, .279 with the health scale, and .357 with overall relationship success,(6 items)

NUM-QUESTIONS: 6 SCALE-QUESTIONS: (THM8ROMA THM12PLE THMRESPE THM20INT THMLIKED THMSUPPO)

MEAN-SCORE: .735 WEIGHTED-SCORE [weight x scale-score] = 0.256 X SCORE (0-1.0): _____ = _____.

SCALE SYMBOL: sT3FamCareScale

LABEL: sT3-Family-EmotionalSupport and care giving parental love-respect HQ-BETA: 0.406

DESCRIPTION: Care-giving. This scale correlated .406 with overall happiness, .154 with low depression, .110 with low anxiety,.217 with low anger/aggression, .294 with the health scale, and .426 with overall relationship success, (3 items)

NUM-QUESTIONS: 3 SCALE-QUESTIONS: (THMCAREG THMPARLV THMFAMIL)

MEAN-SCORE: .701 WEIGHTED-SCORE [weight x scale-score] = 0.406 X SCORE (0-1.0): _____ = _____.

SCALE SYMBOL: sT4SuccessStatusMater

LABEL: sT4-SuccessStatusIncomeMaterialism HQ-BETA: 0.295

DESCRIPTION: Values success, education, high income and possessions, respect, status, being a CEO, and completing important goals. This scale correlated .295 with overall happiness, .136 with low depression, .096 with low anxiety,.138 with low anger/aggression, .303 with the health scale, and .298 with overall relationship success,(8 items)

NUM-QUESTIONS: 9 SCALE-QUESTIONS: (THM3EDUC THM4MONE THM25POS THM26SUC THM30CEO THM33GOA THMRESPE THM1ACH THMRECOG)

MEAN-SCORE: .615 WEIGHTED-SCORE [weight x scale-score] = 0.295 X SCORE (0-1.0): _____ = _____.

SCALE SYMBOL: sT5-OrderPerfectionGoodness

LABEL: sT5-OrderPerfectionGoodness cleanliness justice simplicity punctual HQ-BETA: 0.31

DESCRIPTION: Values goodness, beauty, idealism, orderliness, perfection, organization, justice, simplicity, cleanliness, wholeness. This scale correlated .310 with overall happiness, .102 with low depression, .214 with low anger/aggression, .278 with the health scale, and .338 with overall relationship success, (7 items)

NUM-QUESTIONS: 8 SCALE-QUESTIONS: (THMORDER THMCLEAN THMPERFE THMJUSTI THMSIMPL THMBEAUT THMGOODN THMWHOLE)

MEAN-SCORE: .649 WEIGHTED-SCORE [weight x scale-score] = 0.31 X SCORE (0-1.0): _____ = _____.

SCALE SYMBOL: sT6GodSpiritRelig

LABEL: sT6-GodSpiritualReligion HQ-BETA: 0.302

DESCRIPTION: Values spiritual intimacy, God, religion, obedience to God. This scale correlated .302 with overall happiness, .126 with low depression, .137 with low anxiety,.103 with low anger/aggression, .224 with the health scale, and .269 with overall relationship success, (4 items)

NUM-QUESTIONS: 4 SCALE-QUESTIONS: (THMOBGOD THMRELGD THMSPIRI THMRELIG)

MEAN-SCORE: .555 WEIGHTED-SCORE [weight x scale-score] = 0.302 X SCORE (0-1.0): _____ = _____.

SCALE SYMBOL: sT7ImpactChallengeExplor

LABEL: sT7-ImpactContributionMentalChallenge-exploration HQ-BETA: 0.347

DESCRIPTION: Values giving, impact on world, mental challenge, exploration, uniqueness, and diversity. This scale correlated .347 with overall happiness, .136 with low depression, .133 with low anxiety,.296 with low anger/aggression, .277 with the health scale, and .326 with overall relationship success, (6 items)

NUM-QUESTIONS: 7 SCALE-QUESTIONS: (THM100TH THMIMPAC THM28CRE THMMENCH THM34EXP THMUNIQUE THMCREAT)

MEAN-SCORE: .672 WEIGHTED-SCORE [weight x scale-score] = 0.347 X SCORE (0-1.0): _____ = _____.

SCALE SYMBOL: sT8AttentionFunEasy

LABEL: sT8-AttentionFunEasy playful adventure HQ-BETA: 0.311

DESCRIPTION: Values adventure, play, attention, fun, effortlessness. This scale correlated .311 with overall happiness, .106 with low depression, .101 with low anxiety,.192 with low anger/aggression, .247 with the health scale, and .335 with overall relationship success, (4 items)

NUM-QUESTIONS: 0 SCALE-QUESTIONS: (THMATTEN THM5ADVE THMEFORT THMPLAYF)

MEAN-SCORE: 100 WEIGHTED-SCORE [weight x scale-score] = 0.311 X SCORE (0-1.0): _____ = _____.

SCALE SYMBOL: sT9ValueSelfAllUncond

LABEL: sT9-ValueSelf-AllUnconditionally HQ-BETA: 0.461

DESCRIPTION: Unconditional valuing of self and others--A key HQ scale. This scale correlated .461 with overall happiness, .276 with low depression, .209 with low anxiety,.311 with low anger/aggression, .232 with the health scale, and .336 with overall relationship success, (2 items)

NUM-QUESTIONS: 4 SCALE-QUESTIONS: (THVUNCON THVSEFW THVSELFA THMUNCON)

MEAN-SCORE: .560 WEIGHTED-SCORE [weight x scale-score] = 0.461 X SCORE (0-1.0): _____ = _____.

SCALE SYMBOL: sT10OvercmProbAcceptSelf

LABEL: sT10-OvercomeProblems-AcceptAllofSelf HQ-BETA: 0.185

DESCRIPTION: Values overcoming problems, self-protection, and personal healing. This scale correlated .185 with overall happiness, .135 with low anger/aggression, .168 with the health scale, and .209 with overall relationship success, (2 items)

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (THMSPROT THMPHURT)

MEAN-SCORE: .585 WEIGHTED-SCORE [weight x scale-score] = 0.185 X SCORE (0-1.0): _____ = _____.

SCALE SYMBOL: sT11DutyPunctual

LABEL: sT11-DutyPunctuality HQ-BETA: 0.265

DESCRIPTION: Values duty, obligation, and punctuality. This scale correlated .265 with overall happiness, .097 with low depression, .155 with low anger/aggression, .264 with the health scale, and .264 with overall relationship success, (2 items)

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (THMPUNCT THMOBLIG)

MEAN-SCORE: 582 WEIGHTED-SCORE [weight x scale-score] = 0.265 X SCORE (0-1.0): _____ = _____.

SCALE GROUP: BELIEFS

DESCRIPTION: These scales are almost exactly from items originally presented in the book and were supported by factor analytic study.

SCALE SYMBOL: sworldview

LABEL: s-Positive world view HQ-BETA: NOT-HQ-SCALE

DESCRIPTION: Optimism about the future of the world and own life, lack of entitlement thinking, plus daily positive versus negative thoughts. How constructively and positively you view the world and the future can significantly affect motivation, relationships, happiness, and success in most life areas.

Living life with a sense of gratitude (versus a sense of entitlement and deprivation) may be one of the most important factors for happiness. It correlates .687 with happiness, .528 with low depression, .375 with low anxiety, .235 with low anger/aggression, .384 with relationship success, .233 with positive health outcomes. (10 items)

NUM-QUESTIONS: 10 SCALE-QUESTIONS: (WOVPROGR WOVGOODF WOVMYLIF WOVNFAIR TBVENTIT WOVINJUR WOVABUND TBVGRATI WOVENTIT WOVGRATE WOVPOSTH)

MEAN-SCORE: .624 RELATIVE-SCALE SCORE (0-1.0): _____ (Information only: Only this scale's SUBSCALES BELOW used in HQ calculations.)

>> SUBSCALE of SCALE: s-Positive world view; SCALE-SYMBOL: SWORLDVIEW

SCALE SYMBOL: sswvgratpt

LABEL: sswv-Grateful abundance beliefs HQ-BETA: 0.722

DESCRIPTION: High gratitude for life and whatever one has; high proportion of positive thoughts. (5 items). Had best correlation with overall happiness of any scale (0.722). Also correlated 0.574 with low depression, 0.445 with low anxiety, and 0.356 with low anger/aggression.

NUM-QUESTIONS: 5 SCALE-QUESTIONS: (TBVGRATI WOVABUND WOVGRATE)

MEAN-SCORE: .668 WEIGHTED-SCORE [weight x scale-score] = 0.722 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: s-Positive world view; SCALE-SYMBOL: SWORLDVIEW

SCALE SYMBOL: sswvoptims

LABEL: sswv-Optimism about self and world HQ-BETA: 0.543

DESCRIPTION: Optimism about self and the world. Good forces in control. Optimism increases motivation, energy, and positive thoughts. (3 items). Correlated .543 with happiness, .354 with low depression, .284 with low anxiety, and .265 with low anger/aggression.

NUM-QUESTIONS: 4 SCALE-QUESTIONS: (WOVPROGR WOVGOODF WOVMYLIF WOVPOSTH)

MEAN-SCORE: 641 WEIGHTED-SCORE [weight x scale-score] = 0.543 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: s-Positive world view; SCALE-SYMBOL: SWORLDVIEW

SCALE SYMBOL: sswventit

LABEL: sswv-NotEntitlement beliefs HQ-BETA: 0.157

DESCRIPTION: Not believing that person owed either the basic necessities or a high standard of living. Don't feel entitled to anything in life. Belief all we receive is a bonus.. (2 items). Correlated .157 with happiness, .164, with low depression, .185 with low anxiety, and .266 with low anger/aggression.

NUM-QUESTIONS: 0 SCALE-QUESTIONS: (TBVENTIT WOVNFAIR WOVINJUR WOVENTIT)

MEAN-SCORE: .496 WEIGHTED-SCORE [weight x scale-score] = 0.157 X SCORE (0-1.0): _____ = _____.

SCALE SYMBOL: stbslfwo

LABEL: s-Self-worth beliefs HQ-BETA: NOT-HQ-SCALE.

DESCRIPTION: A key HQ scale. Degree to which one accepts/values all parts of one's self and others not contingent on others' individual characteristics or behaviors. Unconditionally valuing yourself and others means that an important part of a person's worth is not dependent upon their success, income, appearance, personality, ethnic group, morality, or any other quality. Self-worth is the

unconditional aspect of self-esteem. It differs from self-confidence which is the aspect conditional upon success or other factors. It correlates .391 with overall happiness, .283 with low depression, .260 with low anxiety,.300 with low anger/aggression.

NUM-QUESTIONS: 12 SCALE-QUESTIONS: (TBVOTHFI TBVLIKED TBVWEAK TBVBEST TBVRULES TBVWINNE TBVBALAN TBVHAPCA THVSELFA THVUNCON THVSELFW)

MEAN-SCORE: .595 WEIGHTED-SCORE [weight x scale-score] = NOT-HQ-SCALE. X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: s-Self-worth beliefs; SCALE-SYMBOL: STBSLFWO

SCALE SYMBOL: ssswNonCont

LABEL: sssw-Not contng or dysf SelfWorth HQ-BETA: 0.364

DESCRIPTION: Self-worth based upon being human and internal qualities--not based upon being liked, strong, the best, living by the rules, being a winner, or any other conditional or external factor. (6 items).

NUM-QUESTIONS: 6 SCALE-QUESTIONS: (TBVOTHFI TBVLIKED TBVWEAK TBVBEST TBVRULES TBVWINNE)

MEAN-SCORE: .655 WEIGHTED-SCORE [weight x scale-score] = 0.364 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: s-Self-worth beliefs; SCALE-SYMBOL: STBSLFWO

SCALE SYMBOL: ssswHapAllGrat

LABEL: sssw-HigherSelf--MaxLoveHapBal-Grat HQ-BETA: 0.567

DESCRIPTION: Value love and happiness for self and all others, gratitude, and make decisions to maximize happiness balancing it across time and people.(5 items). Correlated .567 with happiness, .328, with low depression,.247 with low anxiety, and .360 with low anger/aggression.

NUM-QUESTIONS: 5 SCALE-QUESTIONS: (TBVBALAN TBVHAPCA TBVGRATI THVUNCON THVSELFW)

MEAN-SCORE: .573 WEIGHTED-SCORE [weight x scale-score] = 0.567 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: s-Self-worth beliefs; SCALE-SYMBOL: STBSLFWO

SCALE SYMBOL: ssswAcAllSelf

LABEL: sssw-Accept all of self 1 HQ-BETA: 0.16

DESCRIPTION: Accepting and valuing all parts of oneself including dysfunctional parts and parts not consistent with overall self-image, values, etc. even though may be trying to change them. Not anger at self parts or repression of them.(1 item).

NUM-QUESTIONS: 1 SCALE-QUESTIONS: (THVSELFA)

MEAN-SCORE: .343 WEIGHTED-SCORE [weight x scale-score] = 0.16 X SCORE (0-1.0): _____ = _____.

SCALE SYMBOL: siecontr

LABEL: s-Int-Ext control beliefs HQ-BETA: NOT-HQ-SCALE

DESCRIPTION: Degree of self-sufficiency and responsibility one takes for his/her own life, health, and happiness without undue influence from others. More internal direction, planning, and self-control versus influence by others or external forces. Internal control correlates .357 with overall happiness, .366 with low depression, .393 with low anxiety, .255 with low anger/aggression.

Believing that you are in control of your own emotions, behavior, likes and dislikes, and your life increases internal control. Making your own decisions and plans and giving adequate priority to your own needs also helps. (7 items)

NUM-QUESTIONS: 7 SCALE-QUESTIONS: (IECSELFS IECICONT IECGENET IECPEOPL IECDEPEN IECCOFEE IECCOPRB)

MEAN-SCORE: 616 RELATIVE-SCALE SCORE (0-1.0): _____ (Information only: Only this scale's SUBSCALES BELOW used in HQ calculations.)

>> SUBSCALE of SCALE: s-Int-Ext control beliefs; SCALE-SYMBOL: SIECONTR

SCALE SYMBOL: ssieautony

LABEL: ssie Autonomy independence HQ-BETA: 0.553

DESCRIPTION: Autonomy, independence from being controlled by others. Belief in taking care of self, controlling own happiness, not dependent upon one person (3 items). Correlated .553 with happiness, .438, with low depression,.434 with low anxiety, and .367 with low anger/aggression.

NUM-QUESTIONS: 3 SCALE-QUESTIONS: (IECSELFS IECICONT IECDEPEN)

MEAN-SCORE: .702 WEIGHTED-SCORE [weight x scale-score] = 0.553 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: s-Int-Ext control beliefs; SCALE-SYMBOL: SIECONTR

SCALE SYMBOL: ssiencodep

LABEL: ssie-Not codependent HQ-BETA: 0.213

DESCRIPTION: Not codependent or taken advantage of by others you help. Not care for others and neglect self or give too much more than others do for you. (3 items) Correlated .213 with happiness, .230, with low depression, .283 with low anxiety, and .243 with low anger/aggression.

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (IECCOFEE IECCOPRB)

MEAN-SCORE: .538 WEIGHTED-SCORE [weight x scale-score] = 0.213 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: s-Int-Ext control beliefs; SCALE-SYMBOL: SIECONTR

SCALE SYMBOL: ssienother

LABEL: ssie-Not care-provider for other HQ-BETA: 0.246

DESCRIPTION: Belief that person has primary/direct control of own happiness and other emotions--not controlled by primarily heredity, environment, or others (2 Items).

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (IECPEOPL IECGENET)

MEAN-SCORE: .565 WEIGHTED-SCORE [weight x scale-score] = 0.246 X SCORE (0-1.0): _____ = _____.

SCALE SYMBOL: sethbel

LABEL: sethbel HQ-BETA: NOT-HQ-SCALE

DESCRIPTION: Ethics philosophers and religions agree on many general principles. It is generally agreed that better ethics are based more on absolute principles and wholes such as humanity, nature, or God rather than on more specific or situational aspects such as self, family, or any group. An ethical system that judges people more on their inner qualities and assumes some basic inner goodness and inherent value in all people. It includes questions about astrology (very much frowned upon by philosophers, scientists, and religion) and life after death (a common belief). Many people base their ethics on the rewards they expect after death. (14 items). This scale correlated 0.459 with overall happiness, 0.306 with low depression, 0.336 with low anxiety, and 0.463 with low anger/aggression.

NUM-QUESTIONS: 14 SCALE-QUESTIONS: (TB2RELAT TB2PUNIS TBV2NOTR TB2GROUM TB2SELFM TB2GDWRK TB2GDATT TB2ALLGD TB2REASO TBV2ASTR TB2IDHUM TB2LIFAD TB2MOVEM TBV2CORE)

MEAN-SCORE: 0.62 RELATIVE-SCALE SCORE (0-1.0): _____ (Information only: Only this scale's SUBSCALES BELOW used in HQ calculations.)

>> SUBSCALE of SCALE: sethbel; SCALE-SYMBOL: SETHBEL

SCALE SYMBOL: ssb2Ethic

LABEL: ssb2-Ethics grounded in abstract absolutes HQ-BETA: 0.346

DESCRIPTION: Ethics based upon abstract absolutes versus relativism. Philosophical beliefs guide daily life. Believe we are ethically responsible even if bad genes or environment. Science/reason alone not enough to guide ethics. (4 items). Correlated .346 with happiness, .266, with low depression, .294 with low anxiety, and .373 with low anger/aggression.

NUM-QUESTIONS: 4 SCALE-QUESTIONS: (TB2RELAT TBV2NOTR TB2REASO TBV2CORE)

MEAN-SCORE: .672 WEIGHTED-SCORE [weight x scale-score] = 0.346 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: sethbel; SCALE-SYMBOL: SETHBEL

SCALE SYMBOL: ssb2Forgiv

LABEL: ssb2-Forgiving-egalitarian HQ-BETA: 0.282

DESCRIPTION: Highly forgiving of others, egalitarian/democratic beliefs. Forgiveness based upon inner qualities not based upon good works. Not believe bad only happens to bad (2 items). Correlated .282 with happiness, .216, with low depression, .294 with low anxiety, and .378 with low anger/aggression.

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (TB2PUNIS TB2GDWRK)

MEAN-SCORE: .751 WEIGHTED-SCORE [weight x scale-score] = 0.282 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: sethbel; SCALE-SYMBOL: SETHBEL

SCALE SYMBOL: ssb2IDgrnd

LABEL: ssb2-Identify with abstract whole HQ-BETA: 0.258

DESCRIPTION: Identify with abstract whole such as all humanity vs. a specific group (eg. family) or a specific role.(2 items).
Correlated .258 with happiness and .214 with low anger/aggression.

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (TB2IDHUM TB2MOVEM)

MEAN-SCORE: .412 WEIGHTED-SCORE [weight x scale-score] = 0.258 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: sethbel; SCALE-SYMBOL: SETHBEL

SCALE SYMBOL: ssb2GrndMng

LABEL: ssb2-Meaning from abstract absolutes HQ-BETA: 0.256

DESCRIPTION: Base meaning on abstract principles such as integrity, honesty, God, Nature, etc. instead of particular objects, events, or situational factors (eg. money, career, home, or other people). Correlated .256 with happiness, .225, with low depression,.264 with low anxiety, and .277 with low anger/aggression.

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (TB2GROUM TB2SELFM)

MEAN-SCORE: .624 WEIGHTED-SCORE [weight x scale-score] = 0.256 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: sethbel; SCALE-SYMBOL: SETHBEL

SCALE SYMBOL: ssb2InrGood

LABEL: ssb2-Inner goodness in all HQ-BETA: 0.327

DESCRIPTION: Belief in basic inner value and goodness in all people. Goodness depends more on attitude than behavior. (2 items).
Correlated .327 with happiness and .226 with low anger/aggression.

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (TB2GDATT TB2ALLGD)

MEAN-SCORE: .546 WEIGHTED-SCORE [weight x scale-score] = 0.327 X SCORE (0-1.0): _____ = _____.

SCALE SYMBOL: sgrfears

LABEL: s-Low greatest fears HQ-BETA: NOT-HQ-SCALE

DESCRIPTION: A key HQ scale. Low degree of common major fears such as illness, poverty, death, failure, rejection, and confidence in ability to overcome fears or circumstances. Fears are interesting to people per se. Your greatest fears reflect your top values and goals in life and are related to your happiness and success. The underlying fear is usually that one's greatest values/goals will be unsatisfied. Your underlying fears can be powerful sources of pain and avoidance motivation. Underlying fears give your little jolts of fear or anxiety daily as you get a thought that is related to them.

Overcoming these underlying fears can help you be less fearful and anxious the rest of your life! This scale correlates .462 with happiness, .417 with low depression, .375 with low anxiety, .241 with low anger/aggression. (12 items)

NUM-QUESTIONS: 12 SCALE-QUESTIONS: (WOVHAPPY WOVPOOR WOVILL WOVDEATH WOVALONE WOVNOLOV WOVLIKED WOVPERSO WOVPROBL WOVDISCO WOVSUCCE WOVOVERC)

MEAN-SCORE: .601 RELATIVE-SCALE SCORE (0-1.0): _____ (Information only: Only this scale's SUBSCALES BELOW used in HQ calculations.)

>> SUBSCALE of SCALE: s-Low greatest fears; SCALE-SYMBOL: SGRFEARS

SCALE SYMBOL: sswfsocial

LABEL: sswf-Not not-social or alone HQ-BETA: 0.492

DESCRIPTION: Low fear of being unwanted, alone, unloved, etc. (4 items). Correlated .492 with happiness, .444, with low depression,.366 with low anxiety, and .275 with low anger/aggression.

NUM-QUESTIONS: 4 SCALE-QUESTIONS: (WOVALONE WOVNOLOV WOVLIKED WOVPROBL)

MEAN-SCORE: .550 WEIGHTED-SCORE [weight x scale-score] = 0.492 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: s-Low greatest fears; SCALE-SYMBOL: SGRFEARS

SCALE SYMBOL: sswfself

LABEL: sswf-Not self-related fears HQ-BETA: 0.574

DESCRIPTION: Confidence can overcome worst fears/problems. Low fear of being overwhelmed by personal problems. (3 items)

NUM-QUESTIONS: 3 SCALE-QUESTIONS: (WOVPERSO WOVDISCO WOVOVERC)

MEAN-SCORE: .625 WEIGHTED-SCORE [weight x scale-score] = 0.574 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: s-Low greatest fears; SCALE-SYMBOL: SGRFEARS

SCALE SYMBOL: sswfpovfai

LABEL: sswf-Not poverty-failure fears HQ-BETA: 0.38

DESCRIPTION: Low fear of poverty, failure, lack of career success. (3 items)

NUM-QUESTIONS: 3 SCALE-QUESTIONS: (WOVHAPPY WOVPOOR WOVSUCCE)

MEAN-SCORE: .576 WEIGHTED-SCORE [weight x scale-score] = 0.38 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: s-Low greatest fears; SCALE-SYMBOL: SGRFEARS

SCALE SYMBOL: sswfilldea

LABEL: sswf-Not illness-death fears HQ-BETA: 0.221

DESCRIPTION: Low fear of illness or death. (2 items)

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (WOVILL WOVDEATH)

MEAN-SCORE: .702 WEIGHTED-SCORE [weight x scale-score] = 0.221 X SCORE (0-1.0): _____ = _____.

SCALE GROUP: LIFE SKILLS-CONFIDENCE

DESCRIPTION: The following scales cover cognitive-behavioral skill areas important to happiness and life success. The Self-Confidence scale is largely an overview consisting of items each covering broad skill areas.

SCALE SYMBOL: sslfconf

LABEL: s-Self-confidence areas HQ-BETA: NOT-HQ-SCALE

DESCRIPTION: A list of knowledge and skills areas was developed, and subjects were asked to rate their own confidence/skills for each area. The Self-Confidence scale measures the contingent, efficacy aspect of self-esteem. This scale has emerged as a separate factor from the other main scales in factor analytic studies. Your self-report ratings should reflect a combination of actual knowledge and skill and of confidence level. It is similar to the concept of self-efficacy.

Your life skills and self-confidence can be powerful factors in your success and happiness in many life areas--including your academic and career success. It correlated .629 with happiness, .421 with low depression, .351 with low anxiety, .186 with low anger/aggression, .367 with relationship success, .233 with positive health outcomes. (41 items)

NUM-QUESTIONS: 41 SCALE-QUESTIONS: (SLFLEARN SLFCRITT SLFRESEA SLFANALY SLFSYNTH SLFCREAT SLFCOMPU SLFBIOSC SLFNATSC SLFLIBAR SLFSOCSC SLFPHILR SLFPERFA SLFFINEA SLFBUSAN SLFHEAL2 SLFENGIN SLFEDUCH SLFIQ SLFDECMA SLFTIMEM SLFCOPE SLFSELF4 SLFSELM SLFACHAN SLFMANA6 SLFHEAL3 SLFMEETP SLFLISTE SLFSELF5 SLFCONFL SLFPERSU SLFMANA7 SLFHELPS SLFSPEAK SLFJOBSE SLFADAPT SLFHAPPY SLFOPTIM SLFFRIEN SLFINDEP)

MEAN-SCORE: .682 RELATIVE-SCALE SCORE (0-1.0): _____ (Information only: Only this scale's SUBSCALES BELOW used in HQ calculations.)

>> SUBSCALE of SCALE: s-Self-confidence areas; SCALE-SYMBOL: SSLFCONF

SCALE SYMBOL: sssclearn

LABEL: sssc-SelfConf-Learning HQ-BETA: 0.408

DESCRIPTION: Confidence in own intelligence, learning, study skills, analytical thinking, synthesis, research methodology, computer-related, and critical thinking. (7 items)

NUM-QUESTIONS: 7 SCALE-QUESTIONS: (SLFLEARN SLFCRITT SLFRESEA SLFANALY SLFSYNTH SLFCOMPU SLFIQ)

MEAN-SCORE: .801 WEIGHTED-SCORE [weight x scale-score] = 0.408 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: s-Self-confidence areas; SCALE-SYMBOL: SSLFCONF

SCALE SYMBOL: ssscscopopt

LABEL: sssc-SelfConf-PosAchCopeRelate HQ-BETA: 0.74

DESCRIPTION: Confidence/skills of optimistic-assertive engagement for both people and nonpeople tasks. Achievement motivation, work habits, emotional control, optimism, self-disclosure, and caring conflict resolution. (6 items)

NUM-QUESTIONS: 6 SCALE-QUESTIONS: (SLFSELF4 SLFCOPE SLFSELF5 SLFCONFL SLFOPTIM SLFFRIEN)

MEAN-SCORE: .623 WEIGHTED-SCORE [weight x scale-score] = 0.74 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: s-Self-confidence areas; SCALE-SYMBOL: SSLFCONF

SCALE SYMBOL: ssscsmsmsd

LABEL: sssc-SelfConf-self control discipline develop HQ-BETA: 0.668

DESCRIPTION: Confidence/skills in self control, self-discipline, and self-development. Good decision-making and planning, time-management in all areas of self-development/change, finances, self-discipline, health, etc. (7 items).

