
ANNEXURE I

CASE STUDY SCHEDULE

Name :
Age :
Class :
Family Income (Per Year) :
Birth Order : First/ Middle / Last /Only Child
Family Type : Nuclear/Joint
Place of Living : Rural/Urban
Address :
Phone Number :

Positive Emotions	Frequently	Rarely	Never
Alert			
Excited			
Happy			
Pleasant			
Relaxed			
Calm			

Negative Emotions	Frequently	Rarely	Never
Insecurity			
Nervous			
Stress			
Anxiety			
Sad			
Fear			

ANNEXURE II

STRESS INVENTORY (Revised, 2005)

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Name:

Investigator:

Date:

Instructions

“In this form, there are few statements followed by two alternatives, ‘Yes’ and ‘No’. Read each statement carefully and put a tick mark in the column, which suits you most. Please be honest while answering. Please do not omit any item. Your answers will be kept confidential”.

Part - I

S. No.	Items	Yes	No
1	I sweat a lot		
2	I get tired easily		
3	I cannot stand loud noise		
4	I have very poor appetite		
5	I get giddiness / nausea		
6	I have difficulty in falling asleep / disturbed sleep		
7	I get pain / aches in my joints / neck / back / head		

Part - II

S. No.	Items	Yes	No
1	I feel sad		
2	I am highly irritable		
3	I feel helpless		
4	I lose my temper easily		
5	I do not enjoy activities which I used to enjoy		
6	I am worried about my poor health		
7	I find others too demanding		
8	I feel upset when I have to take up some responsibility		
9	I worry about my past / present / future		

Part - III

S. No.	Items	Yes	No
1	I take a long time to decide		
2	I get recurring negative thoughts		
3	I am overtaxing myself		
4	I keep forgetting things		
5	I cannot cope with sudden changes around me		
6	I am preoccupied		

Part-IV

S. No.	Items	Yes	No
1	I have a strained posture		
2	I do not pay attention to what I eat		
3	I strive hard to achieve more and more		
4	I argue a lot		
5	I have no time for exercise / walking / relaxation		
6	I spend very little time with my family members		
7	I shout at others even for small matters		
8	I am worn out		

SCORING

Each 'YES' response is given 1 score. Test results are interpreted based on the total score.

Norms

Total Score	Interpretation
20 and above	Very High Stress
10 - 19	High Stress
5 - 9	Moderate Stress
0 - 4	Low Stress

ANNEXURE III**STAXI – 2**

Instructions: It is divided into three parts. Each part contains a number of statements that people use to describe their feelings and behaviour. Please note that each part has different directions. Carefully read the directions for each Part before recording your responses on the Rating Sheet. There are no right or wrong answers. In responding to each statement, give the answer that describes you best.

PART 1

Instructions: A number of statements that people use to describe themselves are given below. Read each statement and put a tick mark against answer to indicate how you feel right now. There are no right or wrong answers. Do not spend too much time on any one statement. Mark the answer that best describes your present feelings.

Sl. No.	STATEMENTS	NOT AT ALL	SOME WHAT	MODERATELY SO	VERY MUCH SO
1	I feel furious	1	2	3	4
2	I feel irritated	1	2	3	4
3	I feel angry	1	2	3	4
4	I feel like yelling at somebody	1	2	3	4
5	I feel like breaking things	1	2	3	4
6	I am mad	1	2	3	4
7	I feel like banging on the table	1	2	3	4
8	I feel like hitting someone	1	2	3	4
9	I feel like swearing	1	2	3	4
10	I feel annoyed	1	2	3	4
11	I feel like kicking somebody	1	2	3	4
12	I feel like cursing out loud	1	2	3	4
13	I feel like screaming	1	2	3	4
14	I feel like pounding somebody	1	2	3	4
15	I feel like shouting out loud	1	2	3	4

PART 2

Instructions: Read each of the following statements that people have used to describe themselves and then put a tick mark against the number to indicate how you generally feel or react. There are no right or wrong answers. Do not spend too much time on any one statement. Mark the answer that best describes how you generally feel or react.

Sl. No.	STATEMENTS	Almost Never	Sometimes	Often	Almost Always
16	I am quick tempered	1	2	3	4
17	I have a fiery temper	1	2	3	4
18	I am a hot headed person	1	2	3	4
19	I get angry when I'm slowed down by others' mistakes	1	2	3	4
20	I feel annoyed when I am not given recognition for doing good work	1	2	3	4
21	I fly off the handle	1	2	3	4
22	When I get mad, I say nasty things	1	2	3	4
23	It makes me furious when I am criticised in front of others	1	2	3	4
24	When I get frustrated, I feel like hitting someone	1	2	3	4
25	I feel infuriated when I do a good job and get a poor evaluation	1	2	3	4

PART 3

Instructions: Everyone feels angry or furious from time to time, but people differ in the ways that they react when they are angry. A number of statements are listed below which people use to describe their reactions when they feel angry or furious. Read each statement and put a tick mark against answer to indicate how often you generally react or behave in the manner described when you are feeling angry or furious. There are no right or wrong answers. Do not spend too much time on any one statement.

