

SELF-EVALUATION QUESTIONNAIRE

S.T.A. I form Y1

Name _____ Date _____ S _____ T _____

Age _____ Sex _____ M _____ F _____

Directions: A number of statements which people have used to Describe themselves are given below. Read each statement and then Blacken in the appropriate circle to the right of the statement to Indicate how you feel **RIGHT** now, that is, **AT THIS MOMENT**.

There is no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to describe your present feelings best.

N.B. **1** = Not at all **2** = somewhat **3** = moderately so **4** = very much so

1. 2. 3. 4.

1. I feel calm	0	0	0	0
2. I feel secure.....	0	0	0	0
3. I am tense.....	0	0	0	0
4. I feel strained.....	0	0	0	0
5. I feel at ease.....	0	0	0	0
6. I feel upset.....	0	0	0	0
7. I am presently worrying over possible misfortune	0	0	0	0
8. I feel satisfied.....	0	0	0	0
9. I feel frightened.....	0	0	0	0
10. I feel comfortable.....	0	0	0	0
11. I feel self-confident.....	0	0	0	0
12. I feel nervous.....	0	0	0	0
13. I am jittery.....	0	0	0	0
14. I feel indecisive.....	0	0	0	0
15. I am relaxed.....	0	0	0	0
16. I feel content.....	0	0	0	0
17. I am worried.....	0	0	0	0
18. I feel confused.....	0	0	0	0
19. I feel steady.....	0	0	0	0
20. I feel pleasant.....	0	0	0	0

SELF-EVALUATION QUESTIONNAIRE

S.T.A.I. form Y2

Directions : A number of statements which people have used to describe themselves are given below. Read each statement and then blacken in the appropriate circle to the right of the statement to indicate how you *GENERALLY* feel. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to best describe you generally.

N.B. 1 = Almost never 2 = Sometimes 3 = Often 4 = Almost always
1. 2. 3. 4.

21. I feel pleasant.....	0	0	0	0
22. I feel nervous and restless.....	0	0	0	0
23. I feel satisfied with myself.....	0	0	0	0
24. I wish I could be as happy as others seem to be. .	0	0	0	0
25. I feel like a failure.....	0	0	0	0
26. I feel rested.....	0	0	0	0
27. I am " calm, cool and collected "	0	0	0	0
28. I feel that difficulties are piling up and I cannot overcome them.....	0	0	0	0
29. I worry too much over things that do not matter. .	0	0	0	0
30. I am happy.....	0	0	0	0
31. I have disturbing thoughts.....	0	0	0	0
32. I lack self-confidence.....	0	0	0	0
33. I feel secure.....	0	0	0	0
34. I make decisions easily.....	0	0	0	0
35. I feel inadequate.....	0	0	0	0
36. I am content.....	0	0	0	0
37. Unimportant thoughts run through my mind and bother me.....	0	0	0	0
38. I take disappointments so keenly that I cannot put them out of my mind.....	0	0	0	0
39. I am a steady person.....	0	0	0	0
40. I get in a state of tension or turmoil as I think over my recent concerns and interests.....	0	0	0	0



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Beck Depression Inventory - BDI

Name.....Marital Status.....Age.....Gender...

Occupation.....Education.....

This questionnaire consists of 21 groups of statements. After reading each group of statements carefully, circle the number next to the one statement in each group which best describes the way you have been feeling the **past week, including today**. If several statements within a group seem to apply equally well, circle each one. **Be sure to read all the statements in each group before making your choice.**

1 0 I do not feel sad 1 I feel sad 2 I am sad all the time and I can't snap out of it 3 I am so sad or unhappy that I can't stand it	8 0 I don't feel that I am any worse than anybody else 1 I am critical of myself for my weaknesses or mistakes 2 I blame myself all the time for my fault 3 I blame myself for everything bad that happens
2 0 I am not particularly discouraged about the future 1 I feel discouraged about the future 2 I feel I have nothing to look forward to 3 I feel that the future is hopeless and that things cannot improve	9 0 I don't have any thoughts of killing myself 1 I have thoughts of killing myself but I would not carry them out 2 I would like to kill myself 3 I would kill myself if I had the chance
3 0 I do not feel like a failure 1 I feel I have failed more than the average person 2 As I look back on my life, all I can see is a lot of failures 3 I feel I am a complete failure as a person	10 0 I don't cry anymore than usually 1 I cry more now than I used to 2 I cry all the time now 3 I used to be able to cry, but now I can't cry even though I want to
4 0 I get as much satisfaction out of things as I used to 1 I don't enjoy things the way I used to 2 I don't get real satisfaction out of anything any more 3 I am dissatisfied or bored with everything	11 0 I am no more irritated now than I ever am 1 I get annoyed or irritated more easily than I used to 2 I feel irritated all the time now 3 I don't get irritated at all by the things that used to irritate me
5 0 I don't feel particularly guilty 1 I feel guilty a good part of the time 2 I feel guilty most of the time 3 I feel guilty all of the time	12 0 I have not lost interest in other people 1 I am less interested in other people than I used to be 2 I have lost most of my interest in other people 3 I have lost all of my interest in other people
6 0 I don't feel I am being punished 1 I feel I may be punished 2 I expect to be punished 3 I feel I am being punished	13 0 I make decisions about as well as I ever could 1 I put off making decisions more than I used to 2 I have greater difficulty in making decisions than before 3 I can't make decisions at all any more
7 0 I don't feel disappointed in myself 1 I am disappointed in myself 2 I am disgusted with myself 3 I hate myself	14 0 I don't feel I look any worse than I used to 1 I am worried that I am Looking old or unattractive 2 I feel that there are permanent changes in my appearance that make me look unattractive 3 I believe that I look ugly