NUM-QUESTIONS: 7 SCALE-QUESTIONS: (SLFDECMA SLFTIMEM SLFSELM SLFACHAN SLFMANA6 SLFHEAL3 SLFINDEP)

MEAN-SCORE: .657 WEIGHTED-SCORE [weight x scale-score] = 0.668 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: s-Self-confidence areas; SCALE-SYMBOL: SSLFCONF

SCALE SYMBOL: ssscinterp

LABEL: sssc-SelfConf-Career interpersonal skills HQ-BETA: 0.577

DESCRIPTION: Confidence/skills in career-related interpersonal skills. Managing others, persuasion, meeting people, public speaking, and adaptability (7 items).

NUM-QUESTIONS: 7 SCALE-QUESTIONS: (SLFADAPT SLFMEETP SLFPERSU SLFMANA7 SLFBUSAN SLFSPEAK SLFJOBSE)

MEAN-SCORE: .657 WEIGHTED-SCORE [weight x scale-score] = 0.577 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: s-Self-confidence areas; SCALE-SYMBOL: SSLFCONF

SCALE SYMBOL: ssscalthelp

LABEL: sssc-SelfConf-Helping skills HQ-BETA: 0.48

DESCRIPTION: Confidence/skills for counseling or teaching others. Knowledge of philosophy, religion, and social science and helping, counseling, teaching interpersonal skills. (6 Items)

NUM-QUESTIONS: 6 SCALE-QUESTIONS: (SLFSOCSC SLFPILR SLFLIBAR SLFEDUCH SLFLISTE SLFHELPS)

MEAN-SCORE: .740 WEIGHTED-SCORE [weight x scale-score] = 0.48 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: s-Self-confidence areas; SCALE-SYMBOL: SSLFCONF

SCALE SYMBOL: ssscscience

LABEL: sssc-SelfConf-Natural science HQ-BETA: 0.318

DESCRIPTION: Confidence/skills in natural science knowledge and reasoning including physics, chemistry, biology, and engineering (4 items).

NUM-QUESTIONS: 4 SCALE-QUESTIONS: (SLFBIOSC SLFNATSC SLFHEAL2 SLFENGIN)

MEAN-SCORE: .583 WEIGHTED-SCORE [weight x scale-score] = 0.318 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: s-Self-confidence areas; SCALE-SYMBOL: SSLFCONF

SCALE SYMBOL: ssscartcre

LABEL: sssc-SelfConf-Art creative HQ-BETA: 0.349

DESCRIPTION: Fine and performing arts, and creative thinking (3 items)

NUM-QUESTIONS: 3 SCALE-QUESTIONS: (SLFCREAT SLFPERFA SLFFINEA)

MEAN-SCORE: .659 WEIGHTED-SCORE [weight x scale-score] = 0.349 X SCORE (0-1.0): _____ = _____.

SCALE SYMBOL: sselfman

LABEL: s-Self-management skills HQ-BETA: NOT-HQ-SCALE

DESCRIPTION: A key HQ scale. Skills related to self-care, decision-making, goal-setting, and time-management including leading a balanced life and attending to all main need/value areas. Many items are based upon OPATSM time-management system. Research shows that these vital skills are related to a more successful and happier life in almost all life areas. This scale correlated .606 with overall life happiness, .297 with low depression, .365 with relationship success, and over .30 with job status. (15 items)

NUM-QUESTIONS: 15 SCALE-QUESTIONS: (SMTBUSY SMTFUTUR SMTEXERC SMTEATH SMTSLEEP SMTSDEVE SMTNPROC SMTPTODO SMTGOALS SMTSCHD SMT2DTOD SMTACMPL SMTGHELP SMTBALAN SMTHABCH)

MEAN-SCORE: .537 RELATIVE-SCALE SCORE (0-1.0): _____(Information only: Only this scale's SUBSCALES BELOW used in HQ calculations.)

>> SUBSCALE of SCALE: s-Self-management skills; SCALE-SYMBOL: SSELFMAN

SCALE SYMBOL: sssmTimeManGoalSet

LABEL: sssm-Time management-OPATSM HQ-BETA: 0.411

DESCRIPTION: Using a good self-management system. Time management/goal-setting/decision-making Frequent sessions prioritizing goals and writing daily task lists for each life area. Breaking large projects into organized, scheduled tasks. (5 items)

NUM-QUESTIONS: 5 SCALE-QUESTIONS: (SMTFUTUR SMTPTODO SMTGOALS SMTSCHD SMT2DTOD)

MEAN-SCORE: .505 WEIGHTED-SCORE [weight x scale-score] = 0.411 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: s-Self-management skills; SCALE-SYMBOL: SSELFMAN

SCALE SYMBOL: sssmAccompLoRush

LABEL: sssm-Busy,accomplishment,efficient HQ-BETA: 0.553

DESCRIPTION: Accomplishment: busy, efficient task completion without feeling too rushed or pressured. (2 items)

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (SMTBUSY SMTACMPL)

MEAN-SCORE: .494 WEIGHTED-SCORE [weight x scale-score] = 0.553 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: s-Self-management skills; SCALE-SYMBOL: SSELFMAN

SCALE SYMBOL: sssmSelfDevel

LABEL: sssm-Self-develop, take advice,habit chng HQ-BETA: 0.558

DESCRIPTION: Self-development habits and skills including taking advice and self-change program(s).(3 Items)

NUM-QUESTIONS: 3 SCALE-QUESTIONS: (SMTSDEVE SMTGHELP SMTHABCH)

MEAN-SCORE: .647 WEIGHTED-SCORE [weight x scale-score] = 0.558 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: s-Self-management skills; SCALE-SYMBOL: SSELFMAN

SCALE SYMBOL: sssmHealthHabs

LABEL: sssmHealthHabits HQ-BETA: 0.46

DESCRIPTION: Health habits. Research has shown that your nutritional, exercise, sleep, substance abuse, safety and risk-taking habits, and stress management can have very large effects upon your health and life span. (3 Items)

NUM-QUESTIONS: 3 SCALE-QUESTIONS: (SMTEXERC SMTEATH SMTSLEEP)

MEAN-SCORE: .558 WEIGHTED-SCORE [weight x scale-score] = 0.46 X SCORE (0-1.0): _____ = _____.

SCALE SYMBOL: semotcop

LABEL: s-Emotional coping skills HQ-BETA: NOT-HQ-SCALE

DESCRIPTION: A key HQ scale. How you habitually react to emotionally stressful situations. What do you do when you are upset? This scale correlates .683 with overall happiness, .578 with low depression, .466 with low anxiety, .374 with low anger/aggressiveness, and .314 with good, intimate personal relationships. It is also a moderate predictor of academic and career success. (20 items)

NUM-QUESTIONS: 20 SCALE-QUESTIONS: (COPNEGTH COPCOPEA COPPSOLV COPAVOPS COPEMOTA COPBLAME COPWDRW COPFUN COPTALKS COPPEPTA COPSMOKE COPDRUG COPPE COPNEGPH COPSELFB COPPOSPH COPEXPEC COPHAPPY COPAVOAT COPSELFE)

MEAN-SCORE: .585 RELATIVE-SCALE SCORE (0-1.0): _____(Information only: Only this scale's SUBSCALES BELOW used in HQ calculations.)

>> SUBSCALE of SCALE: s-Emotional coping skills; SCALE-SYMBOL: SEMOTCOP

SCALE SYMBOL: sscpProbSolv

LABEL: sscp-Prob solve talk,selfexpl,expect HQ-BETA: 0.491

DESCRIPTION: When upset, face problem now and use positive problem-solving to overcome it. Face, explore, and discuss problems. (4 items)

NUM-QUESTIONS: 4 SCALE-QUESTIONS: (COPPSOLV COPTALKS COPEXPEC COPSELFE)

MEAN-SCORE: .599 WEIGHTED-SCORE [weight x scale-score] = 0.491 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: s-Emotional coping skills; SCALE-SYMBOL: SEMOTCOP

SCALE SYMBOL: sscpPosThoughts

LABEL: sscp-Pos thoughts-phil, pep talk HQ-BETA: 0.577

DESCRIPTION: When upset, think positive thoughts. Positive; not critical, punitive, or negative thoughts in response to negative emotions. (2 items)

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (COPNEGTH COPPEPTA)

MEAN-SCORE: .477 WEIGHTED-SCORE [weight x scale-score] = 0.577 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: s-Emotional coping skills; SCALE-SYMBOL: SEMOTCOP

SCALE SYMBOL: sscpPosActs

LABEL: sscp-Pos acts,fun,exercise HQ-BETA: 0.362

DESCRIPTION: When upset, do positive, constructive activities such as complete problem-related or other involving tasks, have fun, exercise, etc. (2 items)

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (COPFUN COPPE)

MEAN-SCORE: .457 WEIGHTED-SCORE [weight x scale-score] = 0.362 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: s-Emotional coping skills; SCALE-SYMBOL: SEMOTCOP

SCALE SYMBOL: sscpNoBlameAngerWDraw

LABEL: sscp-Not anger,blame,withdraw HQ-BETA: 0.492

DESCRIPTION: When upset, don't get angry, too critical, or blame self or others or withdraw. (5 items)

NUM-QUESTIONS: 5 SCALE-QUESTIONS: (COPEMOTA COPBLAME COPWDRW COPNEGPH COPSELFB)

MEAN-SCORE: .580 WEIGHTED-SCORE [weight x scale-score] = 0.492 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: s-Emotional coping skills; SCALE-SYMBOL: SEMOTCOP

SCALE SYMBOL: sscpNotSmokDrugMed

LABEL: sscp-Not smoke,drugs HQ-BETA: 0.192

DESCRIPTION: When upset, don't smoke, drink alcohol, or take drugs. (2 items)

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (COPSMOKE COPDRUG)

MEAN-SCORE: .791 WEIGHTED-SCORE [weight x scale-score] = 0.192 X SCORE (0-1.0): _____ = _____.

>> SUBSCALE of SCALE: s-Emotional coping skills; SCALE-SYMBOL: SEMOTCOP

SCALE SYMBOL: sscpNotEat

LABEL: sscp-Not eat 1 HQ-BETA: 0.2

DESCRIPTION: When upset, don't eat to feel better. (1 item)

NUM-QUESTIONS: 1 SCALE-QUESTIONS: (COPCOPEA)

MEAN-SCORE: .665 WEIGHTED-SCORE [weight x scale-score] = 0.2 X SCORE (0-1.0): _____ = _____.

SCALE GROUP: INTERPERSONAL ATTRIBUTES

DESCRIPTION: These interpersonal scales were part of the Stevens Relationship Questionnaire (SRQ) and have previous validating evidence from an earlier studies. Most items on these scales were originally taken from materials developed for assertion training and marital relationship workshops, and had been clinically tested on hundreds of consumers.

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SCALE SYMBOL: IntSS1aAssertCR

LABEL: IntSS1a-AssertiveConfRes HQ-BETA: 0.463

DESCRIPTION: A key HQ scale: democratic, assertive communication and conflict resolution. Seeks win-win solutions to conflicts, with clear, caring, understanding, non-defensive, calm, persistent, honest, friendly, non-threatening behaviors. Finding and resolving the basic, underlying issues is very important. You ability to resolve differences with others is a critical component of any good, lasting relationship from work to marriage. It is a vital skill in many professional situations. Our research shows a correlation of

more than .70 between this scale and marital relationship happiness and .365 with overall relationship success. It also correlated .463 with overall happiness, .236 with low depression, .202 with low anxiety, .355 with low anger/aggression, .306 with positive health. A low score may predict a series of relationships that end in conflict or being left. (13 items)

NUM-QUESTIONS: 14 SCALE-QUESTIONS: (CR1ISSUE CRRESOLV CRNTHREA CRUNDERL CRWINWIN CRLONGTK CRSUMMAR CRCPRAIS CRBOASSR CROPHONE CRANGRES CRTLKMOR CREQWIN INTUNDRL)

MEAN-SCORE: .563 WEIGHTED-SCORE [weight x scale-score] = 0.463 X SCORE (0-1.0): _____ = _____.

SCALE SYMBOL: IntSS1bOpenHon

LABEL: IntSS1bIntimateOpenHonest HQ-BETA: 0.503

DESCRIPTION: A key HQ scale: Open, Honest, Communication and Goal Harmony. Reveal most private and sensitive thoughts and feelings regularly, shared goals, and feelings of relationship commitment. This scale correlated over .70 with marital satisfaction and .435 with overall relationship success. .503 with overall happiness, .289 with low depression, .230 with low anxiety, .302 with low anger/aggression, and .293 with the health scale. Intimacy is a critical part of any truly close relationship--especially marital relationships. (10 items)

NUM-QUESTIONS: 10 SCALE-QUESTIONS: (INTTELAL INTSMGOA INTEQDEC INTIOPEN INTWEOPN INTDAILY INTALLOP INTKNPFE INCOMTWO)

MEAN-SCORE: .643 WEIGHTED-SCORE [weight x scale-score] = 0.503 X SCORE (0-1.0): _____ = _____.

SCALE SYMBOL: IntSS2Romanc

LABEL: IntSS2-Romantic=sromanc HQ-BETA: 0.394

DESCRIPTION: Romantic attraction, playful, romantic surprises, fantasize about partner, go to romantic places, have special celebrations together. It correlates .267 with relationship success, .394 with overall happiness, .173 with low depression, and .238 with low aggression. (7 items)

NUM-QUESTIONS: 7 SCALE-QUESTIONS: (ROMSURPR ROMFANTA ROMCELEB ROMPLACE ROMATTRA ROMPLAYF ROMCHARM)

MEAN-SCORE: .615 WEIGHTED-SCORE [weight x scale-score] = 0.394 X SCORE (0-1.0): _____ = _____.

SCALE SYMBOL: IntSS3LibRole

LABEL: IntSS3-LiberatedRoles=slibrole HQ-BETA: 0.166

DESCRIPTION: Equality in decisions, roles, chores/tasks, career priority, some non-stereotypical role behaviors. Our research seems to show that people in relationships with more liberated roles may be happier. However, people with traditional male-female relationship views can be happy if both partners agree on these views and the male makes decisions adequately taking into account his/her partner's desires and needs. It correlated .166 with overall happiness, .182 with low anxiety, and .292 with low anger/aggression. (7 items)

NUM-QUESTIONS: 7 SCALE-QUESTIONS: (LROMTASK LROFTASK LRMFINAL LROEMBAR LROMSTRO LROEQINC LRCARCON)

MEAN-SCORE: .703 WEIGHTED-SCORE [weight x scale-score] = 0.166 X SCORE (0-1.0): _____ = _____.

SCALE SYMBOL: IntSS4LoveRes

LABEL: IntSS4-Love Respect HQ-BETA: 0.476

DESCRIPTION: Valuing Your Partner--A key HQ scale. Love, respect, cheerfully do favors for, praise more than criticize partner. Feel free when partner home, feel committed not trapped. This Love and Respect scale correlated .425 with overall relationship success. .476 with overall happiness, .289 with low depression, .268 with low anxiety, .432 with low anger/aggression, and .295 with the health scale. Love and Respect is a critical part of any truly close relationship--especially marital relationships. (9 items)

NUM-QUESTIONS: 7 SCALE-QUESTIONS: (CRIFAVOR CRIFOLUP INTCOMIT INTRESPT INTLSQPR INTLOVE INNEVARG)

MEAN-SCORE: .751 WEIGHTED-SCORE [weight x scale-score] = 0.476 X SCORE (0-1.0): _____ = _____.

SCALE SYMBOL: IntSS5Indep

LABEL: IntSS5-Rel Independ HQ-BETA: 0.379

DESCRIPTION: Autonomy within committed relationship. Partners feeling encouraged and free to pursue own interests and friendships. Each enjoy being alone, having partially separate funds, and believing they could be happy with another person if

necessary. Value individual happiness over marriage per se. This scale correlated .215 with overall relationship success, .379 with overall happiness, .288 with low depression, .308 with low anxiety, .389 with low anger/aggression, and .296 with the health scale. (11 items)

NUM-QUESTIONS: 15 SCALE-QUESTIONS: (INRLUNCH INRINHAP INRIGROW INRSAYWE INDIFGOA INFINDAN INENALON INOKALON INRHATEA INSEPINT INRMONEY INRBEALN INALCNST INRFREEH INRFRIEN)

MEAN-SCORE: .676 WEIGHTED-SCORE [weight x scale-score] = 0.379 X SCORE (0-1.0): _____ = _____.

SCALE SYMBOL: IntSS6PosSup

LABEL: IntSS6-Positive Supportive Com HQ-BETA: 0.421

DESCRIPTION: A key HQ scale. Supportive of partner even during disagreements, rarely use negative labels, exaggerations, threats, anger. If one partner gets angry, other usually uses deescalating response. This scale correlated .272 with overall relationship success, .421 with overall happiness, .275 with low depression, .267 with low anxiety, .538 with low anger/aggression, and .307 with the health scale. Note the large correlation with low anger and aggression. (7 items)

NUM-QUESTIONS: 8 SCALE-QUESTIONS: (CRNTHREA CRNNEGLB CREXAGGR CRANGANG CRIPRAIS CRANGRES INDIFDEC INSTSHLP)

MEAN-SCORE: .598 WEIGHTED-SCORE [weight x scale-score] = 0.421 X SCORE (0-1.0): _____ = _____.

SCALE SYMBOL: IntSS7Collab

LABEL: IntSS7-Collaborative HQ-BETA: 0.406

DESCRIPTION: A key HQ scale. Neither partner manipulating or controlling. Partners feel safe revealing weaknesses. Can work together or teach each other effectively. This scale correlated .317 with overall relationship success, .406 with overall happiness, .268 with low depression, .235 with low anxiety, .328 with low anger/aggression, and .271 with the health scale. (7 items)

NUM-QUESTIONS: 7 SCALE-QUESTIONS: (CRTKLONG CRTEWEAK CRMANIPU CRREPRAI CRTEACH CRTLKMOR INTWKTOG)

MEAN-SCORE: .562 WEIGHTED-SCORE [weight x scale-score] = 0.406 X SCORE (0-1.0): _____ = _____

Section 3: Scoring Information for Outcome, Academic-Learning, And Career/Major Interest Scales

SUCCESS AND HAPPINESS ATTRIBUTES QUESTIONNAIRE (SHAQ)

SCORING INFORMATION

For OUTCOME, ACADEMIC-LEARNING, AND CAREER/MAJOR INTEREST SCALES

Tom G. Stevens PhD

NOTE: It is highly recommended that you use the downloadable SHAQ APP to administer and score SHAQ. It provides instant results. Go to: <http://www.csulb.edu/~tstevens/success>



INFORMATION ABOUT YOUR SCALE AND QUESTION RESULTS

COMPLETE SCALE/SUBSCALES SCORING INFORMATION FOR ALL OUTCOME, ACADEMIC-RELATED, and CAREER/MAJOR INTEREST AREAS (These are non-HQ scored scales.)

INFORMATION

This provides a detailed look at your SHAQ results. Each subsection contains each of the following:

1. MAIN SCALE RESULTS Each scale is listed with all its subscales (if any) and all its questions. (Scale questions divided and listed under each subscale section).

2. SUBSCALE RESULTS. Many main scales have been subdivided further into subscales which provide you with more detailed information about yourself related to the larger, more general category represented by the main scale. The scores are presented the same way the scale scores are. (Scores only included in downloaded SHAQ app version.)

UNDERSTANDING YOUR SCALE and SUBSCALE SCORES: Each scale/subscale includes the following:

* **SCALE NAME AND SCALE DESCRIPTION.** Often correlations with happiness or other outcomes are given. Correlations range from 0.0 to 1.000; 0.3 to 0.4 are good, 0.4 to 0.6 very good, above 0.6 unusually high for this type of research. (Statistical note: all quoted correlations are significant at the $p < .001$ level and sample $N > 1500$.)

* **YOUR DATA.** Your **RELATIVE SCORE** ranges from 0.0 to 1.000. Normally the higher the score, the better. The SD (standard deviation) is a measure of how much variation you had among the scale items. For example, if you answered all the questions the same, the standard deviation would be about 0.0, meaning no variation/deviation at all. (On downloaded SHAQ APP ONLY. For manual paper version, the scores must be manually calculated using the paper answer sheet and HQ scoring instructions.)

* **GRAPHIC SCORE LINE:** A graph line is drawn that reflects your relative score (see #2). Normally, the **LONGER THE GRAPH, THE BETTER THE SCORE** (On downloaded SHAQ APP ONLY)

* **COMPARISON TO OTHERS' RESULTS.** Where possible, each scale also includes the Mean and Standard Deviation (SD) of all (3400) users in our research sample.

3. QUESTION RESULTS. Your results for **EVERY SCALE QUESTION** are presented. If the main scale has subscales, the questions are listed under the appropriate subscale. The main scale includes all the questions of its' subscales. Your individual question results lists every question that you answered. They are grouped by the scale of which they are members. Questions that are not part of any scale are listed separately, and questions that are part of more than one scale are listed under each scale. Each question lists essentially the same information listed above under the scales (except SD). Each question result includes the following:

* The **EXACT QUESTION** you answered.

* Your **EXACT ANSWER** to the question.

* **NORMAL OR REVERSED QUESTION.** Relative-scores are generally scored so that a higher score is more desirable. For example, suppose a question read, "I read poorly." and you answered "I strongly agree." Instead of giving a high relative score of 1.0 for the answer, SHAQ **REVERSES** the scoring so that the relative score would be a very low score. A note indicates when an item was a reverse-scored question.

UNDERSTANDING THE FACTORS UNDERLYING YOUR DEGREE OF HAPPINESS, SUCCESS, and OTHER OUTCOMES. Correlations* from research results are included in information about many scales. The correlations are important for helping you determine the strength of the relationship between your scale scores and the emotional outcomes of happiness, low depression, low anxiety, and low anger/aggression. Other outcomes such as income, health, relationship outcomes, and academic success also have many moderate to strong correlations with SHAQ scales, but were only occasionally included with your results. For more information about these success factors, see the SHAQ research research summaries.

*[UNDERSTANDING CORRELATIONS: Correlations range from minus 1.0 to plus 1.0. A correlation of zero means there is no relationship between the variables (e.g. scale and happiness). Generally correlations from 0.2 to 0.4 are moderate, correlations of 0.4 to 0.6 are moderately high, and correlations above 0.6 are higher than usual in this type of research.

Correlations ARE NOT ADDITIVE--that means that if 3 variables X1, X2, and X3 all are correlated with another variable (e.g. happiness), then their SUM CAN BE GREATER THAN 1.0. (E.G. X1 could correlate 0.6 with happiness, X2 0.5 with happiness, and X3 .0.3 with happiness. The sum is 1.40, yet the maximum correlation for EACH individual factor is 1.0.) The reason for this apparent oddity is that X1, X2, and X3 can correlate with each other so that all 3 variables share some common factor with happiness. You will see that many scales correlated 0.3 to 0.6 with happiness. These scales also correlated in similar ranges with each other. Put in a simpler way, more generally GOOD CORRELATES WITH GOOD! People high in one positive factor tended to be high in others as well. Similarly, people who scored low on one factor tended to score low on others as well. This was predicted by the theory behind SHAQ. Part of the good news is that developing yourself on one important factor may have positive effects on other factors as well. For example, changing a top value (such as valuing honesty, integrity, or happiness more) can have a wide effect on many other values, goals, and habits.]

* TO LEARN MORE ABOUT SUCCESS OUTCOMES OR THE SHAQ RESEARCH, GO TO: <http://www.csulb.edu/stevens/h10conclusions.htm>

[Note: Correlations were included only when moderate and statistically significant, (normally $p < .001$). SHAQ research included over 3400 people of a wide variety of ages, occupations, locations, religions, etc.]

OUTCOME, ACADEMIC-RELATED, AND CAREER-INTEREST SCALES

(These are NON-HQ scales and subscales.)

SCALE GROUP: OUTCOME

DESCRIPTION: These scales are related to important life outcomes. SHAQ researchers have used data from these scales to correlate to the HQ and other scales to see how closely-related these HQ, etc. factors are to important life outcomes—emotional outcomes, educational achievement, career achievement, relationship outcomes, health outcomes, and satisfaction in various life areas.

