

Date 16-01-13

ID \_\_\_\_\_

AQ4-P-Self

Below are a number of statements. Each statement asks you to think about your life over the last 2 weeks.

For each statement, circle a number 1-5 to indicate how true the statement is of you over the last 2 weeks, i.e. how appropriately it describes your life right now.

Circle "1" if the statement does not describe you at all over the last 2 weeks, "5" if the statement describes you perfectly, and use the numbers in between accordingly. Circle "NA" if the statement is not applicable to you over the last 2 weeks.

1 = Completely UNTRUE: The statement is exactly the opposite of me over the last 2 weeks

2 = Mostly untrue of me over the last 2 weeks

3 = Neither untrue nor true of me over the last 2 weeks

4 = Quite true of me over the last 2 weeks

5 = Completely TRUE: The statement exactly describes me over the last 2 weeks

	In the last 2 weeks...	UN-TRUE	2	3	4	5	TRUE	
1 E-ER	I felt bad when I heard an acquaintance had had an accident or illness.	1	2	3	4	5		NA
2 AI-EP	I didn't like to laze around.	1	2	3	4	5		NA
3 IC-N	If a new restaurant opened locally, I'd want to try it out.	1	2	3	4	5		NA
4 SA	If I realised I'd been unpleasant to someone, I felt terribly guilty afterwards.	1	2	3	4	5		NA
5 AI-EP	I liked to have a busy schedule.	1	2	3	4	5		NA
6 IC-S	I started conversations with random people.	1	2	3	4	5		NA
7 AI-EP	I usually got up in the morning even if I didn't have to go to work.	1	2	3	4	5		NA
8 IC-M	When I didn't manage to do something, I tried to find other solutions.	1	2	3	4	5		NA
9 IC-S	I enjoyed spending time with my friends.	1	2	3	4	5		NA
10 SA	If I couldn't do something, I accepted help from others.	1	2	3	4	5		NA
11 AI-I	I got things done when they need to be done, without being reminded by others.	1	2	3	4	5		NA
12 AI-I	I made decisions firmly and without hesitation.	1	2	3	4	5		NA
13 IC-N	If someone had asked me "Would you like to visit every continent in the world?" I'd have said yes.	1	2	3	4	5		NA
14 AI-I	When I had something I needed to do, I did it straightaway so it was out of the way.	1	2	3	4	5		NA

	In the last 2 weeks...	UN-TRUE	=	TRUE			
15 SA	I changed my mind during an argument when I realised the other person might be right.	1	2	3	4	5	NA
16 AI-I	I liked being in charge.	1	2	3	4	5	NA
17 IC-M	If I had made a list of my attributes, my ability to push myself to achieve would have been one of them.	1	2	3	4	5	NA
18 E-ER	I laughed out loud when listening to a comedy show.	1	2	3	4	5	NA
19 IC-N	I enjoyed visiting new places.	1	2	3	4	5	NA
20 IC-M	When I couldn't find something (e.g. a document), I went to a lot of trouble looking for it.	1	2	3	4	5	NA
21 SA	Based on the last 2 weeks, I'd say I care deeply how my loved ones think of me.	1	2	3	4	5	NA
22 AI-EP	If I didn't achieve my goals for the day, I got annoyed.	1	2	3	4	5	NA
23 E-ER	I felt sad or upset when I heard bad news.	1	2	3	4	5	NA
24 AI-I	If I had to RSVP to an invitation, I did it promptly, without needing a reminder.	1	2	3	4	5	NA
25 IC-S	I suggested activities for me and my friends to do.	1	2	3	4	5	NA
26 IC-I	I enjoyed choosing what to do from a range of activities.	1	2	3	4	5	NA
27 IC-N	I enjoyed doing things with people I'd just met.	1	2	3	4	5	NA
28 AI-I	I was easily able to decide to do things by myself, without needing someone to push or encourage me.	1	2	3	4	5	NA
29 IC-S	I started conversations without being prompted.	1	2	3	4	5	NA
30 E-ER	When I listened to music, it could affect me deeply.	1	2	3	4	5	NA
31 IC-N	I enjoyed trying out products, tools or recipes that I was unfamiliar with.	1	2	3	4	5	NA
32 SA	After having taken a decision, I wondered if I'd made the wrong choice.	1	2	3	4	5	NA
33 IC-M	When I decided to do something, I was motivated to see it through to the end.	1	2	3	4	5	NA
34 IC-S	If I hadn't seen a close friend for a while, I got in touch by phone/internet.	1	2	3	4	5	NA
35 SA	When I finished doing something, I took stock of the situation to identify what was going well and what wasn't.	1	2	3	4	5	NA
36 IC-N	I enjoyed learning new things at work.	1	2	3	4	5	NA
37 IC-S	I was pleased when I received unexpected invitations from friends.	1	2	3	4	5	NA
38 IC-I	I would say I've been quite interested in life.	1	2	3	4	5	NA

	In the last 2 weeks...	UN-TRUE	1	2	3	4	5	TRUE	
39 IC-M	When I decided to do something, I was easily able to make an effort.	1	2	3	4	5			NA
40 SA	I felt awful if I said something insensitive.	1	2	3	4	5			NA
41 IC-I	I've been feeling there is so much to do in life and I want to try everything.	1	2	3	4	5			NA
42 E-ER	When someone told me a joke I laughed easily.	1	2	3	4	5			NA
43 AI-EP	Getting something done by 9am gave me a sense of satisfaction.	1	2	3	4	5			NA
44 SA	If, during a discussion, I realised I was in the wrong, I admitted it – at least to myself.	1	2	3	4	5			NA
45 IC-S	I've been going out with friends on a weekly basis.	1	2	3	4	5			NA
46 IC-M	I found it annoying when I was in the middle of doing a task at work and I had to stop to do something else.	1	2	3	4	5			NA
47 IC-I	I wished I had more spare time for hobbies and leisure activities.	1	2	3	4	5			NA
48 IC-M	If I thought of something I needed to do, I wrote it down so I wouldn't forget.	1	2	3	4	5			NA
49 IC-M	I tried out new ways of doing things at work or home.	1	2	3	4	5			NA
50 E-ER	I felt anxious when I was waiting to hear important news (e.g. exam result or job interview).	1	2	3	4	5			NA
51 E-ER	I was easily 'moved' by films/TV programs.	1	2	3	4	5			NA