<p>15 0 I can work about as well as before</p> <p>1 It takes an extra effort to get started at doing something</p> <p>2 I have to push myself very hard to do anything</p> <p>3 I can't do any work at all</p>	<p>16 0 I can sleep as well as usual</p> <p>1 I don't sleep as well as I used to</p> <p>2 I wake 1-2 hours earlier than usual and find it hard to get back to sleep</p> <p>3 I wake up several hours earlier than I used to and cannot get back to sleep</p>
<p>17 0 I don't get more tired than usual</p> <p>1 I get tired more easily than I used to</p> <p>2 I get tired from doing almost anything</p> <p>3 I am too tired to do anything</p>	<p>18 0 My appetite is no worse than usual</p> <p>1 My appetite is not as good as it used to be</p> <p>2 My appetite is much worse now</p> <p>3 I have no appetite at all any more</p>
<p>19 0 I haven't lost much weight, if any, lately</p> <p>1 I have lost more than five pounds</p> <p>2 I have lost more than ten pounds</p> <p>3 I have lost more than fifteen pounds</p> <p><i>I am purposely trying to lose weight by eating less. yes.....No.....</i></p>	<p>20 0 I am no more worried about my health than usual</p> <p>1 I am worried about physical problems such as aches and pains or upset stomach or constipation</p> <p>2 I am worried about physical problems and it's hard to think of much else</p> <p>3 I am so worried about my physical problems that I cannot think about anything else</p>
<p>21 0 I have noticed any recent change in my interest in sex</p> <p>1 I am less interested in sex than I used to be</p> <p>2 I am much less interested in sex now</p> <p>3 I have lost interest in sex completely</p>	<p>.....Subtotal Page 2</p> <p>.....Subtotal Page 1</p> <p>.....Total Score</p>



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DEPRESSION ANXIETY STRESS SCALE (DASS)

DASS Page 1 (21 items)

Name: Date:

Please read each statement. Type 0, 1, 2 or 3 over the dotted lines to indicate how much each statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any statement.

The rating scale: 0. Did not apply to me at all 1. Applied to me to some degree or some of the time
2. Applied to me to a considerable degree or a good part of the time
3. Applied to me very much or most of the time

Statements:

Rating (0-3)

- 1) I found myself getting upset by quite trivial things.....
- 2) I was aware of the dryness of my mouth.....
- 3) I couldn't seem to experience any positive feeling at all.....
- 4) I experience breathing difficulty
(e.g., excessively rapid breathing, breathlessness in the absence of physical exertion).....
- 5) I just couldn't seem to get going.....
- 6) I tended to overreact to situations.....
- 7) I had a feeling of shakiness (e.g., legs going to give way).....
- 8) I found it difficult to relax.....
- 9) I found myself in situations that made me so anxious I was most relieved when they ended.....
- 10) I felt that I had nothing to look forward to.....
- 11) I found myself getting upset rather easily.....
- 12) I felt that I was using a lot of nervous energy.....
- 13) I felt sad and depressed.....
- 14) I found myself getting impatient when I was delayed in any way (e.g., lifts, traffic lights, being kept waiting)
- 15) I had a feeling of faintness.....
- 16) I felt that I had lost interest in just about everything.....
- 17) I felt I wasn't worth much as a person.....
- 18) I felt that I was rather touchy.....
- 19) I perspired noticeably (e.g., sweaty hands) in the absence of high temperatures or physical exertion.....
- 20) I felt scared without any good reason.....
- 21) I felt that life wasn't worthwhile.....

- 22) I found it hard to wind down.....
- 23) I had difficulty in swallowing.....
- 24) I couldn't seem to get any enjoyment out of things I did.....
- 25) I was aware of the action of my heart in the absence of physical exertion
(e.g., sense of increase heart rate, heart missing a beat)
- 26) I felt down hearted and blue.....
- 27) I felt that I was very irritable.....
- 28) I felt that I was close to panic.....
- 29) I found it hard to calm down after something upset me.....
- 30) I feared that I would be thrown by some trivial but unfamiliar task
- 31) I was unable to become enthusiastic about anything.....
- 32) I found it difficult to tolerate interruptions to what I was doing.....
- 33) I was in a state of nervous tension.....
- 34) I felt I was pretty worthless.....
- 35) I was intolerant of anything that kept me from getting on with what I was doing. ____
- 36) I felt terrified.....
- 37) I could see nothing in the future to be hopeful about.....
- 38) I felt that life was meaningless.....
- 39) I found myself getting agitated.....
- 40) I was worried about situations in which I might panic and make a fool of myself. ____
- 41) I experienced trembling (e.g., in the hands).....
- 42) I found it difficult to work up the initiative to do things.....