SCALE SYMBOL: sehappy

LABEL: s-Overall happiness % **DESCRIPTION:** Overall happiness in various life areas including home, career, family, romance, recreation, health, and direct questions about overall happiness for recent past, current, and expected future time periods (15items). An overall low score may indicate high unhappiness and depression. Check individual questions to identify areas of high stress, avoidance, and/or need for improvement or help. (15 items)

NUM-QUESTIONS: 15 **SCALE-QUESTIONS:** (HAPCLFRN HAPCARNW HAPCARFU HAPFRIEN HAPAREA HAPWKREL HAPPE HAPRECRE HAPSEXRE HAPFAMIL HAPSELD HAPSPIRI HAPYEAR HAP3YEAR HAPLIFE HAPEXPEC)

MEAN-SCORE: .600

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 15 = SCALE-REL-SCORE (0-1.0):

SCALE SYMBOL: srdepres

LABEL: s-LoDepression outcomes % DESCRIPTION: Items were developed from the DSM-IV depression diagnosis criteria and written as self-assessment items. The scale also asks the amount of psychotherapy and medication taken for depression. It was scored in reverse so that high scores would mean low depression. Reverse scored. (6 items)

NUM-QUESTIONS: 6 SCALE-QUESTIONS: (RDEPFEEEL RDEPTHOU RDEPDYSS RDEPMAJS RDEPMEDS RDEPHTER)

MEAN-SCORE: .599

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 6 = SCALE-RELATIVE-SCORE (0-1.0: _____)

SCALE SYMBOL: sranxiet

LABEL: s-LoAnxiety symp+treat outcomes % DESCRIPTION: Items were developed from the DSM-IV anxiety disorder diagnosis criteria and written as self-assessment items. The scale also asks the amount of psychotherapy and medication taken for anxiety-related disorders. Included were phobias and some obsession and compulsion-related items. Reverse scored. (9 items)

NUM-QUESTIONS: 9 SCALE-QUESTIONS: (RANXPERF RANXALLT RANXPSTD RANXSOCI RANXOCD RANXPHOB RANXPANI RANXHTER RANXMEDS)

MEAN-SCORE: .719

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 9 = SCALE-RELATIVE-SCORE (0-1.0: _____)

SCALE SYMBOL: srangagg

LABEL: s-LoAnger-aggression outcomes % DESCRIPTION: Items include frequency of losing temper, name-calling/yelling, aggressive acts, and thoughts about getting even. Anger-related problems--such as aggressive, threatening, dominating, violent, or abusive behavior. Often accompanied by feelings of loneliness, being unloved, not being understood, or persecution. Reverse scored. (5 items)

NUM-QUESTIONS: 5 SCALE-QUESTIONS: (RANGFEEL RANGYELL RANGDOMI RANGHTOU RANGDEST)

MEAN-SCORE: .772

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 5 = SCALE-RELATIVE-SCORE (0-1.0: _____)

SCALE SYMBOL: srehlth

LABEL: s-Health outcomes % DESCRIPTION: General indicators of your physical health. Frequency of illness, alcohol and drug use, weight, and conditioning estimates. (6 items)

NUM-QUESTIONS: 6 SCALE-QUESTIONS: (RHLFREQI RHLALCOH RHLSMOKE RHLDRUGS RHLPHYSI RHLWEIGH)

MEAN-SCORE: .702

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 6 = SCALE-RELATIVE-SCORE (0-1.0: _____)

SCALE SYMBOL: srpeople

LABEL: s-Relationship outcomes % DESCRIPTION: Number and quality of friends, happiness in marital-like relationship, and work relationships. (7 items)

NUM-QUESTIONS: 7 SCALE-QUESTIONS: (RPEHAPFR RPEHMARR RPENETW RPECLFRN RPENUMFR RPENUMCL RPECOMMI)

MEAN-SCORE: .521

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 7 = SCALE-RELATIVE-SCORE (0-1.0: _____)

SCALE GROUP: ACADEMIC-LEARNING

DESCRIPTION: Several academic scales were created after factor analysis of the original five scales of Learning and Study Skills, Learning Skill Areas, Learning Disabilities, Academic Motivation, and Academic Satisfaction. The following 12 scales and 2 self-report aptitude items are more independent and specific.

=====

SCALE SYMBOL: scollege

LABEL: scollege info % DESCRIPTION: Basic College Student Information

NUM-QUESTIONS: 6 SCALE-QUESTIONS: (STPARED STUCLASS STUDEGRE STUSEMES STMAJGPA STACADST STUCOLLE STUMAJOR STUSPECI STURESID STGPATRE STURESOURCE)

MEAN-SCORE: 0.6

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 6 = SCALE-RELATIVE-SCORE (0-1.0): _____

SCALE SYMBOL: ssl1ConfidEfficStudyTest

LABEL: ssl1-Confid efficient read-study-test % DESCRIPTION: A low score may indicate a learning disability. Think that tests and grades reflect abilities (versus smarter than test). Not need more time for tests and assignments. (8 items)

NUM-QUESTIONS: 13 SCALE-QUESTIONS: (LRNUNASN LRNCOLMT LRNKNOWT LRNPROOF LRNRREAD LRNEFFIC LRNTESTT LRNTIMAS LRNTIRED LRNTANXI LRNSMART LRNAREAD LRNRSLOW)

MEAN-SCORE: 0.59

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 13 = SCALE-RELATIVE-SCORE (0-1.0): _____

SCALE SYMBOL: ssl1bConfidNotAvoidStudy

LABEL: ssl1bConfidNotAvoidStudy % DESCRIPTION: Not Study Avoidant. Not slower or more anxious about beginning assignments, reading, or writing than other students. Feel like college capable. (6 items)

NUM-QUESTIONS: 5 SCALE-QUESTIONS: (LRNUNASN LRNCOLMT LRNTIRED LRNAREAD LRNPROOF)

MEAN-SCORE: 0.643

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 5 = SCALE-RELATIVE-SCORE (0-1.0): _____

SCALE SYMBOL: ssl2SatisCampusFacFriendsGrdes

LABEL: ssl2SatisCampusFacFriendsGrdes % DESCRIPTION: Look forward to classes, campus activities. Enjoy students and instructors. Happy with campus and grades. (8 items)

NUM-QUESTIONS: 8 SCALE-QUESTIONS: (STULOOKF STULIKEI STUCOMFO STUFRIEN STUENJOY STUEACTR STHAPCOL STHAPGPA)

MEAN-SCORE: 0.682

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 8 = SCALE-RELATIVE-SCORE (0-1.0): _____

SCALE SYMBOL: ssl3WriteReadSkills

LABEL: ssl3WriteReadSkills % DESCRIPTION: Good at organizing papers and writing. Good reading skills. No vision problems (added due to factor analysis). (6 items)

NUM-QUESTIONS: 6 SCALE-QUESTIONS: (LRNWRPAP LRNWRSKL LRNSEE LRNVOCAB LRNWRORG LRNSREAD)

MEAN-SCORE: 0.728

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 6 = SCALE-RELATIVE-SCORE (0-1.0): _____

SCALE SYMBOL: ssl4BldMentalStruct

LABEL: ssl4-Build Mental Structure % DESCRIPTION: Study alone, struggle with difficult material, attempt to build own theories and associations. Make boring material interesting. (7 items)

NUM-QUESTIONS: 7 SCALE-QUESTIONS: (LRNTXUND LRNINTER LRNROTE LRNASSOC LRNSTRUG LRNTHEOR LRNALONE)

MEAN-SCORE: 0.693

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 7 = SCALE-RELATIVE-SCORE (0-1.0): _____

SCALE SYMBOL: ssl5BasicStudySkills

LABEL: ssl5-BasicSS-Undrstnd review map outline notes % DESCRIPTION: Preview, outline, review assignments; take good notes; good concentration; create visual map; review material at least 3 times for exam. (6 items)

==> ACTIONS THAT MAY HELP

>> Read and study with a much GREATER EMPHASIS ON DEEPER UNDERSTANDING OF THE MATERIAL.

* GET A OVERVIEW OF A CHAPTER OR SECTION BEFORE READING IT--

* DO NOT GO TO THE NEXT PARAGRAPH, SECTION, OR CHAPTER UNTIL YOU UNDERSTAND.

* Focus on UNDERSTANDING THE THEORETICAL PRINCIPLES

>> BEFORE THE TEST REVIEW THE TEXT & ALL NOTES

* REPEAT this 2-4 times for all text chapters, notes, and problems covered by the exam.

>> Learn the 'language' of the class and use these new terms

>> Where possible USE THE NEW KNOWLEDGE IN YOUR DAILY LIFE

NUM-QUESTIONS: 6 SCALE-QUESTIONS: (ACMCONCE LRNTXOVE LRNTSREV LRNMAP LRNTXOUT LRNNOTES)

MEAN-SCORE: 0.61

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 6 = SCALE-RELATIVE-SCORE (0-1.0: _____

SCALE SYMBOL: ssl6SelfmanAcadGoals

LABEL: ssl6-Selfman-acad goal intention % DESCRIPTION: Motivated and confident will get degree and won't drop out. Not confused about goals and confident of finances. (5 items)

NUM-QUESTIONS: 5 SCALE-QUESTIONS: (ACMCOMPL ACMQUITC ACMFINAN ACMDEGRE STUCONFU ACMSELFS)

MEAN-SCORE: 0.745

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 5 = SCALE-RELATIVE-SCORE (0-1.0: _____

SCALE SYMBOL: ssl7MathSciPrinc

LABEL: ssl7-MathSci-principles interest skills % DESCRIPTION: Enjoy and good in math, and seek to understand basic principles in math and science. (2 items)

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (LRNMATH LRNTEXTN)

MEAN-SCORE: 0.647

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 2 = SCALE-RELATIVE-SCORE (0-1.0: _____

SCALE SYMBOL: ssl8StudyEnvir

LABEL: ssl8-Study home envir % DESCRIPTION: Have good place and necessities to study and time available to study. Studying encouraged by family, friends with minimal conflicting demands. (3 items)

NUM-QUESTIONS: 3 SCALE-QUESTIONS: (ACMEFAML ACMESOCs LRNESTUD)

MEAN-SCORE: 0.632

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 3 = SCALE-RELATIVE-SCORE (0-1.0: _____

SCALE SYMBOL: ssl9AttendHW

LABEL: ssl9-Attend-doHW % DESCRIPTION: Attend classes, never drop classes, and manage study time well. (3 items)

NUM-QUESTIONS: 3 SCALE-QUESTIONS: (ACMSTUDY ACMNDROP ACMATTEN)

MEAN-SCORE: 0.658

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 3 = SCALE-RELATIVE-SCORE (0-1.0: _____

SCALE SYMBOL: ssl10MemNotAnx

LABEL: ssl10-Memory-not anx % DESCRIPTION: Efficient learning time use, good memory, relaxed during exams. (3 items)

NUM-QUESTIONS: 3 SCALE-QUESTIONS: (LRNMEMOR LRNTENSE LRNSEFIC)

MEAN-SCORE: 0.593

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 3 = SCALE-RELATIVE-SCORE (0-1.0: _____)

SCALE SYMBOL: ssl11NotNonAcadMot

LABEL: ssl11NotNonAcadMot % DESCRIPTION: Internal Motivation--to be in college. Internal motives versus pleasing parents, making money, or being confused why in school. Financially self-supporting. Internal motivation for accomplishing any task--including a college degree--is associated with greater success and happiness. (4 items)

NUM-QUESTIONS: 5 SCALE-QUESTIONS: (STUEXTMO STUMONEYNEW STUCONFU STUFINDE STUCAREE)

MEAN-SCORE: 0.593

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 5 = SCALE-RELATIVE-SCORE (0-1.0: _____)

SCALE SYMBOL: ssl12StdyTmAvail

LABEL: ssl12Study time available-acmtime % DESCRIPTION: Not too much time spent working, with family or friends, or in other activities. Studying and class attendance gets top priority.

NUM-QUESTIONS: 1 SCALE-QUESTIONS: (ACMTIME)

MEAN-SCORE: 0.52

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 1 = SCALE-RELATIVE-SCORE (0-1.0: _____)

SCALE SYMBOL: ssl13VerbalApt

LABEL: ssl13-Verbal aptitude test score=stuverba % DESCRIPTION: Self-reported verbal aptitude score. (1 item)

NUM-QUESTIONS: 1 SCALE-QUESTIONS: (STUVERBA)

MEAN-SCORE: 0.774

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 1 = SCALE-RELATIVE-SCORE (0-1.0: _____)

SCALE SYMBOL: ssl14MathApt

LABEL: ssl14-Math aptitude test score=stumatha % DESCRIPTION: Self-reported mathematics aptitude score. (1 item)

NUM-QUESTIONS: 1 SCALE-QUESTIONS: (STUMATHA)

MEAN-SCORE: 0.729

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 1 = SCALE-RELATIVE-SCORE (0-1.0: _____)

SCALE GROUP: CAREER/MAJOR INTEREST

DESCRIPTION: The college major interest scales divided common academic major areas into sets using typical groupings in universities, and groupings by the Strong Interest Inventory as a basis.

SCALE SYMBOL: *sincar*

LABEL: s-Career-major interest areas % DESCRIPTION: General career interests. Many of the individual questions correspond to separate schools, colleges, or collections of academic majors at large universities. Look at your scores on individual questions to find potential majors or minors. A high score on this overall scale may indicate that you are a person with many high interests and that you may want a career that allows for challenging mental activities and some variety over time.

NOTE: This test is meant only to suggest some possible academic majors you may show interest in, it is NOT MEANT TO BE AN ALL INCLUSIVE LIST. You should explore the complete catalog of majors at your university or college--especially if you have specialized interests or interests not represented in this scale. You might also consider a dual major or special major tailored to your interests.

NUM-QUESTIONS: 29 SCALE-QUESTIONS: (CAR1CARG CAR1CARP CAR1INAT CARIBIOH CARISOCS CARIHELP CARIMATH CARIMED CARIWRIT CARIFNAR CARIETHN CARILEAR CARIEXPE CARIGENE CARINOIN CARILIT CARIRECP CARIPOLI CARIMIL6 CARIMANU CARILANG CARIPHIL CARIBUSI CARIENGI CARIFAMC CARIWOMA CARICOM8 CARINTE0)

MEAN-SCORE: NIL

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 29 = SCALE-RELATIVE-SCORE (0-1.0: _____)

SCALE SYMBOL: *sinbus*

LABEL: s-Business interests % DESCRIPTION: Areas of interest within the overall category.

NUM-QUESTIONS: 7 SCALE-QUESTIONS: (CARIBMAR CARIBMAN CARIBINF CARIBFIN CARIBHRD CARIBACC CARISPBU)

MEAN-SCORE: NIL

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 7 = SCALE-RELATIVE-SCORE (0-1.0: _____)

SCALE SYMBOL: *sinengr*

LABEL: s-Engineering major interests % DESCRIPTION: Areas of interest within the overall category.

NUM-QUESTIONS: 8 SCALE-QUESTIONS: (CARIENG CARIME CARICHE2 CARICIVE CARIAERO CARIETE CARICOM9 CARIBCOM)

MEAN-SCORE: NIL

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 8 = SCALE-RELATIVE-SCORE (0-1.0: _____)

SCALE SYMBOL: *sinfinea*

LABEL: s-Fine art major interests % DESCRIPTION: Areas of interest within the overall category.

NUM-QUESTIONS: 7 SCALE-QUESTIONS: (CARIMUSI CARIART CARIDRAM CARIDANC CARIPHOT CARINDDE CARINTE1)

MEAN-SCORE: NIL

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 7 = SCALE-RELATIVE-SCORE (0-1.0: _____)

SCALE SYMBOL: *sinhelp*

LABEL: s-Helping profession major interests % DESCRIPTION: Areas of interest within the overall category.

NUM-QUESTIONS: 10 SCALE-QUESTIONS: (CARITEAC CARICOUN CARIEDUC CARIHADU CARIHCHI CARITVOC CARICOM4 CARSOCWO CARK12TE CARMINIS)

MEAN-SCORE: NIL

SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 10 = SCALE-RELATIVE-SCORE (0-1.0: _____)

SCALE SYMBOL: sinlang
LABEL: s-Language major interests % DESCRIPTION: Areas of interest within the overall category.
NUM-QUESTIONS: 9 SCALE-QUESTIONS: (CARIFREN CARITAL CARIGERM CARIRUSS CARIJAPN CARICHIN
CARICLAS CARISPAN CARIPOR)
MEAN-SCORE: NIL
SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 9 = SCALE-RELATIVE-SCORE (0-
1.0: _____

SCALE SYMBOL: sinmed
LABEL: s-Medical major interests % DESCRIPTION: Areas of interest within the overall category.
NUM-QUESTIONS: 7 SCALE-QUESTIONS: (CARIMD CARINURS CARIPTHE CARIHEAL CARIKINE CARICOM5
CARMEDTE)
MEAN-SCORE: NIL
SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 7 = SCALE-RELATIVE-SCORE (0-
1.0: _____

SCALE SYMBOL: sinmiltc
LABEL: s-Law, Milit Interests % DESCRIPTION: Areas of interest within the overall category.
NUM-QUESTIONS: 3 SCALE-QUESTIONS: (CARILAW CARICRIM CARIMIL7)
MEAN-SCORE: NIL
SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 3 = SCALE-RELATIVE-SCORE (0-
1.0: _____

SCALE SYMBOL: inNatSci
LABEL: s-Nat Sci Interests % DESCRIPTION: Areas of interest within the overall category.
NUM-QUESTIONS: 5 SCALE-QUESTIONS: (CARICHE3 CARIPHYS CARIGEOL CARIASSTR CARIENVI)
MEAN-SCORE: NIL
SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 5 = SCALE-RELATIVE-SCORE (0-
1.0: _____

SCALE SYMBOL: sinsocsc
LABEL: s-Social science major interests % DESCRIPTION: Areas of interest within the overall category.
NUM-QUESTIONS: 11 SCALE-QUESTIONS: (CARIPSYC CARISOCO CARIHIST CARIPOLS CARIECON CARGEOGR
CARIAMER CARIANTR CARIANTH CARISPEE CARLING)
MEAN-SCORE: NIL
SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 11 = SCALE-RELATIVE-SCORE (0-
1.0: _____

SCALE SYMBOL: sinwoeth
LABEL: s-Womens or ethnics studies mj int % DESCRIPTION: Areas of interest within the overall category.
NUM-QUESTIONS: 6 SCALE-QUESTIONS: (CARIAIST CARIBSTU CARIMEXA CARIASAM CARIAMST CARIWSTU)
MEAN-SCORE: NIL
SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 6 = SCALE-RELATIVE-SCORE (0-
1.0: _____

SCALE SYMBOL: sinwrite
LABEL: s-Writing major interests % DESCRIPTION: Areas of interest within the overall category.
NUM-QUESTIONS: 2 SCALE-QUESTIONS: (CARIENGL CARIJOUR)
MEAN-SCORE: NIL
SCALE-SCORE: Sum-of-scale-question-scores: _____ / Number-of-scale-questions: 2 = SCALE-RELATIVE-SCORE (0-
1.0: _____

Section 4: ALL SHAQ QUESTIONS: The Complete SHAQ Questionnaire (follows on next page):

The Success and Happiness Attributes Questionnaire (SHAQ)—All Questions for all parts.

(Online, self-scoring, anonymous version found on web site at: <http://www.csulb.edu/~stevens>)

MATERIALS TO MANUALLY ADMINISTER SHAQ

PART 1: SHAQ QUESTIONS FORM

(Follows on next page)

You may copy the complete SHAQ questionnaire and administer it to yourself or others. It is free, and should be distributed freely for reasonable costs of duplication and administration.

You may take part of all of SHAQ. It is divided into four major parts: Main Scales, Outcome Scales, Academic-Learning Scales, and Career/Major Interest Scales. Most users complete the first two sections only. However, students are advised to complete at least the third section and possibly the last as well. Use this section for reading the questions, but do NOT mark on this form. Instead use the next section Part 2: ANSWER FORM to put checks on that form for your answers. The last part of that form and/or sections 1 and 2 of this manual are used for scoring SHAQ.

The Success and Happiness Attributes Questionnaire (SHAQ)

(Online, self-scoring, anonymous version found on web site at: <http://www.csulb.edu/~tstevens>)

Tom G. Stevens PhD
tstevens@csulb.edu

Note: For research results related to SHAQ:

- 1-Professional monograph: <http://www.csulb.edu/~tstevens/HQandSHAQresearch.htm>
- 2-Summary of research results: <http://www.csulb.edu/~tstevens/h10conclusions.htm>

IMPORTANT NOTE: The **SHAQ APP** is a downloadable .exe Windows computer program which administers and scores SHAQ instantly—and provides additional self-help information—available at <http://web.csulb.edu/~tstevens>.

It is highly recommended that ALL SHAQ users (self-help, research subjects, etc.) use the SHAQ APP for taking SHAQ. The SHAQ APP instantly downloads and is ready to run. The SHAQ APP is completely anonymous, saves a great deal of time, is more accurate, and provides more information than the manually-scored version.

Introduction

SHAQ assesses key life skills and other attributes that may be related to success and happiness in a variety of life areas:

- * self-esteem and internal control
- * relationships and assertiveness
- * academic success
- * optimism and positive thinking
- * emotional control
- * self-motivation and self-management
- * career interests and success. . . .and much more!

Your ONLINE RESULTS will include your scores, all questions and your answers, PLUS tips and Internet links to relevant self-help information.

SHAQ is based upon our research with over 4,000 people, literature reviews, and clinical experience. SHAQ's scales are significantly correlated with people's reported health and with their reported success and happiness in the areas of relationships, college, career, and overall life happiness. The scales are also significantly related to lower levels of depression, anxiety, and anger. SHAQ author, Tom G. Stevens PhD, is a retired psychologist/professor at the Counseling and Psychological Services, California State University, Long Beach and author of the book, *You Can Choose To Be Happy: "Rise Above" Anxiety, Anger, and Depression*.

INSTRUCTIONS:

1. Answer honestly and work quickly. Completion takes 30-60 minutes (or more if you answer slowly). All questions are included in your online results for later deliberation.
2. Online versions are anonymous. There is no information that can be identified with you. However, any anonymous data may be used for scientific research (as part of group data) so that we can learn more about factors leading to success and happiness. If you don't complete SHAQ online, your data won't be collected for this research.
3. We make no promises of any kind about how much you may benefit from SHAQ or any part of our web site.
4. You may not copy or use the test questions or other information for any purpose other than your own personal use without permission of the author. This research study is conducted at California State University, Long Beach by Dr. Tom Stevens. For questions regarding your rights as a research subject, contact the Office of University Research, CSU Long Beach, 1250 Bellflower Blvd, Long Beach, CA 90840, 562-985-5314 or email to research@csulb.edu.

Proceed only if you agree to these conditions.

Selection of Your SHAQ Questionnaire Sections/Scales

SHAQ is divided into four major sections. Choose the sections you want to complete.

1. **Section 1: The General Scales** for ALL USERS, This is the main section and must be completed to obtain an HQ (Happiness Quotient) score and scores on all the important scales.
2. **Section 2: The Outcomes Scales** surveys areas of your life related to emotional, relationship, health, and other outcomes.
3. **Section 3: The Academic Scales** for students or others interested in assessing their academic attitudes and skills, and
4. **Section 4: The Career or Academic Major Interest Scales** for assessing interests related to choice of academic major and/or career. You may take any combination of sections you choose. You may also choose to take only certain scales of the General Section

PLEASE CHECK ALL THAT APPLY--ONLY on the separate ANSWER FORM

1. I more success and happiness; better grades and/or academic success; self-esteem; procrastination or self-motivation;
2. I want help choosing a major or career (additional 10-20 minutes);
3. I want help with time management or control of my life;
4. I want help with a marriage or relationships of any type; meeting people, dating more, etc.;
5. I want help with overcoming loneliness, fear of being alone, or fear of rejection;
6. I want help with understanding myself and my motivation;
7. I want help with coping with unhappiness, apathy, grief, or depression; coping with stress, anxiety, fear, or guilt; coping with anger or aggression;
8. I want a complete assessment EXCEPT major choice (45-100 minutes?); I'm not interested in SHAQ for my own self-help;
9. I want a complete assessment INCLUDING academic success and college + major choice (60-110 minutes);
10. I want a complete assessment EXCEPT academic and college major choice 40-90 minutes);
11. I ONLY want help choosing a college major

Biographical Information (Fill out answers on separate answer form.)

1. **Secret ID code, initials, username, etc** that we can't identify you with, but that you can record to get your results. At least six numbers or letters that are unique. Examples = Happy1, 232576, TLL267 => **ID**= []
2. **Age:** []
3. **Hours work/week:** []
4. **Sex:** Male [] Female []
5. **Are you completing this for course credit?** No [] Yes []
6. **I live in USA** [] **Other Nation** []
7. **If not USA, country:** []
8. **If USA, zip code:** []

SECTION 1: GENERAL QUESTIONS FOR ALL USERS

(Needed to calculate HQ and scale scores)

INSTRUCTIONS FOR ALL SECTIONS:

1. **Work quickly and give honest answers to maximize your benefit.**
2. **Mark ONLY on the SEPARATE ANSWER FORM..**
3. **Match the scale and question number with the corresponding one on the answer form.**
4. **Put a check or X in the answer form box next to the NUMBER of your selected answer.**
EXAMPLE: If you select answer "2", check by 2. 1___(1.0); 2_✓(0.86); 3___(0.79);

>>>>> QUESTIONS FOR SCALE: **Biographical Information** <<<<<< Number of Questions = 8

1. Highest education completed?

1. Doctorate; 2. Masters Degree; 3. Bachelor's Degree; 4. Two-year Degree; 5. Technical Degree; 6. High School Degree; 7. Didn't Complete High School; 8. Other;

2. What was your high school grade average?

1. 3.75-4.00; 2. 3.50-3.74; 3. 3.25-3.49; 4. 3.00-3.24; 5. 2.75-2.99; 6. 2.50-2.74; 7. 2.25-2.49; 8. 2.00-2.24; 9. 1.75-1.99; 10. 1.50-1.74; 11. 1.25-1.49; 12. 1.00-1.24; 13. Below 1.00; 14. No GPA yet;

3. What is your overall college grade average?

1. 3.75-4.00; 2. 3.50-3.74; 3. 3.25-3.49; 4. 3.00-3.24; 5. 2.75-2.99; 6. 2.50-2.74; 7. 2.25-2.49; 8. 2.00-2.24; 9. 1.75-1.99; 10. 1.50-1.74; 11. 1.25-1.49; 12. 1.00-1.24; 13. Below 1.00; 14. No GPA yet;

4. Primary Occupation (check ALL that apply, then Click OK):

1. Student;
2. Manager/executive;
3. Professional;
4. People-oriented;
5. Professional;
6. Technical;
7. Consultant;
8. Educator;
9. Sales;
10. Technician;
11. Clerical;
12. Service;
13. Own business +10 employees;
14. Other self-employed;
15. Other;

5. Highest Personal Income Level:

1. Over \$200,000;
2. \$150,000-200,000;
3. \$125,000-150,000;
4. \$100,000-125,000;
5. \$80,000-100,000;
6. \$60,000-80,000;
7. \$40,000-80,000;
8. \$25,000-40,000;
9. \$15,000-25,000;
10. \$5,000-25,000;
11. Less than \$5,000

6. Check ALL languages that you speak fluently, then Click OK

1. English;
2. Spanish;
3. Vietnamese;
4. Cambodian;
5. Chinese;
6. Korean;
7. Portuguese;
8. German;
9. French;
10. Other Asian;
11. Other European;
12. Other;

7. Ethnic heritage (Check PRIMARY heritage region(s), then Click OK:

1. North America;
2. Africa;
3. Northern Europe;
4. Southern Europe;
5. Cambodia;
6. China;
7. Korea;
8. Japan;
9. Vietnam;
10. Other Asian;
11. Mexico;
12. Central America;
13. South America;
14. Pacific Island;
15. Other or prefer not to answer;

8. What is your primary religious affiliation or preference?

1. Catholic;
2. Jewish;
3. Islam;
4. Latter Day Saints--Morman;
5. Buddhist;
6. Protestant--Baptist;
7. Protestant--United Methodist;
8. Protestant--Episcopal;
9. Protestant--Lutheran;
10. Protestant--Presbyterian;
11. Protestant--Other Liberal;
12. Protestant--Other Fundamentalist or Conservative;
13. No affiliation;
14. Agnostic or Atheist;
15. Other or prefer not to answer;

>>>>> QUESTIONS FOR SCALE: Self Management Skills <<<<<< Number of Questions = 15

1. I rarely get upset about being too rushed, having too many things to do, or not having any time to relax.

1. EXTREMELY accurate / like me;
2. MODERATELY accurate / like me;
3. MILDLY accurate / like me;
4. UNCERTAIN;
5. neutral or midpoint;
6. MILDLY inaccurate / unlike me;
7. MODERATELY inaccurate / unlike me;
8. EXTREMELY inaccurate / unlike me;

2. I spend a lot of time thinking about the future, making plans, and working toward completing distant goals.

1. EXTREMELY accurate / like me;
2. MODERATELY accurate / like me;
3. MILDLY accurate / like me;
4. UNCERTAIN;
5. neutral or midpoint;
6. MILDLY inaccurate / unlike me;
7. MODERATELY inaccurate / unlike me;
8. EXTREMELY inaccurate / unlike me;

3. Frequency that you get vigorous exercise for a minimum of 20 minutes:

1. More than once per day;
2. Once per day;
3. 6 per week;
4. 5 per week;
5. 4 per week;
6. 3 per week;
7. 2 per week;
8. Once per week;
9. 3 per month;
10. 2 per month;
11. Once per month;
12. Less than once per month;

4. I eat a very healthy diet, (vitamins, minerals, balanced meals, fiber, low fat, etc.) do not drink excessively, smoke, or take drugs.