Sl. No.	STATEMENTS	Almost Never	Sometimes	Often	Almost Always
26	I control my temper	1	2	3	4
27	I express my anger	1	2	3	4
28	I take a deep breath and relax	1	2	3	4
29	I keep things in	1	2	3	4
30	I am patient with others	1	2	3	4
31	If someone annoys me, I'm apt to tell him or her how I feel	1	2	3	4
32	I try to calm myself as soon as possible	1	2	3	4
33	I pout or sulk	1	2	3	4
34	I control my urge to express my angry feelings	1	2	3	4
35	I lose my temper	1	2	3	4
36	I try to simmer down	1	2	3	4
37	I withdraw from people	1	2	3	4
38	I keep my cool	1	2	3	4
39	I make sarcastic remarks to others	1	2	3	4
40	I try to soothe my angry feelings	1	2	3	4
41	I boil inside, but I don't show it				
42	I control my behaviour				
43	I do things like slam doors				
44	I endeavour to become calm again				
45	I tend to harbour grudges that I don't tell anyone about				
46	I can stop myself from losing my temper				
47	I argue with others				
48	I reduce my anger as soon as possible				
49	I am secretly quite critical of others				
50	I try to be tolerant and understanding				
51	I strike out at whatever infuriates me				
52	I do something relaxing to calm down				
53	I am angrier than I am willing to admit				
54	I control my angry feelings				
55	I say nasty things				
56	I try to relax				
57	I'm irritated a great deal more than people are aware of				

ANNEXURE IV
ASSERTIVENESS SCALE

1. If somebody comes and stands in the middle of the queue
 - a. I will tell her to go to the end of the queue
 - b. I will keep quiet, though I don't like it
 - c. I will not mind it

2. If somebody scolds me when I am not on the wrong
 - a. I will get angry but keep quiet
 - b. I will tell her that it is not my mistake
 - c. I will cry

3. When I find that I don't have ink in my pen in the class
 - a. I will write with a pencil
 - b. I will ask if somebody could lend me a pen
 - c. I will sit without writing

4. When my friends ask me to lend my bike and if I don't like to lend it, I will tell her
 - a. "Sorry, I don't like to lend it"
 - b. My father will scold me
 - c. Take it

5. When my younger brother makes my room clumsy
 - a. I will beat him
 - b. I will clean it myself
 - c. I will tell him that I will be happy if he keeps the room clean

6. I always
 - a. Stand straight
 - b. Stand with a hunch
 - c. Stand clumsily

7. When I talk to elders
 - a. I bend my head
 - b. I look at their eyes
 - c. I won't look at their eyes

8. Usually I walk
 - a. Confidently
 - b. With self-consciousness
 - c. Clumsily

9. When I go to a party
 - a. I won't bother about my dress
 - b. I will take care to dress up well
 - c. I will dress up as usual

10. When my teacher commits a mistake
 - a. I will keep quiet
 - b. I will proudly point out her mistake
 - c. I will humbly point out the mistake to her

11. If my friend hurts my feelings
 - a. I will feel sad
 - b. I will cry
 - c. I will tell her so

12. If I feel that I am unfairly criticised
 - a. I will tell it out
 - b. I will feel like crying
 - c. I will get very angry

13. When I make a mistake
 - a. I try to put the blame on others
 - b. I will accept it, saying 'sorry'
 - c. I will not bother about it

14. When I am asked to do something which I don't like
 - a. I will say that I don't like to do it
 - b. I will do it as I don't like to displease others
 - c. I will bluntly refuse it

15. When somebody forces to buy something which I don't like
 - a. I will buy it because I find it difficult to refuse
 - b. I will shout at them that I don't need it
 - c. I will say 'sorry, I don't need it'

16. When I find that the coffee served in the hotel is not hot enough
 - a. I will shout at the server to take it back
 - b. I will drink it
 - c. I will tell the server that I will be happy if he can give a cup of hot coffee

17. When I am in the theatre, if the people behind me are talking
 - a. I will get irritated
 - b. I will tell them not to talk
 - c. I will keep quite as I don't want to get into trouble

18. I am always
 - a. Afraid to express my opinion to elders/authority
 - b. Bold to express my opinion to elders/ authority
 - c. Ready to fight, if my opinion is not accepted by elders

19. When my rights are affected
 - a. I feel very sorry
 - b. I keep quiet because others are quiet
 - c. I stand up for my rights

20. When there is a problem
 - a. I will try to solve it
 - b. I will keep quiet as there are others to solve it
 - c. I will ignore it

ANNEXURE V

LONELINESS SCALE

S. No.	ITEMS	Always True	True Most Of The Time	True Sometimes	Hardly Ever True	Not True At All
1	It's easy for me make new friends at school					
2	I like to read					
3	I have nobody to talk to					
4	I am good at working with other children					
5	I watch TV a lot					
6	It's hard for me to make friends					
7	I like school					
8	I have lots of friends					
9	I feel alone					
10	I can find a friend when I need one					
11	I play sports a lot					
12	It's hard to get other kids to like me					
13	I like science					
14	I don't have anyone to play with					
15	I like music					
16	I get along with other kids					
17	I feel left out of things					
18	There's nobody I can go to when I need help					
19	I like to paint and draw					
20	I don't get along with other children					
21	I'm lonely					
22	I am well liked by the kids in my class					
23	I like playing board games a lot					
24	I don't have any friends					

Note – Items 2, 5,7,11,13,15,19 and 23 were classified as hobby or interest items. Items for which response order was reversed in scoring