1. EXTREMELY accurate / like me;
2. MODERATELY accurate / like me;
3. MILDLY accurate / like me;
4. UNCERTAIN;
5. neutral or midpoint;
6. MILDLY inaccurate / unlike me;
7. MODERATELY inaccurate / unlike me;
8. EXTREMELY inaccurate / unlike me;

5. Number of hours I average sleeping per night:

1. 12 or more;
2. 11;
3. 10;
4. 9;
5. 8;
6. 7;
7. 6;
8. 5;
9. 4;
10. 3;
11. 2;
12. 1;
13. 0;

6. I have been successful in consciously planning and greatly improving a number of important aspects of myself such as my interpersonal relations, coping with my emotions, self-discipline, smoking, overeating, or study habits.

1. EXTREMELY accurate / like me;
2. MODERATELY accurate / like me;
3. MILDLY accurate / like me;
4. UNCERTAIN;
5. neutral or midpoint;
6. MILDLY inaccurate / unlike me;
7. MODERATELY inaccurate / unlike me;
8. EXTREMELY inaccurate / unlike me;

7. If I am facing a task or assignment that is very boring, very confusing, or very frustrating, I will almost always start it without any procrastination and continue to work diligently until it is completed at a high level of quality.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8.. EXTREMELY inaccurate / unlike me;

8. I make a PRIORITIZED TASK LIST which covers to-do's from my school, work, social, recreation, and other areas of my life at least once per week.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8.. EXTREMELY inaccurate / unlike me;

9. At least twice a year I spend several hours making a list of GOALS and SPECIFIC OBJECTIVES for myself for each area of my life and use these goals/objectives regularly during the year planning my weekly activities at least twice per year.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8.. EXTREMELY inaccurate / unlike me;

10. I make a WEEKLY SCHEDULE of how I want to spend my time during the week--scheduling times for classes, study, friends, work, recreation, and other important activities. I use this schedule weekly.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8.. EXTREMELY inaccurate / unlike me;

11. I make a COMPREHENSIVE SCHEDULE of ALL ASSIGNMENTS and PROJECTS and their DUE DATES for the ENTIRE semester, quarter, year, etc., and regularly use that schedule to see what I need to do next.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8.. EXTREMELY inaccurate / unlike me;

12. I am extremely busy with many things to do, but feel that I am accomplishing a great deal in most of my life areas, enjoy my life a great deal, and rarely feel under too much pressure from too many things to do.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8.. EXTREMELY inaccurate / unlike me;

13. I work on self-improvement regularly by reading, counseling, taking non-required classes, or other activities to consciously improve myself.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8.. EXTREMELY inaccurate / unlike me;

14. I would say that I lead a very balanced lifestyle. I have time and energy for my school, my work, friends and family, the opposite sex, relaxation, physical activity, my spiritual life, and recreation. In addition, almost all of these life areas are providing me with a great deal of satisfaction.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8.. EXTREMELY inaccurate / unlike me;

15. If I get good advice from reading or another person, I almost always make a conscious effort to follow that advice and even change life-long habits.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8.. EXTREMELY inaccurate / unlike me;

>>>>> QUESTIONS FOR SCALE: Emotional Coping Skills Scale <<<<< Number of Questions = 20

1. For each of the following questions:

When you have NEGATIVE FEELINGS such as being UNHAPPY, ANXIOUS, ANGRY, ANXIOUS, or are under STRESS, check the estimated percent (0-100%) of the time you make the following RESPONSE:

==> **Worry, think negative thoughts, think of problems without thinking of good solutions**

1. 81 to 100 percent; 2. 61 to 80 percent; 3. 41 to 60 percent; 4. 21 to 40 percent; 5. 1 to 20 percent; 6. never/almost never;

2. Percent of the time WHEN YOUR FEEL UPSET that you:

==> **Eat.**

1. 81 to 100 percent; 2. 61 to 80 percent; 3. 41 to 60 percent; 4. 21 to 40 percent; 5. 1 to 20 percent; 6. never/almost never;

3. Percent of the time WHEN YOUR FEEL UPSET that you:

==> **Face the problem directly, think about what caused the feelings, think of possible solutions, and take action to solve the underlying problem.**

1. 81 to 100 percent; 2. 61 to 80 percent; 3. 41 to 60 percent; 4. 21 to 40 percent; 5. 1 to 20 percent; 6. never/almost never;

4. Percent of the time WHEN YOUR FEEL UPSET that you:

==> **Outwardly express anger by losing your temper, crying, damaging something, or getting even.**

1. 81 to 100 percent; 2. 61 to 80 percent; 3. 41 to 60 percent; 4. 21 to 40 percent; 5. 1 to 20 percent; 6. never/almost never;

5. Percent of the time WHEN YOUR FEEL UPSET that you:

==> **Avoid thinking about problems by sleeping, keeping busy, or putting it off.**

1. 81 to 100 percent; 2. 61 to 80 percent; 3. 41 to 60 percent; 4. 21 to 40 percent; 5. 1 to 20 percent; 6. never/almost never;

6. Percent of the time WHEN YOUR FEEL UPSET that you:

==> **Think about who's fault it is, blame yourself, or blame others.**

1. 81 to 100 percent; 2. 61 to 80 percent; 3. 41 to 60 percent; 4. 21 to 40 percent; 5. 1 to 20 percent; 6. never/almost never;

7. Percent of the time WHEN YOUR FEEL UPSET that you:

==> **Withdraw from others, feel hurt, hold your emotions in, feel sorry for yourself.**

1. 81 to 100 percent; 2. 61 to 80 percent; 3. 41 to 60 percent; 4. 21 to 40 percent; 5. 1 to 20 percent; 6. never/almost never;

8. Percent of the time WHEN YOUR FEEL UPSET that you:

==> **Do something involving or fun to get rid of the feelings (listen to music, read, socialize, shop, walk, etc.**

1. 81 to 100 percent; 2. 61 to 80 percent; 3. 41 to 60 percent; 4. 21 to 40 percent; 5. 1 to 20 percent; 6. never/almost never;

9. Percent of the time WHEN YOUR FEEL UPSET that you:

==> **Talk to someone else about the problem/feelings (friend, family member, counselor, etc.)**

1. 81 to 100 percent; 2. 61 to 80 percent; 3. 41 to 60 percent; 4. 21 to 40 percent; 5. 1 to 20 percent; 6. never/almost never;

10. Percent of the time WHEN YOUR FEEL UPSET that you:

==> **Think about positive thoughts and goals and/or give yourself a pep talk.**

1. 81 to 100 percent; 2. 61 to 80 percent; 3. 41 to 60 percent; 4. 21 to 40 percent; 5. 1 to 20 percent; 6. never/almost never;

11. Percent of the time WHEN YOUR FEEL UPSET that you:

==> **Smoke a cigarette or tobacco product.**

1. 81 to 100 percent; 2. 61 to 80 percent; 3. 41 to 60 percent; 4. 21 to 40 percent; 5. 1 to 20 percent; 6. never/almost never;

12. Percent of the time WHEN YOUR FEEL UPSET that you:

==> **Drink an alcoholic beverage, take street drugs, or use prescribed medication.**

1. 81 to 100 percent; 2. 61 to 80 percent; 3. 41 to 60 percent; 4. 21 to 40 percent; 5. 1 to 20 percent; 6. never/almost never;

13. Percent of the time WHEN YOUR FEEL UPSET that you:

==> **Participate in a vigorous physical activity (e.g., tennis, running, exercise, dancing, aerobics, etc.**

1. 81 to 100 percent; 2. 61 to 80 percent; 3. 41 to 60 percent; 4. 21 to 40 percent; 5. 1 to 20 percent; 6. never/almost never;

14. Percent of the time WHEN YOUR FEEL UPSET that you:

==> **Think of the problem from a very critical or punitive point of view. (Examples: \"I must not make mistakes.\" or \"God may send me to Hell\").**

1. 81 to 100 percent; 2. 61 to 80 percent; 3. 41 to 60 percent; 4. 21 to 40 percent; 5. 1 to 20 percent; 6. never/almost never;

15. Percent of the time WHEN YOUR FEEL UPSET that you:

==> **Get angry at yourself, think negative thoughts about yourself, or call yourself names.**

1. 81 to 100 percent; 2. 61 to 80 percent; 3. 41 to 60 percent; 4. 21 to 40 percent; 5. 1 to 20 percent; 6. never/almost never;

16. Percent of the time WHEN YOUR FEEL UPSET that you:

==> **Think of the problem from a constructive (philosophical or religious?) point of view that makes you feel better.**

1. 81 to 100 percent; 2. 61 to 80 percent; 3. 41 to 60 percent; 4. 21 to 40 percent; 5. 1 to 20 percent; 6. never/almost never;

17. Percent of the time WHEN YOUR FEEL UPSET that you:

==> **Examine your underlying expectations of yourself (or others) and reset them to more realistic levels.**

1. 81 to 100 percent; 2. 61 to 80 percent; 3. 41 to 60 percent; 4. 21 to 40 percent; 5. 1 to 20 percent; 6. never/almost never;

18. Percent of the time WHEN YOUR FEEL UPSET that you:

==> **Tell yourself that you can be happy no matter what happens.**

1. 81 to 100 percent; 2. 61 to 80 percent; 3. 41 to 60 percent; 4. 21 to 40 percent; 5. 1 to 20 percent; 6. never/almost never;

19. How often have you missed work, school, or other important activities because you were so upset (anxious, depressed, etc.) that you couldn't cope.

1. More than 60 days per year; 2. About 31-60 days per year; 3. About 15-30 days per year; 4. About 7-14 days per year; 5. About 4-6 days per year; 6. About 1-3 per year; 7. Less than once per year;

20. How much do you enjoy exploring and analyzing your feelings, thoughts, beliefs, and memories.

1. Extremely important to me; 2. Very important to me; 3. Moderately important to me; 4. Mildly important to me; 5. Not sure if important or not to me; 6. Mildly negative to me; 7. Moderately negative to me; 8. Very negative to me; 9. Extremely negative to me;

>>>>> QUESTIONS FOR SCALE: Life Themes and Values Scale 1: Achievement, Success, and Material Values <<<<<<

Number of Questions = 9

INSTRUCTIONS FOR Life Themes, Dreams, and Values:

Answer each question according to how important that theme is to you.

1. Being the best at whatever I do (example: making top grades). Achieving more than most other people.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

2. EDUCATION: Earning at least a bachelor's or higher degree--preferably a master's or doctorate and making top grades.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

3. INCOME: Making a lot of money, preferably becoming a millionaire, or multimillionaire.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

4. POSSESSIONS: Having top quality (expensive) possessions--home, car, electronics, jewelry, etc.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

5. SUCCESS: Being extremely successful in my career--rising to the top in it.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

6. IMPACT: Having a major impact on changing the world to make it a better place.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

7. CREATION: Creating something that I feel is a major contribution (e.g. invention, bridge, book, house, work of art, etc.).

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

8. POWER: Being president, CEO, owner, etc. of an important organization OR having a great amount of influence or control over others.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

9. COMPLETION and ACHIEVEMENT: Accomplish all my important goals.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

>>>>> QUESTIONS FOR SCALE: Life Themes and Values Scale 2: Social and Interpersonal Values <<<<<<
Number of Questions = 10

INSTRUCTIONS FOR Life Themes, Dreams, and Values:

Answer each question according to how important that theme is to you.

1. LOVE-ROMANCE: Having a wonderful, romantic marriage/relationship.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

2. PLEASING: Pleasing others, avoiding conflict, keeping relationships pleasant.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

3. RESPECT: Being highly respected by others, and being seen as an important, successful, and/or good person by others.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

4. INTIMACY: Having a few extremely close and long-term relationships.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

5. WELL-LIKED: Being well liked by everyone. Having many friends and networking with many others.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

6. CARE-GIVING: Be a good parent, or take care of others in need.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

7. EMOTIONAL SUPPORT: Having people in my life to support me if I'm upset or having a problem.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

8. ATTENTION: Being the center of attention, entertaining others, or performing in front of groups.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

9. FAMILY: Family members and family matters, events, traditions, etc.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

10. RECOGNITION: Having respect, recognition, status, position, and/or other signs of success.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

>>>>> QUESTIONS FOR SCALE: Life Themes and Values Scale 3: Authority and Rule-Oriented Values <<<<<<

Number of Questions = 6

INSTRUCTIONS FOR Life Themes, Dreams, and Values:

Answer each question according to how important that theme is to you.

1. PERSONAL HEALING: Overcoming past family or personal problems that have hurt me in the past.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

2. OBEDIENCE: Obeying God and living according to His commands and rules.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

3. PARENTAL LOVE and RESPECT: Being respected and loved by my parent(s) or other authorities.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

4. SELF-PROTECTION: Protecting myself from others and the harm they have done to me or may do to me.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

5. PUNCTUALITY: Being on time, timeliness.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

6. DUTY and OBLIGATION, obeying the rules and expectations of one's family or group--even if it goes against one's own happiness.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

>>>>> QUESTIONS FOR SCALE: Life Themes and Values Scale 4: Internal Mental or Spiritual Values <<<<<<
Number of Questions = 30

INSTRUCTIONS FOR Life Themes, Dreams, and Values:

Answer each question according to how important that theme is to you.

1. ADVENTURE: Having a life of adventure and excitement with many new experiences.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

2. LEARNING: Learning, self-development, and growing to be the best I can be.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

3. SELF-HAPPINESS: Living the happiest life I can.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

4. GIVING: Contributing to others' health/happiness and making the world a better place.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

5. SPIRITUAL INTIMACY: Having a very close relationship with God.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

6. INDEPENDENCE: Being independent, and living according to my own values and dreams.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

7. HEALTH: Having an exceptionally healthy body and living to be 100--by exceptional nutrition, exercise, no use of drugs or smoking, etc.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

8. BALANCE: Having balance in my life--even at the cost of not achieving as much in my career or any other area.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

9. ORDERLINESS: Having good organization or logical order, being systematic, etc.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

10. MENTAL CHALLENGE: Be mentally challenged with difficult and/or creative mental tasks.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

11. EXPLORATION: Exploring the unknown, seeking the answers to mysteries.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

12. COMPETENCE: Being the best I can be and achieving the most competence I can at whatever I do.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

13. INTEGRITY: Having integrity; pursuing my own values, beliefs, and goals above what others think; being honest with myself and others; etc.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

14. PERSONAL PHILOSOPHY: Developing a positive, well thought out personal belief system and living according to those beliefs.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

15. CLEANLINESS: Keeping everything clean, free of dirt, germs, pollution, etc.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

16. WHOLENESS (unity, integration, organization, simplicity, etc.).

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

17. PERFECTION and idealism for self, others, nature.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

18. JUSTICE (fairness, getting what one has earned or deserved).

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

19. SIMPLICITY.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

20. BEAUTY of all types in all things.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

21. GOODNESS and functionality (versus dysfunctional, evil, or harmful).

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

22. UNIQUENESS and DIVERSITY (idiosyncrasy, individuality, variety, novelty).

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

23. CREATIVENESS: Producing new, original ideas, art, objects, actions, etc.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

24. EFFORTLESSNESS (ease, grace, beautifully functioning).

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

25. FUN and PLAYFULNESS (fun, joy, amusement, humor).

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

26. SELF-SUFFICIENCY (autonomy, independence, environment-transcending, taking care of oneself, separateness, living by own laws).

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

27. SELF-DISCIPLINE, self-control, control over one's own thoughts, emotions, and actions to be consistent with one's highest values and goals.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

28. GOD and/or SPIRITUALITY: A rich spiritual life that is the center of my life.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

29. RELIGION and the church or religious group to which I belong.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

30. UNCONDITIONAL LOVE: Unconditionally loving myself and everyone in the world.

1. The most important thing in my life; 2. One of the most important things in my life; 3. Extremely important; 4. Very important; 5. Moderately important; 6. Mildly important; 7. Not important; 8. unsure; 9. or neutral; 10. Negative to me; 11. Very negative to me; 12. Extremely negative to me;

>>>>> QUESTIONS FOR SCALE: Unconditional Worth of Self and Others Scale <<<<<<

Number of Questions = 13

1. I should always put other people's needs before my own.

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

2. I should be loved or liked by everyone I meet.

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

3. I am weak and dependent on strong people for my happiness.

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

4. I must be the best at everything I do.

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

5. I am entitled to a good life, and people I care for should try to help meet my needs.

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

6. We must run our lives by rules, and people who break those rules must be severely punished or we will have chaos.

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

7. There are winners and losers. If you are not strong and take advantage of others before they take advantage of you and you will be a loser.

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

8. I try to properly balance present with future happiness and balance my own with others' happiness-- a key to inner harmony.

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

9. For every decision I make--especially big ones--I attempt to estimate which alternative will lead to the greatest happiness and choose that alternative.

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

10. I am grateful for the gift of life. I was given the gift of life and the opportunity to create a happy life for myself. I did not earn or deserve life or this opportunity--so I will not complain about not having what others do or not getting what I want or need.

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

11. There are one or more aspects (or parts) of myself that I have a hard time accepting or do not like.

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

12. I value all people unconditionally just because they are human. Attributes such as background, ethnicity, social group, income, accomplishments, and even their personality or morality aren't relevant to their basic value as humans.

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

13. I could love myself and value my own happiness unconditionally no matter what mistakes or bad things I may do.

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

>>>>> QUESTIONS FOR SCALE: Life Beliefs Scale: Identity and Ethics <<<<<< Number of Questions = 14

1. There is no 'absolute' right and wrong or good or bad--it depends upon factors like your point of view, the situation, or one's cultural background.

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

2. Bad things only happen to people because of something bad they have done.

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

3. If a person has a bad environment and/or genetics, they aren't really responsible for what they do.

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

4. One group in my life (such as my family, nation, culture, or religion) is so important that I would be almost nothing without them. Life wouldn't be worth living.

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

5. Life has no meaning in itself, any meaning must be supplied by the individual.

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

6. People can only be completely forgiven and guilt-free if they are good enough (do enough of the right things).

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

7. Goodness (or being forgiven) depends much more on attitude than good deeds.

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

8. There is a lot of good in all people no matter what they believe or have done.

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

9. If society would base everything upon reason and science, we would have nothing to worry about.

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

10. I believe in phenomena like communicating with spirits of the deceased, seeing into the future, and astrology.

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

11. I identify with all humanity more than any single group.

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

12. I believe in some form of life after death.

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

13. Being part of a progressive movement is more important to me than my family or any other group.

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

14. Despite some doubts, I have a set of strong core beliefs [about God, Nature, Humanity, Right and Wrong, Myself etc.] that I use daily to guide me in all aspects of life.

1. The most important belief in my life; 2. One of the most important beliefs in my life; 3. Extremely important belief; 4. Very important belief; 5. Moderately important belief; 6. Mildly important belief; 7. Not important; 8. unsure; 9. or neutral about this; 10. Disagree; 11. negative to me; 12. Strongly disagree; 13. very negative to me; 14. Extremely disagree; 15. extremely negative to me;

>>>>> QUESTIONS FOR SCALE: Internal External Control Scale <<<<<< Number of Questions = 7

1. I am extremely good at taking care of myself and any problems I might run into.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

2. Relative to outside forces like destiny, other people, luck, fate, God, government, organizations, and anything else, I am the one who has by far the greatest amount of control over my own life and happiness.

1. EXTREMELY agree; 2. MODERATELY agree; 3. MILDLY agree; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY disagree; 8. MODERATELY disagree; 9. EXTREMELY disagree;

3. Genetics and my biology are primarily responsible for my personality and my emotional reactions.

1. EXTREMELY agree; 2. MODERATELY agree; 3. MILDLY agree; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY disagree; 8. MODERATELY disagree; 9. EXTREMELY disagree;

4. People in my life are primarily responsible for my personality and my emotional reactions.

1. EXTREMELY agree; 2. MODERATELY agree; 3. MILDLY agree; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY disagree; 8. MODERATELY disagree; 9. EXTREMELY disagree;

5. I am very dependent upon someone (parent, spouse, etc.) to support or take care of me (emotionally, financially, socially, etc.).

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

6. I worry more about caring for someone else's needs or feelings than my own (e.g. family member(s), lover, friend(s), etc.).

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

7. I worry a great deal about taking care of someone with a serious problem (e.g. illness, an addiction, a psychological disorder, etc.).

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

>>>>> QUESTIONS FOR SCALE: Positive World View Scale <<<<<< Number of Questions = 9

1. The world will gradually improve in most important respects (materially, socially, environmentally, spiritually, etc.).

1. EXTREMELY agree; 2. MODERATELY agree; 3. MILDLY agree; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY disagree; 8. MODERATELY disagree; 9. EXTREMELY disagree;

2. The world is controlled by forces beneficial to humans (and me).

1. EXTREMELY agree; 2. MODERATELY agree; 3. MILDLY agree; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY disagree; 8. MODERATELY disagree; 9. EXTREMELY disagree;

3. My life will generally improve.

1. EXTREMELY agree; 2. MODERATELY agree; 3. MILDLY agree; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY disagree; 8. MODERATELY disagree; 9. EXTREMELY disagree;

4. Life has been extremely unfair to me.

1. EXTREMELY agree; 2. MODERATELY agree; 3. MILDLY agree; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY disagree; 8. MODERATELY disagree; 9. EXTREMELY disagree;

5. I am entitled to the basic necessities of life such as good health care, good income, people caring for me, etc.

1. EXTREMELY agree; 2. MODERATELY agree; 3. MILDLY agree; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY disagree; 8. MODERATELY disagree; 9. EXTREMELY disagree;

6. Someone has injured me so much that it has ruined my life.

1. EXTREMELY agree; 2. MODERATELY agree; 3. MILDLY agree; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY disagree; 8. MODERATELY disagree; 9. EXTREMELY disagree;

7. I have all I need to be happy.

1. EXTREMELY agree; 2. MODERATELY agree; 3. MILDLY agree; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY disagree; 8. MODERATELY disagree; 9. EXTREMELY disagree;

8. I am extremely grateful for having so much.

1. EXTREMELY agree; 2. MODERATELY agree; 3. MILDLY agree; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY disagree; 8. MODERATELY disagree; 9. EXTREMELY disagree;

9. Percent of the time you have positive thoughts VERSUS negative thoughts.

1. Greater than 90 percent; 2. 80 to 89 percent; 3. 70 to 79 percent; 4. 60 to 69 percent; 5. 50 to 59 percent; 6. 40 to 49 percent; 7. 30 to 39 percent; 8. 20 to 29 percent; 9. 10 to 19 percent; 10. Less than 10 percent;

>>>>> QUESTIONS FOR SCALE: Greatest Fears Scale <<<<<< Number of Questions = 12

INSTRUCTIONS: For the next set of questions, please respond according to how much fear or anxiety you have about each item.

1. Fear of not getting a job or career you will be happy with.

1. The most important fear in my life; 2. One of the most important fears in my life; 3. Extremely important fear; 4. Very important fear; 5. Moderately important fear; 6. Mildly important fear; 7. No fear at all;

2. Fear of not having enough income or money.

1. The most important fear in my life; 2. One of the most important fears in my life; 3. Extremely important fear; 4. Very important fear; 5. Moderately important fear; 6. Mildly important fear; 7. No fear at all;

3. Fear of having a serious illness.

1. The most important fear in my life; 2. One of the most important fears in my life; 3. Extremely important fear; 4. Very important fear; 5. Moderately important fear; 6. Mildly important fear; 7. No fear at all;

4. Fear of death.

1. The most important fear in my life; 2. One of the most important fears in my life; 3. Extremely important fear; 4. Very important fear; 5. Moderately important fear; 6. Mildly important fear; 7. No fear at all;

5. Fear of being alone.

1. The most important fear in my life; 2. One of the most important fears in my life; 3. Extremely important fear; 4. Very important fear; 5. Moderately important fear; 6. Mildly important fear; 7. No fear at all;

6. Fear of not ever having a good marriage and/or family life.

1. The most important fear in my life; 2. One of the most important fears in my life; 3. Extremely important fear; 4. Very important fear; 5. Moderately important fear; 6. Mildly important fear; 7. No fear at all;

7. Fear of not having close enough friends.

1. The most important fear in my life; 2. One of the most important fears in my life; 3. Extremely important fear; 4. Very important fear; 5. Moderately important fear; 6. Mildly important fear; 7. No fear at all;

8. Fear of not becoming the kind of person you want to be.

1. The most important fear in my life; 2. One of the most important fears in my life; 3. Extremely important fear; 4. Very important fear; 5. Moderately important fear; 6. Mildly important fear; 7. No fear at all;

9. Fear of never overcoming some personal, psychological, or other type of problem.

1. The most important fear in my life; 2. One of the most important fears in my life; 3. Extremely important fear; 4. Very important fear; 5. Moderately important fear; 6. Mildly important fear; 7. No fear at all;

10. Fear that something about you will be discovered, punished, or made public.

1. The most important fear in my life; 2. One of the most important fears in my life; 3. Extremely important fear; 4. Very important fear; 5. Moderately important fear; 6. Mildly important fear; 7. No fear at all;

11. Fear of not obtaining the academic or career success you want.

1. The most important fear in my life; 2. One of the most important fears in my life; 3. Extremely important fear; 4. Very important fear; 5. Moderately important fear; 6. Mildly important fear; 7. No fear at all;

12. Degree of belief that even if your worst fear(s) happened, you could learn how to be happy.

1. EXTREMELY agree; 2. MODERATELY agree; 3. MILDLY agree; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY disagree; 8. MODERATELY disagree; 9. EXTREMELY disagree;

>>>>> QUESTIONS FOR SCALE: Self Acceptance, Skills, and Confidence Scale <<<<<< Number of Questions = 41

INSTRUCTIONS: For each of the following questions,

Rate how much CONFIDENCE you have in each type of KNOWLEDGE AND SKILL AREA.

1. Learning and study skills

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

2. Critical thinking and logic--ability to examine statements critically and think logically

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

3. Research and methodology

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

4. Analytical thinking--ability to conceptually break wholes into component parts

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

5. Synthesis--ability to put confusing pieces together into meaningful wholes

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

6. Creative thinking and ability to produce creative ideas, projects, activities, etc.

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

7. Computer-related skills

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

8. Biological Science

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

9. Natural Science (physics, chemistry, etc.)

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

10. Liberal Arts (literature, history, English, languages, etc.)

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

11. Behavioral and Social Sciences (psychology, sociology, political science, etc.)

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

12. Philosophy and/or Religion

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

13. Performing Arts (music, dance, theatre arts, etc.)

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

14. Fine Arts (art, design, etc.)

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

15. Business or Management

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

16. Health or Medicine

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

17. Engineering or Technical

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

18. Education, Counseling, or Helping-Related

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

19. Overall intelligence (IQ)

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

20. Life and career decision-making and planning

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

21. Time management

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

22. Emotional coping skills--ability to prevent and overcome negative emotions effectively

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

23. Self-development--ability to change your own behavior, habits, and personality

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

24. Self-motivation--ability to motivate yourself to do unpleasant tasks even under adverse conditions

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

25. Task or achievement motivation and work habits--highly focused and productive work habits.

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

26. Managing finances and money

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

27. Health-management--detailed knowledge about health and longevity factors and habit reflecting that knowledge

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

28. Meeting people and talking to strangers

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

29. Empathetic listening skills--ability and practice of understanding inner meaning of what others say

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

30. Self-disclosure--ability and practice of sharing openly innermost feelings and intimate information with close friends and family

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

31. Conflict resolution skills--ability to calmly and effectively resolve interpersonal conflict situations

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

32. Persuasion skills--ability to influence others

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

33. Management and leadership skills

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

34. Helping and teaching skills

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

35. Public speaking skills

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

36. Job search and interviewing skills

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

37. Very adaptable, flexible, and resourceful--ability to rapidly adapt to and be successful in almost any situation.

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

38. \"Happiness IQ\"--knowledge and ability of how to make yourself happy in any possible situation and overall.

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

39. Very optimistic, positive, highly motivated person overall.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

40. Very caring, friendly, and outgoing person overall.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

41. Very strong, independent, self-disciplined person overall.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

INTERPERSONAL RELATIONSHIPS SCALES

>>>>> QUESTIONS FOR SCALE: Interpersonal Communication and Conflict Resolution Scale <<<<<< Number of Questions = 24

INSTRUCTIONS FOR ALL QUESTIONS ON THIS SCALE:

Apply all questions on this scale to your closest relationship. If you are married or in a close romantic relationship, apply them to that relationship. OR, you may apply them to an imagined future relationship. OR, if you want help in working on a particular relationship, answer according to how the questions apply to that relationship.

1. When my partner and I have a discussion or argument, we almost always stay on one issue at a time.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY inaccurate / unlike us;

2. My partner and I rarely argue about the same issue more than once.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY inaccurate / unlike us;

3. I almost never make threats about what I will do if my partner takes a certain action.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY inaccurate / unlike us;

4. We usually discuss what is really bothering us (the underlying issues) instead of the surface issues.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY inaccurate / unlike us;

5. One partner usually talks a long time before the other partner has a chance.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY inaccurate / unlike us;

6. I rarely use negative labels or call others (such as 'dumb,' 'dependent,' 'weak,' 'selfish,' 'inconsiderate') even when we are angry with each other.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

7. I do not really feel very comfortable telling my partner about my weaknesses or something I have done wrong.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

8. When making an important decision, we almost always discuss it until we find a solution with which we are both happy.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

9. Sometimes when we are trying to resolve a difficult problem, we almost always keep going until we reach a solution (even if we have to discuss it for hours or the next day).

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

10. I frequently use words like "always," "never," or other exaggerations.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

11. I frequently feel as if my partner is manipulating me or that I am manipulating my partner.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

12. When discussing important issues my partner and I usually repeat back a summary of what the other has said to make sure we understand it.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

13. Even during a disagreement, my partner and I frequently laugh and praise each other.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

14. My partner and I are both very assertive(positive, firm, and diplomatic).

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / **unlike us**;

15. Our communication is extremely open, non-defensive, and honest.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

16. Overall, my partner gives me a lot more criticism than praise.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

17. If one of us tries to teach the other something, we usually end up having some hard feelings.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

18. If my partner asks me to do me a favor, I almost always do it cheerfully.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

19. I almost always do what I tell my partner I will do.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

20. If my partner gets angry at me, I usually get angry or defensive back.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

21. Overall, I criticize my partner quite a bit more than I praise him/her.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

22. If I lose my temper at my partner, he/she will almost always tell me about it in a firm, diplomatic way without losing his/her temper. I do the same when she/he loses her/his temper.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

23. In our conversations, one partner usually talks quite a bit more than the other.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

24. My partner and I \"win\" long disagreements/arguments about equally often.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

>>>>> QUESTIONS FOR SCALE: Intimacy Scale <<<<< Number of Questions = 15

INSTRUCTIONS FOR ALL QUESTIONS ON THIS SCALE:

Apply all questions on this scale to your closest relationship. If you are married or in a close romantic relationship, apply them to that relationship. OR, you may apply them to an imagined future relationship. OR, if you want help in working on a particular relationship, answer according to how the questions apply to that relationship.

1. If I am under more stress than usual, my partner will usually do extra things for me.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

2. A long term commitment (would) cause(s) me to feel trapped.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

3. We usually discuss what is really bothering us (the underlying issues) instead of the surface issues.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

4. I have told my partner almost everything about myself.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

5. My partner and I strongly agree on most long term goals.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

6. Overall, my partner and I are equal in how much influence we have in decisions.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

7. When I discuss an important issue with my partner, I go ahead and tell my partner almost exactly what I am thinking and feeling--even though it might upset him/her. My partner does the same.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

8. Our communication is extremely open, non-defensive, and honest.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

9. Almost every day my partner and I each share our FEELINGS about events happening that day.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

10. I respect my partner more than almost anyone else I know.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

11. My partner and I talk very openly and freely about specifically what we like and dislike about even the most sensitive areas of our relationship (e.g. what we really think of each other, sexual relations, finances, secrets).

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

12. My partner and I do NOT enjoy working at the same task together.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

13. I frequently do not know what my partner really wants or feels.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

14. I frequently tell others about their positive characteristics and about how much I like, love, or respect my partner.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

15. I love (care for) my partner very much.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

>>>>> QUESTIONS FOR SCALE: Relationship Independence Scale <<<<<< Number of Questions = 18

INSTRUCTIONS FOR ALL QUESTIONS ON THIS SCALE:

Apply all questions on this scale to your closest relationship. If you are married or in a close romantic relationship, apply them to that relationship. OR, you may apply them to an imagined future relationship. OR, if you want help in working on a particular relationship, answer according to how the questions apply to that relationship.

1. It is NOT ok for one partner to go away for a weekend by themselves to think and be alone.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

2. One should always consult with their partner before making even small decisions.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

3. My partner has close friends of his/her same sex with whom he/she has frequent social contact outside work.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

4. If my partner makes a decision concerning his/her own personal matters, and I do not agree with it, I almost always am supportive and encouraging to my partner.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

5. It is ok for one partner to go out to lunch alone with an attractive friend of the opposite sex.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

6. The (marriage) relationship is more important than the happiness of one partner.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

7. Partners should never argue or disagree if they are to have a truly happy relationship.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

8. I would end my relationship if staying in it meant that I could not grow as a person.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

9. When I refer to myself, I frequently say 'we' (meaning my partner and I).

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

10. One of us frequently worries about whether the other is really committed to this relationship.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

11. It is OK for my partner and I to have some goals which are not the same.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

12. If I did not have my partner, I would think I could find another partner with whom I could be very happy.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

13. I find that I can't really enjoy myself very much if I go someplace without my partner.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

14. I don't know how I could be happy if I didn't have my partner.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

15. I hate to be alone for even a short time.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

16. I feel free to do whatever I want at home whether or not my partner is there.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

17. I am glad that my partner has some recreational activities and interests apart from me.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

18. My partner and I each have our own funds from which to buy personal things without consulting the other.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN;
5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY
inaccurate / unlike us;

INSTRUCTIONS FOR ALL QUESTIONS ON THIS SCALE:

Apply all questions on this scale to your closest relationship. If you are married or in a close romantic relationship, apply them to that relationship. OR, you may apply them to an imagined future relationship. OR, if you want help in working on a particular relationship, answer according to how the questions apply to that relationship.

1. I do something different to surprise my partner such as buy flowers, leave a love note, or buy a present for no special event at least once a week.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

2. I frequently fantasize about my partner.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

3. My partner and I celebrate special days together almost once a month.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY inaccurate / unlike us;

4. My partner and I go out to romantic places just to be alone together at least once a week.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY inaccurate / unlike us;

5. I am extremely attracted to my partner sexually.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

6. My partner and I both enjoy playful interactions with each other several times per week.

1. EXTREMELY accurate / like us; 2. MODERATELY accurate / like us; 3. MILDLY accurate / like us; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike us; 8. MODERATELY inaccurate / unlike us; 9. EXTREMELY inaccurate / unlike us;

7. My partner is extremely charming and romantic.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

INSTRUCTIONS FOR ALL QUESTIONS ON THIS SCALE:

Apply all questions on this scale to your closest relationship. If you are married or in a close romantic relationship, apply them to that relationship. OR, you may apply them to an imagined future relationship. OR, if you want help in working on a particular relationship, answer according to how the questions apply to that relationship.

1. There are certain tasks that are MORE the man's responsibility, such as providing economic support, taking care of the car, etc.

1. EXTREMELY agree; 2. MODERATELY agree; 3. MILDLY agree; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY disagree; 8. MODERATELY disagree; 9. EXTREMELY disagree;

2. There are certain tasks that are MORE the woman's responsibility, such as cleaning house, fixing meals, etc.

1. EXTREMELY agree; 2. MODERATELY agree; 3. MILDLY agree; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY disagree; 8. MODERATELY disagree; 9. EXTREMELY disagree;

3. The man should make the final decision.

1. EXTREMELY agree; 2. MODERATELY agree; 3. MILDLY agree; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY disagree; 8. MODERATELY disagree; 9. EXTREMELY disagree;

4. I would feel embarrassed if my partner did something considered more characteristic of the opposite sex in front of other people (such as a woman working on the car or a man crying).

1. EXTREMELY agree; 2. MODERATELY agree; 3. MILDLY agree; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY disagree; 8. MODERATELY disagree; 9. EXTREMELY disagree;

5. I want a relationship in which the man is stronger and more decisive than the woman.

1. EXTREMELY agree; 2. MODERATELY agree; 3. MILDLY agree; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY disagree; 8. MODERATELY disagree; 9. EXTREMELY disagree;

6. The man and woman should be equally responsible for providing an income for the couple or family.

1. EXTREMELY agree; 2. MODERATELY agree; 3. MILDLY agree; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY disagree; 8. MODERATELY disagree; 9. EXTREMELY disagree;

7. If the man and woman have a career conflict in which one has to quit his/her job, the woman should be the one to quit.

1. EXTREMELY agree; 2. MODERATELY agree; 3. MILDLY agree; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY disagree; 8. MODERATELY disagree; 9. EXTREMELY disagree;

SECTION 2: OUTCOME SCALES

INSTRUCTIONS:

1. Work quickly and give honest answers to maximize your benefit.
2. Mark **ONLY** on the **SEPARATE ANSWER FORM**.
3. Match the scale and question number with the corresponding one on the answer form.
4. Put a check or X in the answer form box next to the **NUMBER** of your selected answer.

EXAMPLE: If you select answer "2", check by 2. 1___(1.0); 2✓(0.86); 3___(0.79);

>>>>> QUESTIONS FOR SCALE: **Happiness (versus Anxiety/Depression) Scale** <<<<<< Number of Questions = 16

1. Happiness with living in this area, with the home in which I live, and feeling at home here.

1. Extremely happy; 2. Moderately happy; 3. Mildly happy; 4. Unsure or neutral; 5. Mildly unhappy; 6. Moderately unhappy; 7. Extremely unhappy;

2. Happiness with the number and closeness of my friendships, and I see them as often enough.

1. Extremely happy; 2. Moderately happy; 3. Mildly happy; 4. Unsure or neutral; 5. Mildly unhappy; 6. Moderately unhappy; 7. Extremely unhappy;

3. Happiness with my career now.

1. Extremely happy; 2. Moderately happy; 3. Mildly happy; 4. Unsure or neutral; 5. Mildly unhappy; 6. Moderately unhappy; 7. Extremely unhappy;

4. Happiness with expectations for future career success and happiness.

1. Extremely happy; 2. Moderately happy; 3. Mildly happy; 4. Unsure or neutral; 5. Mildly unhappy; 6. Moderately unhappy; 7. Extremely unhappy;

5. Happiness with friendships.

1. Extremely happy; 2. Moderately happy; 3. Mildly happy; 4. Unsure or neutral; 5. Mildly unhappy; 6. Moderately unhappy; 7. Extremely unhappy;

6. Happiness with relationships at work, school, or job like setting.

1. Extremely happy; 2. Moderately happy; 3. Mildly happy; 4. Unsure or neutral; 5. Mildly unhappy; 6. Moderately unhappy; 7. Extremely unhappy;

7. Happiness with my physical activity area of my life.

1. Extremely happy; 2. Moderately happy; 3. Mildly happy; 4. Unsure or neutral; 5. Mildly unhappy; 6. Moderately unhappy; 7. Extremely unhappy;

8. Happiness with my recreation.

1. Extremely happy; 2. Moderately happy; 3. Mildly happy; 4. Unsure or neutral; 5. Mildly unhappy; 6. Moderately unhappy; 7. Extremely unhappy;

9. Happiness with the sexual/romantic relationship area of my life.

1. Extremely happy; 2. Moderately happy; 3. Mildly happy; 4. Unsure or neutral; 5. Mildly unhappy; 6. Moderately unhappy; 7. Extremely unhappy;

10. Happiness with my family relationships.

1. Extremely happy; 2. Moderately happy; 3. Mildly happy; 4. Unsure or neutral; 5. Mildly unhappy; 6. Moderately unhappy; 7. Extremely unhappy;

11. Happiness with the kind of person I am and with my personal growth/development.

1. Extremely happy; 2. Moderately happy; 3. Mildly happy; 4. Unsure or neutral; 5. Mildly unhappy; 6. Moderately unhappy; 7. Extremely unhappy;

12. Happiness with having a meaningful life and with my spiritual or religious life.

1. Extremely happy; 2. Moderately happy; 3. Mildly happy; 4. Unsure or neutral; 5. Mildly unhappy; 6. Moderately unhappy; 7. Extremely unhappy;

13. Overall happiness during the past year.

1. Extremely happy; 2. Moderately happy; 3. Mildly happy; 4. Unsure or neutral; 5. Mildly unhappy; 6. Moderately unhappy; 7. Extremely unhappy;

14. Overall happiness 1 to 3 years ago.

1. Extremely happy; 2. Moderately happy; 3. Mildly happy; 4. Unsure or neutral; 5. Mildly unhappy; 6. Moderately unhappy; 7. Extremely unhappy;

15. Overall happiness during my entire life up to 3 years ago.

1. Extremely happy; 2. Moderately happy; 3. Mildly happy; 4. Unsure or neutral; 5. Mildly unhappy; 6. Moderately unhappy; 7. Extremely unhappy;

16. Overall happiness expected in the future.

1. Extremely happy; 2. Moderately happy; 3. Mildly happy; 4. Unsure or neutral; 5. Mildly unhappy; 6. Moderately unhappy; 7. Extremely unhappy;

>>>>> QUESTIONS FOR SCALE: **Physical Health Scale** <<<<<< Number of Questions = 6

1. How often did you get sick the past 3 years?

1. More than 60 days per year; 2. About 31-60 days per year; 3. About 15-30 days per year; 4. About 7-14 days per year; 5. About 4-6 days per year; 6. About 1-3 per year; 7. Less than once per year;

2. How many drinks of alcohol do you average?

1. More than 10 per day; 2. 6-10 per day; 3. 1 -5 per day; 4. 1-6 per week; 5. 1 to 5 per month; 6. Less than 1 per month; 7. Less than 1 per year; 8. Never/None;

3. How often do you use cigarettes or other tobacco products?

1. More than 10 per day; 2. 6-10 per day; 3. 1 -5 per day; 4. 1-6 per week; 5. 1 to 5 per month; 6. Less than 1 per month; 7. Less than 1 per year; 8. Never/None;

4. How many often do you take illegal drugs on average?

1. More than 10 per day; 2. 6-10 per day; 3. 1 -5 per day; 4. 1-6 per week; 5. 1 to 5 per month; 6. Less than 1 per month; 7. Less than 1 per year; 8. Never/None;

5. How would you describe your physical conditioning?

1. Excellent for competitive athlete; 2. Moderate for competitive athlete; 3. Excellent for non-athlete (and able to run 5 miles or more); 4. Very good for non athlete (could run a mile or more); 5. Good (could walk 5 10 miles); 6. Moderate (could walk 1 5 miles); 7. Poor (would have trouble walking a mile); 8. Very poor; 9. Have prolonged illness that keeps conditioning very low;

6. How would you describe your weight?

1. Ideal for my height; 2. 1-10 pounds less than ideal; 3. Over 10 pounds less than ideal; 4. 1-10 pounds high; 5. 11-20 pounds high; 6. 21-30 pounds high; 7. 31-40 pounds high; 8. 41-50 pounds high; 9. 51-60 pounds high; 10. More than 60 pounds high;

>>>>> QUESTIONS FOR SCALE: **Relationships Scale** <<<<<< Number of Questions = 7

1. Almost all of my good friends are very successful and happy in almost every area of their lives including school and interpersonal relationships.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

2. I have (or have had) a very happy marital or marital like relationship with someone for an extended period of time.

1. EXTREMELY agree; 2. MODERATELY agree; 3. MILDLY agree; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY disagree; 8. MODERATELY disagree; 9. EXTREMELY disagree; 10. Question does not apply to me;

3. I have developed an extensive, close network of friends and career related persons with whom I share support and information.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

4. In my life I have had a number of extremely close friends with whom I could discuss my innermost secrets, weaknesses, and problems.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

5. Approximate number of friends in general with whom you interact socially outside of work or school settings at least once a month.

1. 21 or more; 2. 19-20; 3. 17-18; 4. 15-16; 5. 13-14; 6. 11-12; 7. 9-10; 8. 7-8; 9. 5-6; 10. 3-4; 11. 1-2; 12. 0;

6. Approximate number of EXTREMELY CLOSE friendships with which you are VERY SATISFIED.

1. 21 or more; 2. 19-20; 3. 17-18; 4. 15-16; 5. 13-14; 6. 11-12; 7. 9-10; 8. 7-8; 9. 5-6; 10. 3-4; 11. 1-2; 12. 0;

7. Degree of commitment to an intimate (romantic) relationship (lasting at least 3 months)

1. Married extremely high commitment; 2. Living together extremely high commitment; 3. Not living together extremely high commitment; 4. Married moderate commitment; 5. Living together moderate commitment; 6. Not living together moderate commitment; 7. Married low commitment; 8. Living together low commitment; 9. Not living together low commitment; 10. Dating one person regularly; 11. but not in a committed relationship; 12. Previously married; 13. but not now in a committed relationship; 14. Previously in a committed relationship; 15. but not now; 16. Never in a committed relationship;

>>>> QUESTIONS FOR SCALE: Depression Symptoms and Treatment Scale <<<<< Number of Questions = 6

1. I often feel sad, apathetic, listless, or depressed.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

2. I often feel worthless, very guilty, or think very negative thoughts about my future, the world, death, or myself.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

3. If you have felt depressed and had 2 or more of the following symptoms regularly, how long have you had them?

* feel sad, unhappy, or depressed most of the day for most days

* feel low energy, tiredness most of the time

* have poor concentration and trouble making decisions

* feel hopeless or doomed

* have feelings of low self esteem

* have poor appetite or overeat

* sleep too little or too much most of the time.

1. Most or all of my life; 2. More than 3 years; 3. 2 3 years; 4. 1 2 years; 5. 6 12 months; 6. 3 6 months; 7. 1 3 months; 8. 1 to 4 weeks; 9. Less than 1 week; 10. In the past; 11. but not now; 12. Never/Not at all;

4. How many times for 2 or more weeks at a time, have you had 5 (or more) of the following symptoms:

- * feel very depressed
- * have markedly less interest or pleasure in almost all daily activities
- * diminished ability to concentrate or think
- * feel worthless and/or very guilty
- * not be able to sleep or sleep much more than usual
- * have very low energy
- * significant weight loss or gain (without effort)
- * move much more slowly (motor retardation) or quickly (agitation) than usual
- * have recurring thoughts of death or suicidal thoughts

1. Almost all the time; 2. More than 30 times in my life; 3. 21-30 times in my life; 4. 11-20 times in my life; 5. 6-10 times in my life; 6. 4-5 times in my life; 7. 2-3 times in my life; 8. Once in my life; 9. Never/None;

5. Length of time that you have been prescribed medication for depression.

1. Most or all of my life; 2. More than 3 years; 3. 2-3 years; 4. 1-2 years; 5. 6-12 months; 6. 3-6 months; 7. 1-3 months; 8. 1 to 4 weeks; 9. Less than 1 week; 10. In the past; 11. but not now; 12. Never/Not at all;

6. Amount of counseling or psychotherapy for depression.

1. Almost all the time; 2. More than 30 times in my life; 3. 21-30 times in my life; 4. 11-20 times in my life; 5. 6-10 times in my life; 6. 4-5 times in my life; 7. 2-3 times in my life; 8. Once in my life; 9. Never/None;

>>>> QUESTIONS FOR SCALE: Anxiety Symptoms and Treatment Scale <<<<< Number of Questions = 9

1. Do you feel excessively nervous or anxious when speaking or performing in front of others.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

2. Do you worry or feel nervous or anxious almost all of the time?

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

3. Do you suffer from post traumatic stress symptoms?

[Were you ever exposed to some life threatening, abusive, or shocking traumatic event(s) where you felt extremely frightened and helpless AND still have frequent episodes of flashbacks, numbness, detachment, distress, avoidance of similar situations, or other symptoms that significantly interfere in your life?]

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

4. Do you feel very nervous or anxious almost any time you are with other people?

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

5. How many times have you had a lasting problem with obsessions or compulsions?

[Obsessions definition: recurring, uncontrollable thoughts or images that you cannot get out of your mind, and cause distress. Compulsions definition: repeating outward or mental acts (e.g. washing, ordering, checking, praying, counting, repeating words) because one feels compelled to. Both obsessions and compulsions are usually not realistically connected to any immediate outside problem or are excessive.]

1. Almost all the time; 2. More than 30 times in my life; 3. 21-30 times in my life; 4. 11-20 times in my life; 5. 6-10 times in my life; 6. 4-5 times in my life; 7. 2-3 times in my life; 8. Once in my life; 9. Never/None;

6. How many genuine phobias do you think you have?

[Phobia definition: repeated intense, excessive, and unreasonable fear or anxiety elicited by a specific object, animal, or situation. Or, do you have a fear of almost all social contact?]

1. 12 or more; 2. 11; 3. 10; 4. 9; 5. 8; 6. 7; 7. 6; 8. 5; 9. 4; 10. 3; 11. 2; 12. 1; 13. 0;

7. About how many genuine panic attacks have you had during the past 5 years?

[Panic attack definition: four or more of the following symptoms together for 10 minutes or more:

pounding heart; trembling; trouble breathing; chest pain; feeling dizzy; feeling detached or numb; plus fears of dying, going crazy, or losing control]

1. 12 or more; 2. 11; 3. 10; 4. 9; 5. 8; 6. 7; 7. 6; 8. 5; 9. 4; 10. 3; 11. 2; 12. 1; 13. 0;

8. Length of time that you have been prescribed medication for anxiety, obsessions/compulsions, phobias, or panic disorder.

1. Most or all of my life; 2. More than 3 years; 3. 2-3 years; 4. 1-2 years; 5. 6-12 months; 6. 3-6 months; 7. 1-3 months; 8. 1 to 4 weeks; 9. Less than 1 week; 10. In the past; 11. but not now; 12. Never/Not at all;

9. Amount of counseling or psychotherapy for excessive stress, anxiety, obsessions/compulsions, phobias, or panic disorder.

1. Almost all the time; 2. More than 30 times in my life; 3. 21-30 times in my life; 4. 11-20 times in my life; 5. 6-10 times in my life; 6. 4-5 times in my life; 7. 2-3 times in my life; 8. Once in my life; 9. Never/None;

>>>>> QUESTIONS FOR SCALE: Anger Symptoms and Treatment Scale <<<<<< Number of Questions = 5

1. How often do you get angry and lose your temper?

1. More than 10 per day; 2. 6-10 per day; 3. 1-5 per day; 4. 1-6 per week; 5. 1 to 5 per month; 6. Less than 1 per month; 7. Less than 1 per year; 8. Never/None;

2. How often do you yell at someone or call someone hurtful names?

1. More than 10 per day; 2. 6-10 per day; 3. 1-5 per day; 4. 1-6 per week; 5. 1 to 5 per month; 6. Less than 1 per month; 7. Less than 1 per year; 8. Never/None;

3. How often do you get someone to do what you want by criticizing them, out talking them, getting angry, or threatening them.

1. More than 10 per day; 2. 6-10 per day; 3. 1-5 per day; 4. 1-6 per week; 5. 1 to 5 per month; 6. Less than 1 per month; 7. Less than 1 per year; 8. Never/None;

4. How often do you think about getting even with someone who has hurt you?

1. More than 10 per day; 2. 6-10 per day; 3. 1-5 per day; 4. 1-6 per week; 5. 1 to 5 per month; 6. Less than 1 per month; 7. Less than 1 per year; 8. Never/None;

5. How often do you damage objects or property, hurt animals or people purposely, or break the law?

1. More than 10 per day; 2. 6-10 per day; 3. 1-5 per day; 4. 1-6 per week; 5. 1 to 5 per month; 6. Less than 1 per month; 7. Less than 1 per year; 8. Never/None;

SECTION 3: ACADEMIC ATTITUDES AND SKILLS SCALES

>>>>> QUESTIONS FOR SCALE: **Academic Achievements and Aptitudes Scale** <<<<<< Number of Questions = 13

1. What was the highest level of education reached by EITHER of your PARENTS?

1. Doctoral degree; 2. Masters degree; 3. Bachelors (4-year)college degree; 4. High school degree; 5. Some high school--no degree; 6. Junior high (middle) school; 7. Elementary school; 8. Less than elementary school;

2. What school do you attend?

1. A Calif State University campus; 2. A University of California campus; 3. A public university in another state; 4. Private university in California; 5. Private university in another state; 6. Community college in California; 7. Community college in another state; 8. College or university in another nation; 9. Graduate school independent of a college; 10. Technical school; 11. High school; 12. Unsure or Other;

3. What is your current class level?

1. In doctoral level program; 2. In masters level program; 3. Other graduate school; 4. Senior; 5. Junior; 6. Sophomore; 7. Freshman; 8. First semester Freshman; 9. Taking courses for personal or career development only; 10. Unsure or Other;

4. What is your ultimate educational objective?

1. Doctorate; 2. Masters degree; 3. Bachelor's Degree (4-year degree); 4. Community college degree (2-year degree); 5. Technical school degree; 6. High school degree; 7. Unsure or Other;

5. What is your major area of study?

1. Liberal arts (a language, history, etc.); 2. Social or behavioral science (psychology, sociology, etc.); 3. Biological science; 4. Art-related; 5. Other Natural Science (physics, chemistry, etc.); 6. Business; 7. Engineering; 8. Education; 9. Medical or health-related; 10. Other computer-related; 11. Other technical; 12. Recreation or physical education-related; 13. Does not apply; 14. Undecided or don't know;

6. Check ALL that apply to you

1. Transferred from a community college to 4-year college; 2. Transferred from another 4-year college; 3. Adult returning to school; 4. Educational Opportunity Student ; 5. U.S. Immigrant; 6. Here on student Visa; 7. In Honors program; 8. Visa Student; 9. Disabled student; 10. Out of state student; 11. Military--active or veteran; 12. Athlete on college team; 13. None of above;

7. Your home situation

1. SINGLE--Live WITH PARENTS; 2. SINGLE--Live IN DORMS; 3. SINGLE caring for children; 4. SINGLE--Other situation; 5. MARRIED without children; 6. MARRIED with children; 7. MARITAL-LIKE RELATIONSHIP; 8. OTHER;

8. How many units are you currently enrolled in?

1. Over 20; 2. 18-19; 3. 17-18; 4. 15-16; 5. 13-14; 6. 11-12; 7. 9-10; 8. 7-8; 9. 5-6; 10. 3-4; 11. 1-2; 12. 0;

9. What is your grade average in your major field of study?

1. 3.75-4.00; 2. 3.50-3.74; 3. 3.25-3.49; 4. 3.00-3.24; 5. 2.75-2.99; 6. 2.50-2.74; 7. 2.25-2.49; 8. 2.00-2.24; 9. 1.75-1.99; 10. 1.50-1.74; 11. 1.25-1.49; 12. 1.00-1.24; 13. Below 1.00; 14. No GPA yet;

10. What is your current academic status?

1. President's List--over 3.5 GPA last semester; 2. Dean's List--over 3.0 GPA last semester; 3. Satisfactory--over 2.0 GPA; 4. On Academic Probation; 5. Disqualified; 6. Don't know;

11. What best describes your grade average trend/changes?

1. CONSISTENTLY HIGH (3.0-4.0); 2. INCREASED significantly after an ABSENCE from school; 3. INCREASED significantly within that past year or so; 4. INCREASED significantly a few semesters ago; 5. Was LOWER; 6. but has GRADUALLY INCREASED; 7. CONSISTENTLY AVERAGE (2.0-3.0); 8. DECREASED significantly a few semesters ago; 9. DECREASED significantly within the past year or so; 10. CONSISTENTLY LOW (less than 2.0); 11. UP and DOWN dramatically in recent years; 12. Other;

12. In which percentile range were your VERBAL APTITUDE (SAT, ACT) scores?

1. Greater than 90 percent; 2. 80 to 89 percent; 3. 70 to 79 percent; 4. 60 to 69 percent; 5. 50 to 59 percent; 6. 40 to 49 percent; 7. 30 to 39 percent; 8. 20 to 29 percent; 9. 10 to 19 percent; 10. Less than 10 percent;

13. In which percentile range were your MATH APTITUDE (SAT, ACT) scores?

1. Greater than 90 percent; 2. 80 to 89 percent; 3. 70 to 79 percent; 4. 60 to 69 percent; 5. 50 to 59 percent; 6. 40 to 49 percent; 7. 30 to 39 percent; 8. 20 to 29 percent; 9. 10 to 19 percent; 10. Less than 10 percent;

>>>> QUESTIONS FOR SCALE: **Academic Motivation and Satisfaction Scale** <<<<< Number of Questions = 13

1. I really look forward to coming to campus.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

2. I like my instructors very much and feel that I can talk freely with at least one of them.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

3. I feel extremely comfortable with the faculty and students in my major.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

4. I have current school-related friends that I enjoy being with.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

5. Meeting expectations of my parents or others is the most important reason I am in school.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

6. I really enjoy all my learning, classes, and homework.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

7. I am in school primarily to get the job/career I want.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

8. I wouldn't be in school if I could make as much money without it.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

9. I don't know why I am in school or what I want from an education.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

10. Which statement describes your financial support best?

1. Fully self-supporting; 2. Almost fully self-supporting; 3. Depend heavily on financial aide; 4. Family support and work;
5. Entirely supported by family; 6. Other;

11. I am enjoying life and having fun while in school.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN;
5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8.. EXTREMELY inaccurate / unlike me;

12. Overall, how happy are you with your college experience?

1. Extremely happy; 2. Moderately happy; 3. Mildly happy; 4. Unsure or neutral; 5. Mildly unhappy; 6. Moderately unhappy;
7. Extremely unhappy;

13. Overall, I am happy with my grades and what I am learning.

1. Extremely happy; 2. Moderately happy; 3. Mildly happy; 4. Unsure or neutral; 5. Mildly unhappy; 6. Moderately unhappy;
7. Extremely unhappy;

>>>>> QUESTIONS FOR SCALE: **Academic Motivation Scale** <<<<<< Number of Questions = 13

1. Check ALL that interfere significantly with your learning or grades.

1. Financial worries; 2. Family pressures; 3. Family responsibilities; 4. Time spent working in a job; 5. Pressures at work;
6. Relationship problems; 7. Loneliness; 8. No good place to study where I live; 9. No good place to study at school; 10. Lack of adequate computer availability; 11. Taking the wrong classes; 12. Lack of connection with faculty; 13. Lack of connection with students; 14. Low motivation to study; 15. Too many conflicting things to do; 16. Procrastinate too much;

2. On average, how many hours do you study outside class for each hour in class?

1. More than 3 hours per hour in class; 2. 3 hours per hour in class; 3. 2 hours per hour in class; 4. 1 hour per hour in class;
5. Less than 1 hour per hour in class;

3. I almost never drop a course or take an incomplete(or wouldn't if you've not taken any.)

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN;
5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8.. EXTREMELY inaccurate / unlike me;

4. I almost never miss a class, and my activities rarely interfere with my schoolwork.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN;
5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8.. EXTREMELY inaccurate / unlike me;

5. Others where I live RARELY expect me to help them, do chores, or socialize with them if it interferes with my studies.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN;
5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8.. EXTREMELY inaccurate / unlike me;

6. My family and friends very strongly encourage my studying and doing well in school.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN;
5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8.. EXTREMELY inaccurate / unlike me;

7. When I start working on a task or problem, reading an assignment, or writing, my concentration is so great and I get so involved that almost nothing can distract me.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN;
5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8.. EXTREMELY inaccurate / unlike me;

8. My schedule gives me so little time to study that it seriously affects my grades.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

9. I am able to manage my college life extremely well myself--with little or no help or support from others

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

10. Confidence that you will complete your college degree.

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

11. There is almost no possibility that I will drop out of college during the next year.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

12. Confidence that you have adequate financial means to complete college.

1. Extremely confident; 2. Moderately confident; 3. Mildly confident; 4. Uncertain; 5. Mildly pessimistic; 6. Moderately pessimistic; 7. Extremely pessimistic;

13. I have been so highly motivated to get the college degree I seek for so long that almost nothing could stop me now.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

>>>>> QUESTIONS FOR SCALE: **Study Skills Scale**. <<<<<< Number of Questions = 12

1. I have a good place where I can study as much as I want with minimal distractions.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

2. Whenever I read a chapter in a text, I always do the following:

1-Get an OVERVIEW OF THE CHAPTER FIRST

2-Actively try to get the main point of each paragraph or section.

3-Summarize what I have learned when I finish a major section or chapter.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

3. Whenever I don't understand something I am reading, I almost never just continue reading. Instead I look up parts I don't know, visualize it, or think about it until I understand it.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

4. In studying for a big exam, I always review ALL of the assigned material AT LEAST 3 TIMES within 2 days of the exam.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

5. I almost always create some type of visual overview (or "map") of my text chapters.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

6. In math or science courses, I focus my energy on understanding the basic principles--not just getting answers to problems.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

7. If I find a text boring, I almost always find ways of making it interesting.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

8. Every time I go over material I try to view it a new way instead of using rote memory methods.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

9. I try to associate new material with as many things in my own experiences as I can.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

10. When I am reading and come to a part that is very difficult to understand, I almost never just go on. Instead I almost always struggle with it until I understand it well.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

11. I enjoy learning about theories and enjoy building my own theories about what I am learning in class.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

12. I almost always study alone or with minimal help from others, and when I get help from others it is only after I thoroughly wrestled with the problem myself.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

>>>>> QUESTIONS FOR SCALE: **Basic Academic Learning Factors Scale** <<<<< Number of Questions = 12

1. I enjoy math and don't seem to have any great difficulty in doing problems correctly.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

2. I make "A"'s on almost all of the term papers I write and almost all of the essay tests that I take.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

3. When I read my textbooks, I almost always underline, make notes, outline, or summarize as I am reading.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

4. I am satisfied with the way I take notes in class and with their usefulness to me as I study for my tests.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

5. I am satisfied with all my writing skills such as spelling, grammar, and punctuation.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

6. I don't seem to have any visual problems when I read.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

7. As I read my textbooks and outside reading for my classes, I don't seem to have any problems with the vocabulary or in understanding the writer's thought patterns.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

8. I think that I read slower than most of my classmates.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

9. I don't seem to have any difficulty in remembering new terms, formulas, or facts.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

10. I rarely feel tense during my examinations.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

11. I am satisfied with the result of my studying in relation to the time I spend at it.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

12. When I write, I don't have any great difficulty in organizing what I want to say.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

>>>> QUESTIONS FOR SCALE: Potential Learning Disabilities Scale. <<<<< Number of Questions = 13

1. Do you have a great deal of difficulty understanding assignments and beginning them?

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

2. Were you ever made to feel that you were not college material?

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

3. Do you feel that you know the material, but are unable to do well on a test?

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

4. Would you feel very unsure about turning in a paper that has been proofread by someone else?

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

5. Do you usually have to read textbooks 2-3 times or more to make sense of them?

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

6. Do you feel that you put in more time and effort on schoolwork than your classmates, but get similar or poorer grades?

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

7. Could you do better on tests if you were allowed a lot more time?

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

8. Do you spend too much time on one assignment which causes you to not complete other assignments?

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

9. Does reading for one hour make you very tired?

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

10. Do you feel more anxiety about tests than most of your classmates?

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

11. Do you feel that you're a lot smarter than your grades indicate?

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

12. Do you avoid reading so much that it is a big problem?

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

13. Do you generally read much slower than other people?

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral or midpoint; 6. MILDLY inaccurate / unlike me; 7. MODERATELY inaccurate / unlike me; 8. EXTREMELY inaccurate / unlike me;

SECTION 4: ACADEMIC MAJOR/CAREER INTEREST SCALES

INSTRUCTIONS:

1. Work quickly and give honest answers to maximize your benefit.
2. Mark **ONLY** on the **SEPARATE ANSWER FORM**.
3. Match the scale and question number with the corresponding one on the answer form.
4. Put a check or X in the answer form box next to the **NUMBER** of your selected answer.

EXAMPLE: If you select answer "2", check by 2. 1___(1.0); 2✓(0.86); 3___(0.79);

>>>>> QUESTIONS FOR SCALE: College Major Interest Test: Overall Interests Scale <<<<<< Number of Questions = 28

1. I feel extremely satisfied about my career decision. I have a clear career goal and plan for reaching that goal. My plan has a very high probability for success.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

2. I have spent a great deal of time going through the process of reaching a career decision doing things such as reading about careers, interviewing others, taking interest tests, thinking about what I want, and getting related work experience.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

3. I really enjoy natural science classes like chemistry, physics, or geology and am considering a career involving some aspect of natural science.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

4. I really enjoy subjects like biology and am considering a career which might involve a lot of knowledge of biological science. I am considering a major or minor in BIOLOGY, MICROBIOLOGY, or another biological science.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

5. I really enjoy learning about myself or other people. I enjoy classes like psychology, sociology, anthropology, economics, or geography. I am considering a career where understanding people, groups, economics, OR cultures may be important.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

6. I really enjoy helping people and am considering a career in a 'helping profession' such as counseling, teaching, or social work.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

7. I love math, am very good at it, and am considering a career in which math might play an important part.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

8. I am considering a career in a medical or health related field. Or I might like a career related to physical education, physical therapy, pharmacy, audiology, speech therapy or some other field which requires a lot of knowledge about biology or the human body.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

9. I love to write and am considering a career in which writing would be very important. OR I have an interest in journalism or radio, TV, or film production.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

10. I have a serious interest in an art related field such as art, design, music, dance, photography, or theatre arts.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

11. I am extremely interested in studying about an ethnic group, about women, or about ancient or current cultures.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

12. I love learning through reading, taking classes, or any other way I can. I might eventually want to get a masters degree or doctorate.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

13. I would love to specialize and be an expert at something. I tend to get passionate interests about one interest area at a time for months or years. I am considering a career where I might become an expert at something that requires intense study or an advanced degree.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

14. I enjoy a large variety of activities. I would like a career where I have a little knowledge about many things. I might rather have a more general degree like a general business, social science, or liberal arts degree that can give me a wide variety of career options.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

15. I have never been very interested in school, any particular subject in school, or any particular career that I know of. I feel very confused about what major or career I want.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

16. I enjoy reading and literature of many types. I am considering a field like history or literature.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

17. I really enjoy sports, recreational activities, and helping others enjoy them. I am considering a career in a physical education, sports, or recreation related field.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

18. I enjoy learning about law, politics, or government and am considering a career where these subjects may be important.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

19. Law enforcement, the legal profession, probation, or the military are careers I have an interest in.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

20. I really enjoy working with machines, electronics, computers, aircraft, medical equipment, construction, or other activities where I can work with my hands and see something I made or repaired. I am less interested in designing these or working behind a desk. I might prefer a technical career which requires only a one or two year technical degree at a community college or a technical school.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

21. I really enjoy other countries and learning foreign languages. I am considering majoring or minoring in a foreign language.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

22. I really enjoy philosophy and/or the study of religion. I may want PHILOSOPHY or RELIGION as a major or a minor for my career and/or personal benefit.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

23. I expect to work in a business setting or am considering a major or minor in a business related career.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

24. I am interested in science and/or technical things, math, computers, medical equipment, machines, airplanes, electronics, buildings or public works projects. I might like to build or design things or work with computers. I am considering a career in engineering, engineering technology, computers, architecture, or a related field.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

25. I have a very high interest in one or more of the following child development, consumer affairs, fashion merchandising, textiles and clothing, nutrition, food industries, gerontology, or teaching home economics or family and consumer affairs. I might be interested in one of these areas as a major or minor in a FAMILY AND CONSUMER SCIENCES area.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

26. I might be interested in majoring or minoring in Women's Studies or studies of a special ethnic group such as Asian or Asian American Studies, Mexican American Studies, Black Studies, or Native American Studies.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

27. I enjoy working on a computer, learning about software and hardware, and think that I might enjoy a job in a computer related field where I spend a lot of time designing software or hardware, or working with computers, computer networks, the Internet, or managing others who work with computers.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

28. I might like to have a major that combined two or three other major areas of my choosing. I might like to inquire about designing such a major that fits my particular interests. [Most universities offer such majors under titles like 'Special Major', 'Interdisciplinary Studies', or 'Liberal Arts.']

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

>>>>> QUESTIONS FOR SCALE: College Major Interest Test: Business Related Interests Scale < Number of Questions = 7

1. I enjoy selling or planning how to market things and am considering a career in sales, marketing, market research, or some other form of merchandising. I am considering MARKETING as a major or minor.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

2. I think I would like being an executive or manager in charge of other people and responsible for a work group or business. I am considering a career in management or MANAGEMENT as a major or minor.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

3. I enjoy working with computers, and think I would like a career related to business applications of computers. I am considering BUSINESS INFORMATION SYSTEMS as a major or minor department.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

4. I enjoy dealing with money, finance, economics, real estate, and/or business law issues. I am considering a career in a field related to one of these interests. I am considering a major or minor in the FINANCE department.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

5. I would like teaching and helping people in a business setting and am considering work in personnel, training, or human resource development. I am considering a major or minor in HUMAN RESOURCES MANAGEMENT.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

6. I would like to work with numbers and do precise, detailed work. I might enjoy working with auditing or tax related issues. I am considering a career, major, or minor in ACCOUNTING or a related field.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

7. I would greatly value developing my speech, communication, or public relations skills to high level and am considering a career where those skills may be very important. I am considering a major or minor in the SPEECH COMMUNICATION department.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

>>>>> QUESTIONS FOR SCALE: College Major Interest Test: Engineering Related Interests Scale <

Number of Questions = 8

1. I enjoy complex math and might enjoy designing complex electronic systems such as computers. I am considering a career in electrical or electronic engineering or its option in biomedical engineering.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

2. I enjoy design and am interested in the workings of complex mechanical things. I am considering a career in mechanical engineering or in one of its options of industrial management engineering, materials engineering, or ocean engineering.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

3. I enjoy chemistry and also designing things. I am considering a career in chemical engineering.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

4. I think I would enjoy designing things like civil works projects, buildings, or other large projects. I am considering civil engineering as a career.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

5. I am very interested in aerospace related engineering and am considering a career as an aerospace engineer.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

6. I am interested in an engineering related field, but am not as interested in complex math or designing systems as I am in technical aspects of one or more of the following construction management, electronics, manufacturing, or quality assurance. I might be interested in an ENGINEERING TECHNOLOGY major.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

7. I love math, programming, and computer software design, but am less interested in the electronic circuits and hardware of computers. I am considering (engineering) computer science as a major.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

8. I really enjoy working with computers. But I would prefer a business environment more than an engineering, science, or mathematical environment. I might consider getting a major in business with an emphasis in computers or INFORMATION SYSTEMS.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

>>>>> QUESTIONS FOR SCALE: College Major Interest Test: Fine Arts Related Interests Scale <<<<<

Number of Questions = 7

1. I love music and am considering a music related career or a major or minor in MUSIC.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

2. I love art and am considering an art related or design related career or am considering a major in ART.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

3. I love to act and be in plays and am considering professional acting as a career or considering a major or minor in THEATER ARTS.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

4. I love to dance and am considering a career in which dance might play an important part or a major or minor in DANCE.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

5. I have an interest in becoming a photojournalist and would consider a major or minor in PHOTOGRAPHY or PHOTOJOURNALISM.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

6. I love to draw and design functional things. I would consider a major in DESIGN or INDUSTRIAL DESIGN.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

7. I love to decorate and would like to design interiors for homes or businesses. I would consider a major in INTERIOR DESIGN.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

>>>>> QUESTIONS FOR SCALE: College Major Interest Test: Helping/Teaching/Counseling Related Interests Scale <<<<<

Number of Questions = 10

1. I enjoy teaching groups of people and am considering a career where teaching might be an important part of my job.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

2. I enjoy helping people one on one and am considering a career in a counseling related field such as becoming a psychologist or psychiatrist, a school counselor or psychologist, or a social worker. I know that these all require graduate degrees, and some require psychology as a major. I am considering a major in PSYCHOLOGY (which will also give me the most flexibility in choosing what type of counseling I want to pursue later.)

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

3. I would strongly like to work in an educational setting such as a public school or university.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

4. I would especially enjoy a career helping ADULTS.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

5. I would especially enjoy a career helping CHILDREN or TEENAGERS.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

6. I would enjoy teaching vocational or shop courses. I am considering vocational education as a major.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

7. I would be interested in a career helping people with their speech or helping persons with hearing impairments. I might want a major leading to a career in audiology or speech therapy such as communicative disorders.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

8. I know that I want to be a social worker and work with public agencies helping people with various types of disabilities or who are in need of help. I know that most jobs are with the government and think I would enjoy working as part of a larger organization dedicated to helping people even though there may be a lot of paperwork, etc. I am considering a major in psychology, sociology, social work, or a related field.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

9. I think that I might like to teach in public or private schools in a grade level between Kindergarten and College (K 12). I am interested in a major that leads to a teaching credential.

[Getting a teaching credential often means getting a special degree in Liberal Studies for elementary teaching or obtaining one of a select number of majors for teaching high school. Go to your local College or School of Education for more information.]

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

10. I am considering a career in church work or as a minister, priest, rabbi, or other religious leader. Or, I am interested in learning more about or teaching about religion. I am considering a degree in RELIGION, RELIGIOUS STUDIES, or PHILOSOPHY. Or, I am considering a different kind of major such as psychology or sociology that could help me be more effective helping people.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

>>>>> QUESTIONS FOR SCALE: College Major Interest Test: Language Related Interests Scale <<<<<

Number of Questions = 9

1. I am very interested in learning or teaching French or considering FRENCH as a major.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

2. I am very interested in learning or teaching Italian or am considering ITALIAN as a major.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

3. I am very interested in learning or teaching German or am considering GERMAN as a major.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

4. I am very interested in learning or teaching Russian or am considering RUSSIAN as a major.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

5. I am very interested in learning or teaching Japanese or am considering JAPANESE as a major.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

6. I am very interested in learning or teaching Chinese or am considering CHINESE as a major.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

7. I am very interested in ancient Greece or Rome and in learning those languages. I am considering a major in CLASSICS.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

8. I am very interested in learning or teaching Spanish or am considering SPANISH as a major.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

9. I am very interested in learning or teaching Portuguese or am considering PORTUGUESE as a major.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

>>>>> QUESTIONS FOR SCALE: College Major Interest Test: Medically Related Interests Scale <<<<<

Number of Questions = 7

1. I am considering becoming a physician and have high ability in science. I may want to consider a major in a biological or chemical science with a minor in the other.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

2. I am considering nursing or a related career or a major in NURSING.

[Obtaining an RN (Registered Nurse) certificate usually only requires a 2-year degree, However, you may prefer a 4 year bachelor's degree in nursing to advance your knowledge or career.]

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

3. I like helping one on one and working with the body. I am considering becoming a physical therapist and would consider a major in a pre physical therapy major such as Kinesiology.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

4. I am extremely interested in health science, health education, and/or health administration. I am considering a career in one of these fields or a degree in HEALTH SCIENCE or HEALTH CARE ADMINISTRATION.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

5. I am interested in studying the human body, its overall movement and function, physical therapy, athletic training, or physical education. I might be interested in a major in Kinesiology or in a major leading to physical therapy.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

6. I would be interested in a career helping people with their speech or helping persons with hearing impairments. I might want a major leading to a career in audiology or speech therapy such as COMMUNICATIVE DISORDERS.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

7. I might prefer to work in a specialized medically related field working directly with patients such as a technician working with medical imaging, X rays, dental assistance, nursing, or some other similar field that only requires one to two years at a technical school or community college.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

>>>>> QUESTIONS FOR SCALE: College Major Interest Test: Law Enforcement and Military Related Interests Scale

Number of Questions = 3

1. I am considering becoming a lawyer in criminal law (defense, prosecution, etc.). I think that I might prefer to get an undergraduate degree or minor in CRIMINAL JUSTICE.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

2. I am considering working in a law enforcement field, within probation, or within another aspect of the legal system. I might be interested in a CRIMINAL JUSTICE major or minor.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

3. I am considering joining one of the military services or am considering a career in the military. I might be interested in a MILITARY SCIENCE or related major or minor, or I might want to major in some other field and join the military later.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

>>>>> QUESTIONS FOR SCALE: College Major Interest Test: Natural Science Related Interests Scale <<<<<<

Number of Questions = 5

1. I enjoy chemistry and am considering a career requiring a lot of knowledge of chemistry (such as chemistry or medicine) or am considering CHEMISTRY, BIOCHEMISTRY, or a related field as a major or minor.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

2. I enjoy physics and am considering a career requiring a lot of knowledge of physics or PHYSICS as a major or minor.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

3. I enjoy geology or study of the environment and am considering or GEOLOGY as a major or minor.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

4. I enjoy astronomy and math am considering a career requiring a lot of knowledge of astronomy or ASTRONOMY as a major or minor.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

5. I enjoy studying the environment, pollution, and/or ways to make the environment cleaner and safer. I might be interested in a major or minor in earth science or environmental studies.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

>>>>> QUESTIONS FOR SCALE: College Major Interest Test: Social Science Related Interests Scale <<<<<<

Number of Questions = 10

1. I am extremely interested in learning about myself and understanding people in depth. I am considering a career where working with people or am considering a major or minor in PSYCHOLOGY.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

2. I am extremely interested in learning about groups and society. I am considering a career where knowledge of groups and society would be very important, or a SOCIOLOGY major or minor.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

3. I am extremely interested in history, or am considering a major or minor in HISTORY.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

4. I am extremely interested in law, politics, and/or studying political systems. I might like to work in public administration, in government or politics, or become an attorney. I am considering a major or minor in POLITICAL SCIENCE or an advanced degree in public administration.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

5. I am extremely interested in studying the economic behavior of people and/or the economy as a whole. I am considering a major or minor in ECONOMICS.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

6. I enjoy studying physical and cultural aspects of various countries or geographic regions. In addition I may enjoy studying topics like climates, mapping, urban life, etc. I might like to major or minor in GEOGRAPHY.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

7. I am extremely interested in studying the United States and might like to major or minor in American Studies.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

8. Studying humans and various cultures (including ancient ones) in our many social, cultural, and biological aspects is fascinating to me. I might enjoy majoring or minoring in ANTHROPOLOGY.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

9. Studying oral human communication in its various aspects (including persuasion, negotiation, public speaking, media, or business communication). I might be interested in a Speech or Communication major or minor.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

10. I like social science, research and theory, and find the study of speech and language fascinating. I might like a major or minor in LINGUISTICS.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

>>>>> QUESTIONS FOR SCALE: College Major Interest Test: Women and Ethnic Group Related Interests Scale <<<<<<
Number of Questions = 7

1. I have a very high interest in American Indian culture and studies and might consider it as a major or minor.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

2. I have a very high interest in African American culture and studies.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

3. I have a very high interest in Mexican American culture and studies.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

4. I have a very high interest in Asian American culture and studies.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

5. I have a very high interest in studying the American culture as a whole from a variety of viewpoints and disciplines. I might consider AMERICAN STUDIES as a major or minor.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

6. I am very interested in studying women their history, experience, and sex roles from a variety of viewpoints. I might be interested in WOMEN'S STUDIES as a major or minor.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

7. I am very interested in studying cultures in general and cultures as a whole for both the past and present from a variety of viewpoints. I am considering ANTHROPOLOGY as a major or minor.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

>>>>> QUESTIONS FOR SCALE: College Major Interest Test: Writing and Media Related Interests Scale <<<<<<

Number of Questions = 3

1. I highly enjoy writing, English literature, and/or possibly teaching English, and am considering ENGLISH or as a major or minor.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

2. I am considering working for a newspaper or other news media as a journalist or photojournalist; OR I might want to teach journalism; OR I might want to work in public relations. I am considering JOURNALISM as a major or minor.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

3. I really enjoy creating and communicating and am considering a career in radio, video, film production; or am considering a major or minor in the FILM and ELECTRONIC MEDIA.

1. EXTREMELY accurate / like me; 2. MODERATELY accurate / like me; 3. MILDLY accurate / like me; 4. UNCERTAIN; 5. neutral; 6. or midpoint; 7. MILDLY inaccurate / unlike me; 8. MODERATELY inaccurate / unlike me; 9. EXTREMELY inaccurate / unlike me;

Section 5: SHAQ ANSWER FORM: Success and Happiness Attributes Questionnaire (SHAQ).
For manually taking and scoring SHAQ.

MATERIALS TO MANUALLY ADMINISTER SHAQ

PART 2: SHAQ ANSWER FORM

(Follows on next page)

ANSWERING SHAQ

Use this form for writing your answers to the SHAQ questions in Part 1. You may take all of SHAQ, a combination of SHAQ sections—Main, Outcome, Academic-Learning, and Career/Major Interest—or you may take as little as one subsection such as “Interpersonal Attributes” or one scale. However, we advise that you take at least all the main scales and outcome scales. If you are a student, we advise you also take at least the Academic-Learning section.

Again, by far the best and simplest way to take SHAQ and get instant, more accurate and complete results is by using the SHAQ APP, found at <http://web.csulb.edu/~tstevens>. It is free, completely anonymous, and simple to download and use.

SCORING SHAQ

There are two ways of scoring SHAQ’s main scales. The SHAQ ORIGINAL SCALES are scored using the instructions at the end of this section. Scoring the original scales is simpler than scoring the revised scales. However, the SHAQ REVISED SCALES provide more detailed information and also allow users to calculate the Happiness Quotient (HQ). Most of the main scales from the original SHAQ scoring are the same or almost the same as in the revised version. Most original scales are included in the revised scales form. However, there are some differences, and the revised scales include many subscales providing more detailed information. Also, the revised scales are based more upon factor analysis data, and the revised scales are the basis for calculating the HQ score. Use **Section 2: Complete HQ Scale/Subscales Scoring Information** for scoring the SHAQ REVISED (main) SCALES.

Use **Section 3: Scoring Information for Outcome, Academic-Learning, And Career/Major Interest Scales** for scoring the REVISED Outcome Scales, the REVISED Academic-Learning Scales, and the Career/Major Interest Scales. The Outcome Scales and Learning-Academic Scales also have been revised (based partially upon factor analysis). You can use the sections at the end of this form for scoring the original Outcome, Academic-Learning, and/or Career/Major Interest parts if you prefer. The Career/Major Interest is the only part that has not been revised.

ANSWER FORM

Success and Happiness Attributes Questionnaire (SHAQ)

IMPORTANT: Anonymous, auto-scored SHAQ APP version found on web site at: <http://www.csulb.edu/~tstevens/success>.

The HQ or subscale scores are only computed by the SHAQ APP version

Tom G. Stevens PhD, tstevens@csulb.edu

INSTRUCTIONS: Answer honestly and work quickly. Completion takes 30-60 minutes (or more if you answer slowly).

1. Create a USERNAME OR write actual name below:

Username: _____ Eg. 27mno31

OR First Name: _____ Middle Initial: _____

Last Name: _____

2. Age: _____ 3. Hours work/week: _____ 4. Sex: Male, Female

5. Are you completing this for course credit? YES, NO

6. I live in: [USA, Other Nation]

7. If not USA, country: _____ 8. If USA, zip code: _____

WHY ARE YOU TAKING SHAQ?

1. USER TYPE: Check ALL that apply to you:

- Experienced self-help user.
- I want a thorough assessment.
- Finishing quickly most important.
- I want help with a certain problem.

- College student completing assignment.
- Other college student.
- Other type of student
- I want ACADEMIC HELP ONLY
- College faculty member or administrator.
- Subject in a SHAQ research project.
- None of these categories fit me.

2. I WANT HELP WITH: Check ALL that apply to you:

- more success and happiness;
- better grades and/or academic success;
- self-esteem; procrastination or self-motivation;
- I want help choosing a major or career (additional 10-20 minutes);
- time management or control of my life;
- marriage or relationships of any type;
- meeting people, dating more, etc.;
- overcoming loneliness,
- fear of being alone, or fear of rejection;
- understanding myself and my motivation;

- coping with unhappiness, apathy, grief, or depression;
- coping with stress, anxiety, fear, or guilt;
- coping with anger or aggression;

QUESTIONS FOR EACH SCALE

INSTRUCTIONS:

5. Put a ✓ or X on the ANSWER FORM next to the NUMBER of your selected answer from the QUESTION FORM.

EXAMPLE: If you select answer "2", check by 2. 1___(1.0); 2✓(0.86); 3___(0.79);

>>>> QUESTIONS FOR SCALE: Biographical Information <<<<< Number of Questions = 8

1. 1___(1.0); 2___(0.88); 3___(0.74); 4___(0.62); 5___(0.5); 6___(0.38); 7___(0.24); 8___(0.12);
2. 1___(1.0); 2___(0.93); 3___(0.86); 4___(0.78); 5___(0.71); 6___(0.64); 7___(0.57); 8___(0.5); 9___(0.43); 10___(0.36);
11___(0.28); 12___(0.21); 13___(0.14); 14___(0.07);
3. 1___(1.0); 2___(0.93); 3___(0.86); 4___(0.78); 5___(0.71); 6___(0.64); 7___(0.57); 8___(0.5); 9___(0.43); 10___(0.36);
11___(0.28); 12___(0.21); 13___(0.14); 14___(0.07);
4. 1___(1.0); 2___(0.94); 3___(0.87); 4___(0.8); 5___(0.74); 6___(0.67); 7___(0.6); 8___(0.54); 9___(0.47); 10___(0.4);
11___(0.34); 12___(0.27); 13___(0.2); 14___(0.14); 15___(0.07);
5. 1___(1.0); 2___(0.91); 3___(0.82); 4___(0.73); 5___(0.64); 6___(0.54); 7___(0.45); 8___(0.36); 9___(0.27); 10___(0.18);
11___(0.09);
6. 1___(1.0); 2___(0.91); 3___(0.83); 4___(0.75); 5___(0.66); 6___(0.58); 7___(0.5); 8___(0.41); 9___(0.33); 10___(0.25);
11___(0.16); 12___(0.08);
7. 1___(1.0); 2___(0.94); 3___(0.87); 4___(0.8); 5___(0.74); 6___(0.67); 7___(0.6); 8___(0.54); 9___(0.47); 10___(0.4);
11___(0.34); 12___(0.27); 13___(0.2); 14___(0.14); 15___(0.07);
8. 1___(1.0); 2___(0.94); 3___(0.87); 4___(0.8); 5___(0.74); 6___(0.67); 7___(0.6); 8___(0.54); 9___(0.47); 10___(0.4);
11___(0.34); 12___(0.27); 13___(0.2); 14___(0.14); 15___(0.07);

>>>> QUESTIONS FOR SCALE: Self Management Skills <<<<< Number of Questions = 15

1. 1___(1.0); 2___(0.88); 3___(0.74); 4___(0.62); 5___(0.5); 6___(0.38); 7___(0.24); 8___(0.12);
2. 1___(1.0); 2___(0.88); 3___(0.74); 4___(0.62); 5___(0.5); 6___(0.38); 7___(0.24); 8___(0.12);
3. 1___(1.0); 2___(0.91); 3___(0.83); 4___(0.75); 5___(0.66); 6___(0.58); 7___(0.5); 8___(0.41); 9___(0.33); 10___(0.25);
11___(0.16); 12___(0.08);
4. 1___(1.0); 2___(0.88); 3___(0.74); 4___(0.62); 5___(0.5); 6___(0.38); 7___(0.24); 8___(0.12);
5. 1___(1.0); 2___(0.93); 3___(0.85); 4___(0.77); 5___(0.7); 6___(0.62); 7___(0.54); 8___(0.46); 9___(0.39); 10___(0.31);
11___(0.23); 12___(0.16); 13___(0.08);
6. 1___(1.0); 2___(0.88); 3___(0.74); 4___(0.62); 5___(0.5); 6___(0.38); 7___(0.24); 8___(0.12);
7. 1___(1.0); 2___(0.88); 3___(0.74); 4___(0.62); 5___(0.5); 6___(0.38); 7___(0.24); 8___(0.12);
8. 1___(1.0); 2___(0.88); 3___(0.74); 4___(0.62); 5___(0.5); 6___(0.38); 7___(0.24); 8___(0.12);
9. 1___(1.0); 2___(0.88); 3___(0.74); 4___(0.62); 5___(0.5); 6___(0.38); 7___(0.24); 8___(0.12);
10. 1___(1.0); 2___(0.88); 3___(0.74); 4___(0.62); 5___(0.5); 6___(0.38); 7___(0.24); 8___(0.12);
11. 1___(1.0); 2___(0.88); 3___(0.74); 4___(0.62); 5___(0.5); 6___(0.38); 7___(0.24); 8___(0.12);
12. 1___(1.0); 2___(0.88); 3___(0.74); 4___(0.62); 5___(0.5); 6___(0.38); 7___(0.24); 8___(0.12);
13. 1___(1.0); 2___(0.88); 3___(0.74); 4___(0.62); 5___(0.5); 6___(0.38); 7___(0.24); 8___(0.12);
14. 1___(1.0); 2___(0.88); 3___(0.74); 4___(0.62); 5___(0.5); 6___(0.38); 7___(0.24); 8___(0.12);
15. 1___(1.0); 2___(0.88); 3___(0.74); 4___(0.62); 5___(0.5); 6___(0.38); 7___(0.24); 8___(0.12);

>>>> QUESTIONS FOR SCALE: Emotional Coping Skills Scale <<<<< Number of Questions = 20

1. 1__(0.17); 2__(0.33); 3__(0.5); 4__(0.67); 5__(0.83); 6__(1.0);
2. 1__(0.17); 2__(0.33); 3__(0.5); 4__(0.67); 5__(0.83); 6__(1.0);
3. 1__(1.0); 2__(0.84); 3__(0.67); 4__(0.5); 5__(0.34); 6__(0.17);
4. 1__(0.17); 2__(0.33); 3__(0.5); 4__(0.67); 5__(0.83); 6__(1.0);
5. 1__(0.17); 2__(0.33); 3__(0.5); 4__(0.67); 5__(0.83); 6__(1.0);
6. 1__(0.17); 2__(0.33); 3__(0.5); 4__(0.67); 5__(0.83); 6__(1.0);
7. 1__(0.17); 2__(0.33); 3__(0.5); 4__(0.67); 5__(0.83); 6__(1.0);
8. 1__(1.0); 2__(0.84); 3__(0.67); 4__(0.5); 5__(0.34); 6__(0.17);
9. 1__(1.0); 2__(0.84); 3__(0.67); 4__(0.5); 5__(0.34); 6__(0.17);
10. 1__(1.0); 2__(0.84); 3__(0.67); 4__(0.5); 5__(0.34); 6__(0.17);
11. 1__(0.17); 2__(0.33); 3__(0.5); 4__(0.67); 5__(0.83); 6__(1.0);
12. 1__(0.17); 2__(0.33); 3__(0.5); 4__(0.67); 5__(0.83); 6__(1.0);
13. 1__(1.0); 2__(0.84); 3__(0.67); 4__(0.5); 5__(0.34); 6__(0.17);
14. 1__(0.17); 2__(0.33); 3__(0.5); 4__(0.67); 5__(0.83); 6__(1.0);
15. 1__(0.17); 2__(0.33); 3__(0.5); 4__(0.67); 5__(0.83); 6__(1.0);
16. 1__(1.0); 2__(0.84); 3__(0.67); 4__(0.5); 5__(0.34); 6__(0.17);
17. 1__(1.0); 2__(0.84); 3__(0.67); 4__(0.5); 5__(0.34); 6__(0.17);
18. 1__(1.0); 2__(0.84); 3__(0.67); 4__(0.5); 5__(0.34); 6__(0.17);
19. 1__(0.14); 2__(0.29); 3__(0.43); 4__(0.57); 5__(0.71); 6__(0.86); 7__(1.0);
20. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);

>>>> QUESTIONS FOR SCALE: Life Themes and Values Scale 1: Achievement, Success, and Material Values <<<<<

1. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);
2. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);
3. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);
4. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);
5. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);
6. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);
7. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);
8. 1__(0); 2__(0.17); 3__(0.25); 4__(0.33); 5__(0.42); 6__(0.5); 7__(0.58); 8__(0.67); 9__(0.75); 10__(0.83);
11__(0.92); 12__(1.0);
9. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

>>>> QUESTIONS FOR SCALE: Life Themes and Values Scale 2: Social and Interpersonal Values <<<<<

1. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

2. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

3. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

4. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

5. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

6. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

7. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

8. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

9. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

10. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

>>>> QUESTIONS FOR SCALE: Life Themes and Values Scale 3: Authority and Rule-Oriented Values <<<<<

1. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

2. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

3. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

4. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

5. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

6. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

>>>> QUESTIONS FOR SCALE: Life Themes and Values Scale 4: Internal Mental or Spiritual Values <<<<<

1. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

2. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

3. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

23. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

24. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

25. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

26. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

27. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

28. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

29. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

30. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

>>>> **QUESTIONS FOR SCALE: Unconditional Worth of Self and Others Scale** <<<<<

1. 1__(0); 2__(0.13); 3__(0.2); 4__(0.27); 5__(0.33); 6__(0.4); 7__(0.47); 8__(0.53); 9__(0.6); 10__(0.67);
11__(0.73); 12__(0.8); 13__(0.87); 14__(0.93); 15__(1.0);

2. 1__(0); 2__(0.13); 3__(0.2); 4__(0.27); 5__(0.33); 6__(0.4); 7__(0.47); 8__(0.53); 9__(0.6); 10__(0.67);
11__(0.73); 12__(0.8); 13__(0.87); 14__(0.93); 15__(1.0);

3. 1__(0); 2__(0.13); 3__(0.2); 4__(0.27); 5__(0.33); 6__(0.4); 7__(0.47); 8__(0.53); 9__(0.6); 10__(0.67);
11__(0.73); 12__(0.8); 13__(0.87); 14__(0.93); 15__(1.0);

4. 1__(0); 2__(0.13); 3__(0.2); 4__(0.27); 5__(0.33); 6__(0.4); 7__(0.47); 8__(0.53); 9__(0.6); 10__(0.67);
11__(0.73); 12__(0.8); 13__(0.87); 14__(0.93); 15__(1.0);

5. 1__(0); 2__(0.13); 3__(0.2); 4__(0.27); 5__(0.33); 6__(0.4); 7__(0.47); 8__(0.53); 9__(0.6); 10__(0.67);
11__(0.73); 12__(0.8); 13__(0.87); 14__(0.93); 15__(1.0);

6. 1__(0); 2__(0.13); 3__(0.2); 4__(0.27); 5__(0.33); 6__(0.4); 7__(0.47); 8__(0.53); 9__(0.6); 10__(0.67);
11__(0.73); 12__(0.8); 13__(0.87); 14__(0.93); 15__(1.0);

7. 1__(0); 2__(0.13); 3__(0.2); 4__(0.27); 5__(0.33); 6__(0.4); 7__(0.47); 8__(0.53); 9__(0.6); 10__(0.67);
11__(0.73); 12__(0.8); 13__(0.87); 14__(0.93); 15__(1.0);

8. 1__(1.0); 2__(0.94); 3__(0.87); 4__(0.8); 5__(0.74); 6__(0.67); 7__(0.6); 8__(0.54); 9__(0.47); 10__(0.4);
11__(0.34); 12__(0.27); 13__(0.2); 14__(0.14); 15__(0.07);

9. 1__(1.0); 2__(0.94); 3__(0.87); 4__(0.8); 5__(0.74); 6__(0.67); 7__(0.6); 8__(0.54); 9__(0.47); 10__(0.4);
11__(0.34); 12__(0.27); 13__(0.2); 14__(0.14); 15__(0.07);

10. 1__(1.0); 2__(0.94); 3__(0.87); 4__(0.8); 5__(0.74); 6__(0.67); 7__(0.6); 8__(0.54); 9__(0.47); 10__(0.4);
11__(0.34); 12__(0.27); 13__(0.2); 14__(0.14); 15__(0.07);

11. 1__(0); 2__(0.13); 3__(0.2); 4__(0.27); 5__(0.33); 6__(0.4); 7__(0.47); 8__(0.53); 9__(0.6); 10__(0.67);
11__(0.73); 12__(0.8); 13__(0.87); 14__(0.93); 15__(1.0);

12. 1__(1.0); 2__(0.94); 3__(0.87); 4__(0.8); 5__(0.74); 6__(0.67); 7__(0.6); 8__(0.54); 9__(0.47); 10__(0.4);
11__(0.34); 12__(0.27); 13__(0.2); 14__(0.14); 15__(0.07);

13. 1__(1.0); 2__(0.94); 3__(0.87); 4__(0.8); 5__(0.74); 6__(0.67); 7__(0.6); 8__(0.54); 9__(0.47); 10__(0.4);
11__(0.34); 12__(0.27); 13__(0.2); 14__(0.14); 15__(0.07);

>>>> QUESTIONS FOR SCALE: Life Beliefs Scale: Identity and Ethics <<<<< Number of Questions = 14

1. 1__(0); 2__(0.13); 3__(0.2); 4__(0.27); 5__(0.33); 6__(0.4); 7__(0.47); 8__(0.53); 9__(0.6); 10__(0.67);
11__(0.73); 12__(0.8); 13__(0.87); 14__(0.93); 15__(1.0);

2. 1__(0); 2__(0.13); 3__(0.2); 4__(0.27); 5__(0.33); 6__(0.4); 7__(0.47); 8__(0.53); 9__(0.6); 10__(0.67);
11__(0.73); 12__(0.8); 13__(0.87); 14__(0.93); 15__(1.0);

3. 1__(0); 2__(0.13); 3__(0.2); 4__(0.27); 5__(0.33); 6__(0.4); 7__(0.47); 8__(0.53); 9__(0.6); 10__(0.67);
11__(0.73); 12__(0.8); 13__(0.87); 14__(0.93); 15__(1.0);

4. 1__(0); 2__(0.13); 3__(0.2); 4__(0.27); 5__(0.33); 6__(0.4); 7__(0.47); 8__(0.53); 9__(0.6); 10__(0.67);
11__(0.73); 12__(0.8); 13__(0.87); 14__(0.93); 15__(1.0);

5. 1__(0); 2__(0.13); 3__(0.2); 4__(0.27); 5__(0.33); 6__(0.4); 7__(0.47); 8__(0.53); 9__(0.6); 10__(0.67);
11__(0.73); 12__(0.8); 13__(0.87); 14__(0.93); 15__(1.0);

6. 1__(0); 2__(0.13); 3__(0.2); 4__(0.27); 5__(0.33); 6__(0.4); 7__(0.47); 8__(0.53); 9__(0.6); 10__(0.67);
11__(0.73); 12__(0.8); 13__(0.87); 14__(0.93); 15__(1.0);

7. 1__(1.0); 2__(0.94); 3__(0.87); 4__(0.8); 5__(0.74); 6__(0.67); 7__(0.6); 8__(0.54); 9__(0.47); 10__(0.4);
11__(0.34); 12__(0.27); 13__(0.2); 14__(0.14); 15__(0.07);

8. 1__(1.0); 2__(0.94); 3__(0.87); 4__(0.8); 5__(0.74); 6__(0.67); 7__(0.6); 8__(0.54); 9__(0.47); 10__(0.4);
11__(0.34); 12__(0.27); 13__(0.2); 14__(0.14); 15__(0.07);

9. 1__(0); 2__(0.13); 3__(0.2); 4__(0.27); 5__(0.33); 6__(0.4); 7__(0.47); 8__(0.53); 9__(0.6); 10__(0.67);
11__(0.73); 12__(0.8); 13__(0.87); 14__(0.93); 15__(1.0);

10. 1__(0); 2__(0.13); 3__(0.2); 4__(0.27); 5__(0.33); 6__(0.4); 7__(0.47); 8__(0.53); 9__(0.6); 10__(0.67);
11__(0.73); 12__(0.8); 13__(0.87); 14__(0.93); 15__(1.0);

11. 1__(0); 2__(0.13); 3__(0.2); 4__(0.27); 5__(0.33); 6__(0.4); 7__(0.47); 8__(0.53); 9__(0.6); 10__(0.67);
11__(0.73); 12__(0.8); 13__(0.87); 14__(0.93); 15__(1.0);

12. 1__(1.0); 2__(0.94); 3__(0.87); 4__(0.8); 5__(0.74); 6__(0.67); 7__(0.6); 8__(0.54); 9__(0.47); 10__(0.4);
11__(0.34); 12__(0.27); 13__(0.2); 14__(0.14); 15__(0.07);

13. 1__(1.0); 2__(0.94); 3__(0.87); 4__(0.8); 5__(0.74); 6__(0.67); 7__(0.6); 8__(0.54); 9__(0.47); 10__(0.4);
11__(0.34); 12__(0.27); 13__(0.2); 14__(0.14); 15__(0.07);

14. 1__(1.0); 2__(0.94); 3__(0.87); 4__(0.8); 5__(0.74); 6__(0.67); 7__(0.6); 8__(0.54); 9__(0.47); 10__(0.4);
11__(0.34); 12__(0.27); 13__(0.2); 14__(0.14); 15__(0.07);

>>>> QUESTIONS FOR SCALE: Internal External Control Scale <<<<< Number of Questions = 7

1. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);

2. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);

3. 1__(0.11); 2__(0.22); 3__(0.33); 4__(0.44); 5__(0.56); 6__(0.67); 7__(0.78); 8__(0.89); 9__(1.0);

4. 1__(0.11); 2__(0.22); 3__(0.33); 4__(0.44); 5__(0.56); 6__(0.67); 7__(0.78); 8__(0.89); 9__(1.0);

5. 1__(0.12); 2__(0.25); 3__(0.38); 4__(0.5); 5__(0.62); 6__(0.75); 7__(0.88); 8__(1.0);
 6. 1__(0.12); 2__(0.25); 3__(0.38); 4__(0.5); 5__(0.62); 6__(0.75); 7__(0.88); 8__(1.0);
 7. 1__(0.12); 2__(0.25); 3__(0.38); 4__(0.5); 5__(0.62); 6__(0.75); 7__(0.88); 8__(1.0);

>>>> QUESTIONS FOR SCALE: Positive World View Scale <<<<< Number of Questions = 9

1. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
 2. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
 3. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
 4. 1__(0.11); 2__(0.22); 3__(0.33); 4__(0.44); 5__(0.56); 6__(0.67); 7__(0.78); 8__(0.89); 9__(1.0);
 5. 1__(0.11); 2__(0.22); 3__(0.33); 4__(0.44); 5__(0.56); 6__(0.67); 7__(0.78); 8__(0.89); 9__(1.0);
 6. 1__(0.11); 2__(0.22); 3__(0.33); 4__(0.44); 5__(0.56); 6__(0.67); 7__(0.78); 8__(0.89); 9__(1.0);
 7. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
 8. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
 9. 1__(1.0); 2__(0.9); 3__(0.8); 4__(0.7); 5__(0.6); 6__(0.5); 7__(0.4); 8__(0.3); 9__(0.2); 10__(0.1);

>>>> QUESTIONS FOR SCALE: Greatest Fears Scale <<<<< Number of Questions = 12

1. 1__(0.14); 2__(0.29); 3__(0.43); 4__(0.57); 5__(0.71); 6__(0.86); 7__(1.0);
 2. 1__(0.14); 2__(0.29); 3__(0.43); 4__(0.57); 5__(0.71); 6__(0.86); 7__(1.0);
 3. 1__(0.14); 2__(0.29); 3__(0.43); 4__(0.57); 5__(0.71); 6__(0.86); 7__(1.0);
 4. 1__(0.14); 2__(0.29); 3__(0.43); 4__(0.57); 5__(0.71); 6__(0.86); 7__(1.0);
 5. 1__(0.14); 2__(0.29); 3__(0.43); 4__(0.57); 5__(0.71); 6__(0.86); 7__(1.0);
 6. 1__(0.14); 2__(0.29); 3__(0.43); 4__(0.57); 5__(0.71); 6__(0.86); 7__(1.0);
 7. 1__(0.14); 2__(0.29); 3__(0.43); 4__(0.57); 5__(0.71); 6__(0.86); 7__(1.0);
 8. 1__(0.14); 2__(0.29); 3__(0.43); 4__(0.57); 5__(0.71); 6__(0.86); 7__(1.0);
 9. 1__(0.14); 2__(0.29); 3__(0.43); 4__(0.57); 5__(0.71); 6__(0.86); 7__(1.0);
 10. 1__(0.14); 2__(0.29); 3__(0.43); 4__(0.57); 5__(0.71); 6__(0.86); 7__(1.0);
 11. 1__(0.14); 2__(0.29); 3__(0.43); 4__(0.57); 5__(0.71); 6__(0.86); 7__(1.0);
 12. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);

>>>> QUESTIONS FOR SCALE: Self Acceptance, Skills, and Confidence Scale <<<<< Number of Questions = 41

1. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
 2. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
 3. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
 4. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
 5. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
 6. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
 7. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
 8. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
 9. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
 10. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
 11. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
 12. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
 13. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
 14. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
 15. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
 16. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
 17. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
 18. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
 19. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
 20. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
 21. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
 22. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);

1. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
2. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
3. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
4. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
5. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
6. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
7. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);

>>>> QUESTIONS FOR SCALE: Liberated Relationship Roles Scale <<<<< Number of Questions = 7

1. 1__(0.11); 2__(0.22); 3__(0.33); 4__(0.44); 5__(0.56); 6__(0.67); 7__(0.78); 8__(0.89); 9__(1.0);
2. 1__(0.11); 2__(0.22); 3__(0.33); 4__(0.44); 5__(0.56); 6__(0.67); 7__(0.78); 8__(0.89); 9__(1.0);
3. 1__(0.11); 2__(0.22); 3__(0.33); 4__(0.44); 5__(0.56); 6__(0.67); 7__(0.78); 8__(0.89); 9__(1.0);
4. 1__(0); 2__(0.2); 3__(0.3); 4__(0.4); 5__(0.5); 6__(0.6); 7__(0.7); 8__(0.8); 9__(0.9); 10__(1.0);
5. 1__(0); 2__(0.2); 3__(0.3); 4__(0.4); 5__(0.5); 6__(0.6); 7__(0.7); 8__(0.8); 9__(0.9); 10__(1.0);
6. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
7. 1__(0.11); 2__(0.22); 3__(0.33); 4__(0.44); 5__(0.56); 6__(0.67); 7__(0.78); 8__(0.89); 9__(1.0);

SECTION 2: OUTCOME QUESTIONS

>>>> QUESTIONS FOR SCALE: Happiness (versus Anxiety/Depression) Scale <<<<< Number of Questions = 16

1. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
2. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
3. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
4. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
5. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
6. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
7. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
8. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
9. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
10. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
11. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
12. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
13. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
14. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
15. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);
16. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);

>>>> QUESTIONS FOR SCALE: Physical Health Scale <<<<< Number of Questions = 6

1. 1__(0.14); 2__(0.29); 3__(0.43); 4__(0.57); 5__(0.71); 6__(0.86); 7__(1.0);
2. 1__(0.12); 2__(0.25); 3__(0.38); 4__(0.5); 5__(0.62); 6__(0.75); 7__(0.88); 8__(1.0);
3. 1__(0.12); 2__(0.25); 3__(0.38); 4__(0.5); 5__(0.62); 6__(0.75); 7__(0.88); 8__(1.0);
4. 1__(0.12); 2__(0.25); 3__(0.38); 4__(0.5); 5__(0.62); 6__(0.75); 7__(0.88); 8__(1.0);
5. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
6. 1__(1.0); 2__(0.9); 3__(0.8); 4__(0.7); 5__(0.6); 6__(0.5); 7__(0.4); 8__(0.3); 9__(0.2); 10__(0.1);

>>>> QUESTIONS FOR SCALE: Relationships Scale <<<<< Number of Questions = 7

1. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
2. 1__(1.0); 2__(0.9); 3__(0.8); 4__(0.7); 5__(0.6); 6__(0.5); 7__(0.4); 8__(0.3); 9__(0.2); 10__(0.1);
3. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
4. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
5. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
- 11__(0.16); 12__(0.08);

6. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

7. 1__(1.0); 2__(0.94); 3__(0.87); 4__(0.81); 5__(0.75); 6__(0.68); 7__(0.62); 8__(0.56); 9__(0.5); 10__(0.44);
11__(0.37); 12__(0.31); 13__(0.25); 14__(0.18); 15__(0.12); 16__(0.06);

>>>>> QUESTIONS FOR SCALE: Depression Symptoms and Treatment Scale <<<<< Number of Questions = 6

1. 1__(0.11); 2__(0.22); 3__(0.33); 4__(0.44); 5__(0.56); 6__(0.67); 7__(0.78); 8__(0.89); 9__(1.0);
2. 1__(0.11); 2__(0.22); 3__(0.33); 4__(0.44); 5__(0.56); 6__(0.67); 7__(0.78); 8__(0.89); 9__(1.0);
3. 1__(0); 2__(0.17); 3__(0.25); 4__(0.33); 5__(0.42); 6__(0.5); 7__(0.58); 8__(0.67); 9__(0.75); 10__(0.83);
11__(0.92); 12__(1.0);

4. 1__(0.11); 2__(0.22); 3__(0.33); 4__(0.44); 5__(0.56); 6__(0.67); 7__(0.78); 8__(0.89); 9__(1.0);

5. 1__(0); 2__(0.17); 3__(0.25); 4__(0.33); 5__(0.42); 6__(0.5); 7__(0.58); 8__(0.67); 9__(0.75); 10__(0.83);
11__(0.92); 12__(1.0);

6. 1__(0.11); 2__(0.22); 3__(0.33); 4__(0.44); 5__(0.56); 6__(0.67); 7__(0.78); 8__(0.89); 9__(1.0);

>>>>> QUESTIONS FOR SCALE: Anxiety Symptoms and Treatment Scale <<<<< Number of Questions = 9

1. 1__(0.11); 2__(0.22); 3__(0.33); 4__(0.44); 5__(0.56); 6__(0.67); 7__(0.78); 8__(0.89); 9__(1.0);
2. 1__(0.11); 2__(0.22); 3__(0.33); 4__(0.44); 5__(0.56); 6__(0.67); 7__(0.78); 8__(0.89); 9__(1.0);
3. 1__(0.11); 2__(0.22); 3__(0.33); 4__(0.44); 5__(0.56); 6__(0.67); 7__(0.78); 8__(0.89); 9__(1.0);
4. 1__(0.11); 2__(0.22); 3__(0.33); 4__(0.44); 5__(0.56); 6__(0.67); 7__(0.78); 8__(0.89); 9__(1.0);
5. 1__(0.11); 2__(0.22); 3__(0.33); 4__(0.44); 5__(0.56); 6__(0.67); 7__(0.78); 8__(0.89); 9__(1.0);
6. 1__(0); 2__(0.15); 3__(0.23); 4__(0.31); 5__(0.38); 6__(0.46); 7__(0.54); 8__(0.62); 9__(0.69); 10__(0.77);
11__(0.85); 12__(0.92); 13__(1.0);

7. 1__(0); 2__(0.15); 3__(0.23); 4__(0.31); 5__(0.38); 6__(0.46); 7__(0.54); 8__(0.62); 9__(0.69); 10__(0.77);
11__(0.85); 12__(0.92); 13__(1.0);

8. 1__(0); 2__(0.17); 3__(0.25); 4__(0.33); 5__(0.42); 6__(0.5); 7__(0.58); 8__(0.67); 9__(0.75); 10__(0.83);
11__(0.92); 12__(1.0);

9. 1__(0.11); 2__(0.22); 3__(0.33); 4__(0.44); 5__(0.56); 6__(0.67); 7__(0.78); 8__(0.89); 9__(1.0);

>>>>> QUESTIONS FOR SCALE: Anger Symptoms and Treatment Scale <<<<< Number of Questions = 5

1. 1__(0.12); 2__(0.25); 3__(0.38); 4__(0.5); 5__(0.62); 6__(0.75); 7__(0.88); 8__(1.0);
2. 1__(0.12); 2__(0.25); 3__(0.38); 4__(0.5); 5__(0.62); 6__(0.75); 7__(0.88); 8__(1.0);
3. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
4. 1__(0.12); 2__(0.25); 3__(0.38); 4__(0.5); 5__(0.62); 6__(0.75); 7__(0.88); 8__(1.0);
5. 1__(0.12); 2__(0.25); 3__(0.38); 4__(0.5); 5__(0.62); 6__(0.75); 7__(0.88); 8__(1.0);

SECTION 3: ACADEMIC ATTITUDES AND SKILLS

>>>>> QUESTIONS FOR SCALE: Academic Achievements and Aptitudes Scale <<<<< Number of Questions = 13

1. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
2. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

3. 1__(1.0); 2__(0.9); 3__(0.8); 4__(0.7); 5__(0.6); 6__(0.5); 7__(0.4); 8__(0.3); 9__(0.2); 10__(0.1);
4. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);

5. **Not scored.**

6. 1__(1.0); 2__(0.93); 3__(0.85); 4__(0.77); 5__(0.7); 6__(0.62); 7__(0.54); 8__(0.46); 9__(0.39); 10__(0.31);
11__(0.23); 12__(0.16); 13__(0.08);

7. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);

8. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

9. 1__(1.0); 2__(0.93); 3__(0.86); 4__(0.78); 5__(0.71); 6__(0.64); 7__(0.57); 8__(0.5); 9__(0.43); 10__(0.36);
11__(0.28); 12__(0.21); 13__(0.14); 14__(0.07);

10. 1__(1.0); 2__(0.84); 3__(0.67); 4__(0.5); 5__(0.34); 6__(0.17);

11. 1__(1.0); 2__(0.91); 3__(0.83); 4__(0.75); 5__(0.66); 6__(0.58); 7__(0.5); 8__(0.41); 9__(0.33); 10__(0.25);
11__(0.16); 12__(0.08);

12. 1__(1.0); 2__(0.9); 3__(0.8); 4__(0.7); 5__(0.6); 6__(0.5); 7__(0.4); 8__(0.3); 9__(0.2); 10__(0.1);

13. 1__(1.0); 2__(0.9); 3__(0.8); 4__(0.7); 5__(0.6); 6__(0.5); 7__(0.4); 8__(0.3); 9__(0.2); 10__(0.1);

>>>>> QUESTIONS FOR SCALE: Academic Motivation and Satisfaction Scale <<<<< Number of Questions = 13

1. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);

2. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);

3. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);

4. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);

5. 1__(0.12); 2__(0.25); 3__(0.38); 4__(0.5); 5__(0.62); 6__(0.75); 7__(0.88); 8__(1.0);

6. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);

7. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);

8. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);

9. 1__(0.12); 2__(0.25); 3__(0.38); 4__(0.5); 5__(0.62); 6__(0.75); 7__(0.88); 8__(1.0);

10. 1__(1.0); 2__(0.84); 3__(0.67); 4__(0.5); 5__(0.34); 6__(0.17);

11. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);

12. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);

13. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);

>>>>> QUESTIONS FOR SCALE: Academic Motivation Scale <<<<< Number of Questions = 13

1. 1__(1.0); 2__(0.94); 3__(0.87); 4__(0.8); 5__(0.74); 6__(0.67); 7__(0.6); 8__(0.54); 9__(0.47); 10__(0.4);
11__(0.34); 12__(0.27); 13__(0.2); 14__(0.14); 15__(0.07);

2. 1__(1.0); 2__(0.8); 3__(0.6); 4__(0.4); 5__(0.2);

3. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);

4. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);

5. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);

6. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);

7. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);

8. 1__(0.12); 2__(0.25); 3__(0.38); 4__(0.5); 5__(0.62); 6__(0.75); 7__(0.88); 8__(1.0);

9. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);

10. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);

11. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);

12. 1__(1.0); 2__(0.85); 3__(0.71); 4__(0.57); 5__(0.43); 6__(0.28); 7__(0.14);

13. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);

>>>>> QUESTIONS FOR SCALE: Learning and Study Skills Scale. <<<<< Number of Questions = 12

1. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
3. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
3. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
4. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
5. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
6. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
7. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
8. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
9. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
10. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
11. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
12. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);

>>>>> QUESTIONS FOR SCALE: Basic Academic Learning Factors Scale. <<<<< Number of Questions = 12

1. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
2. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
3. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
4. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
5. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
6. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
7. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
8. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
9. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
10. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
11. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);
12. 1__(1.0); 2__(0.88); 3__(0.74); 4__(0.62); 5__(0.5); 6__(0.38); 7__(0.24); 8__(0.12);

>>>>> QUESTIONS FOR SCALE: Potential Learning Disabilities Scale. <<<<< Number of Questions = 13

1. 1__(0.12); 2__(0.25); 3__(0.38); 4__(0.5); 5__(0.62); 6__(0.75); 7__(0.88); 8__(1.0);
2. 1__(0.12); 2__(0.25); 3__(0.38); 4__(0.5); 5__(0.62); 6__(0.75); 7__(0.88); 8__(1.0);
3. 1__(0.12); 2__(0.25); 3__(0.38); 4__(0.5); 5__(0.62); 6__(0.75); 7__(0.88); 8__(1.0);
4. 1__(0.12); 2__(0.25); 3__(0.38); 4__(0.5); 5__(0.62); 6__(0.75); 7__(0.88); 8__(1.0);
5. 1__(0.12); 2__(0.25); 3__(0.38); 4__(0.5); 5__(0.62); 6__(0.75); 7__(0.88); 8__(1.0);

6. 1__(0.12); 2__(0.25); 3__(0.38); 4__(0.5); 5__(0.62); 6__(0.75); 7__(0.88); 8__(1.0);
7. 1__(0.12); 2__(0.25); 3__(0.38); 4__(0.5); 5__(0.62); 6__(0.75); 7__(0.88); 8__(1.0);
8. 1__(0.12); 2__(0.25); 3__(0.38); 4__(0.5); 5__(0.62); 6__(0.75); 7__(0.88); 8__(1.0);
9. 1__(0.12); 2__(0.25); 3__(0.38); 4__(0.5); 5__(0.62); 6__(0.75); 7__(0.88); 8__(1.0);
10. 1__(0.12); 2__(0.25); 3__(0.38); 4__(0.5); 5__(0.62); 6__(0.75); 7__(0.88); 8__(1.0);
11. 1__(0.12); 2__(0.25); 3__(0.38); 4__(0.5); 5__(0.62); 6__(0.75); 7__(0.88); 8__(1.0);
12. 1__(0.12); 2__(0.25); 3__(0.38); 4__(0.5); 5__(0.62); 6__(0.75); 7__(0.88); 8__(1.0);
13. 1__(0.12); 2__(0.25); 3__(0.38); 4__(0.5); 5__(0.62); 6__(0.75); 7__(0.88); 8__(1.0);

SECTION 4: ACADEMIC MAJOR AND CAREER INTEREST SCALES

>>>>> QUESTIONS FOR SCALE: College Major Interest Test: Overall Interests Scale <<<<< Number of Questions = 28

1. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
2. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);

>>>>> **QUESTIONS FOR SCALE: College Major Interest Test: Natural Science Related Interests Scale** <<<<<

Number of Questions = 5

1. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
2. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
3. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
4. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
5. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);

>>>>> **QUESTIONS FOR SCALE: College Major Interest Test: Social Science Related Interests Scale** <<<<<

Number of Questions = 10

1. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
2. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
3. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
4. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
5. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
6. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
7. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
8. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
9. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
10. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);

>>>>> **QUESTIONS FOR SCALE: College Major Interest Test: Women and Ethnic Group Related Interests Scale** <<<<<

Number of Questions = 7

1. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
2. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
3. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
4. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
5. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
6. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
7. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);

>>>>> **QUESTIONS FOR SCALE: College Major Interest Test: Writing and Media Related Interests Scale** <<<<<

Number of Questions = 3

1. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
2. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);
3. 1__(1.0); 2__(0.89); 3__(0.78); 4__(0.67); 5__(0.55); 6__(0.44); 7__(0.33); 8__(0.22); 9__(0.11);"

SHAQ SCALE SCORING INSTRUCTIONS

SCORING THE SHAQ SCALES, FOR EACH SCALE (whether you use the SHAQ ORIGINAL SCALES BELOW or THE SHAQ REVISED SCALES from a separate scale scoring form):

STEP 1: Add the score for each question in the scale.

- a. Use a calculator to add the numbers (0 to 1.0) in the parentheses to the right of the checked item for each question.
- b. Write the total added score in the blank "TOTAL SCALE SCORE:'
- c. Divide the TOTAL SCORE by the NUMBER OF SCALE QUESTIONS (found at the top of the list of answers.
- d. Write the answer in the blank beside SCALE RELATIVE SCORE: (It should also be a score between 0 and 1.0).
- e. Generally, the higher the score, the "better" the result. Eg. Therefore, scales like depression are "reverse scored" so that a high score means low depression ("better" than "high depression").

STEP 2: REPEAT STEP 1 FOR EACH SCALE:

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SHAQ ORIGINAL SCALES: The Scales in Sections 1-4 are the original SHAQ scales. They are still valid and useful. They are easier to score manually than the SHAQ REVISED SCALES.

If you would prefer to use the more detailed and useful SHAQ REVISED SCALES, which also include directions for calculating your Happiness Quotient (HQ) Score, then refer to the first section in the SHAQ Administration Manual, entitled, "Complete HQ Scale/Subscales Scoring Information." This form also has much more information about each scale. You will still need the question relative-score information from the ANSWER FORM above.

SECTION 1: SELF-RELATED VALUES, BELIEFS, and LIFE SKILLS

SCALE: Biographical Information <<<<< Number of Questions = 8

TOTAL SCALE SCORE: _____ SCALE RELATIVE SCORE: _____

SCALE: Self Management Skills <<<<< Number of Questions = 15

TOTAL SCALE SCORE: _____ SCALE RELATIVE SCORE: _____

SCALE: Emotional Coping Skills Scale <<<<< Number of Questions = 20

TOTAL SCALE SCORE: _____ RELATIVE SCALE SCORE: _____

SCALE: Life Themes and Values Scale 2: Social and Interpersonal Values; Number of Questions = 10

TOTAL SCALE SCORE: _____ RELATIVE SCALE SCORE: _____

SCALE: Life Themes and Values Scale 3: Authority and Rule-Oriented Values < Number of Questions = 6

TOTAL SCALE SCORE: _____ RELATIVE SCALE SCORE: _____

SCALE: Life Themes and Values Scale 4: Internal Mental or Spiritual Values < Number of Questions = 30

TOTAL SCALE SCORE: _____ RELATIVE SCALE SCORE: _____

SCALE: Unconditional Worth of Self and Others Scale <<<<< Number of Questions = 13

TOTAL SCALE SCORE: _____ RELATIVE SCALE SCORE: _____

SCALE: Life Beliefs Scale: Identity and Ethics <<<<< Number of Questions = 14
TOTAL SCALE SCORE:_____ RELATIVE SCALE SCORE: _____

SCALE: Internal External Control Scale <<<<< Number of Questions = 7
TOTAL SCALE SCORE:_____ RELATIVE SCALE SCORE: _____

SCALE: Positive World View Scale <<<<< Number of Questions = 9
TOTAL SCALE SCORE:_____ RELATIVE SCALE SCORE: _____

SCALE: Greatest Fears Scale <<<<< Number of Questions = 12
TOTAL SCALE SCORE:_____ RELATIVE SCALE SCORE: _____

SCALE: Self Acceptance, Skills, and Confidence Scale <<<<< Number of Questions = 41
TOTAL SCALE SCORE:_____ RELATIVE SCALE SCORE: _____

RELATIONSHIP RELATED SCALES

SCALE: Interpersonal Communication and Conflict Resolution Scale <<<<< Number of Questions = 24
TOTAL SCALE SCORE:_____ RELATIVE SCALE SCORE: _____

SCALE: Intimacy Scale <<<<< Number of Questions = 15
TOTAL SCALE SCORE:_____ RELATIVE SCALE SCORE: _____

SCALE: Relationship Independence Scale <<<<< Number of Questions = 18
TOTAL SCALE SCORE:_____ RELATIVE SCALE SCORE: _____

SCALE: Romantic Relationship Habits Scale <<<<< Number of Questions = 7
TOTAL SCALE SCORE:_____ RELATIVE SCALE SCORE: _____

SCALE: Liberated Relationship Roles Scale <<<<< Number of Questions = 7
TOTAL SCALE SCORE:_____ RELATIVE SCALE SCORE: _____

SECTION 2: OUTCOME SCALES

SCALE: Happiness (versus Anxiety/Depression) Scale <<<<< Number of Questions = 16
TOTAL SCALE SCORE:_____ RELATIVE SCALE SCORE: _____

SCALE: Physical Health Scale <<<<< Number of Questions = 6
TOTAL SCALE SCORE:_____ RELATIVE SCALE SCORE: _____

SCALE: Relationships Scale <<<<< Number of Questions = 7
TOTAL SCALE SCORE:_____ RELATIVE SCALE SCORE: _____

SCALE: Depression Symptoms and Treatment Scale <<<<< Number of Questions = 6
TOTAL SCALE SCORE:_____ RELATIVE SCALE SCORE: _____

SCALE: Anxiety Symptoms and Treatment Scale <<<<< Number of Questions = 9
TOTAL SCALE SCORE:_____ RELATIVE SCALE SCORE: _____

SCALE: Anger Symptoms and Treatment Scale <<<<< Number of Questions = 5
TOTAL SCALE SCORE:_____ RELATIVE SCALE SCORE: _____

SECTION 3: ACADEMIC ATTITUDES AND SKILLS SCALES

SCALE: Academic Achievements and Aptitudes Scale <<<<< Number of Questions = 13
TOTAL SCALE SCORE: _____ RELATIVE SCALE SCORE: _____

SCALE: Academic Motivation and Satisfaction Scale <<<<< Number of Questions = 13
TOTAL SCALE SCORE: _____ RELATIVE SCALE SCORE: _____

SCALE: Study Skills Scale. <<<<< Number of Questions = 12
TOTAL SCALE SCORE: _____ RELATIVE SCALE SCORE: _____

SCALE: Basic Academic Learning Factors Scale. <<<<< Number of Questions = 12
TOTAL SCALE SCORE: _____ RELATIVE SCALE SCORE: _____

SCALE: Potential Learning Disabilities Scale. <<<<< Number of Questions = 13
TOTAL SCALE SCORE: _____ RELATIVE SCALE SCORE: _____

SECTION 4: ACADEMIC MAJOR/CAREER INTEREST SCALES

SCALE: College Major Interest Test: Overall Interests Scale <<<<< Number of Questions = 28
TOTAL SCALE SCORE: _____ RELATIVE SCALE SCORE: _____

SCALE: College Major Interest Test: Business Related Interests Scale <<<<< Number of Questions = 7
TOTAL SCALE SCORE: _____ RELATIVE SCALE SCORE: _____

SCALE: College Major Interest Test: Engineering Related Interests Scale << Number of Questions = 8
TOTAL SCALE SCORE: _____ RELATIVE SCALE SCORE: _____

SCALE: College Major Interest Test: Fine Arts Related Interests Scale << Number of Questions = 7
TOTAL SCALE SCORE: _____ RELATIVE SCALE SCORE: _____

SCALE: College Major Interest Test: Helping/Teaching/Counseling Related Interests Scale < Number of Questions = 10
TOTAL SCALE SCORE: _____ RELATIVE SCALE SCORE: _____

SCALE: College Major Interest Test: Language Related Interests Scale < Number of Questions = 9
TOTAL SCALE SCORE: _____ RELATIVE SCALE SCORE: _____

SCALE: College Major Interest Test: Medically Related Interests Scale << Number of Questions = 7
TOTAL SCALE SCORE: _____ RELATIVE SCALE SCORE: _____

SCALE: College Major Interest Test: Law Enforcement and Military Related Interests Scale < Number of Questions = 3
TOTAL SCALE SCORE: _____ RELATIVE SCALE SCORE: _____

SCALE: College Major Interest Test: Natural Science Related Interests Scale < Number of Questions = 5
TOTAL SCALE SCORE: _____ RELATIVE SCALE SCORE: _____

SCALE: College Major Interest Test: Social Science Related Interests Scale < Number of Questions = 10
TOTAL SCALE SCORE: _____ RELATIVE SCALE SCORE: _____

SCALE: College Major Interest Test: Women and Ethnic Group Related Interests Scale Number of Questions = 7
TOTAL SCALE SCORE: _____ RELATIVE SCALE SCORE: _____

SCALE: College Major Interest Test: Writing and Media Related Interests Scale < Number of Questions = 3
TOTAL SCALE SCORE: _____ RELATIVE SCALE SCORE: _____