

# *ANNEXURE*

**ANNEXURE – I**

**CASE STUDY SCHEDULE**

Name:

Case Number:

Age:

Date:

Education:

Years of Experience as a nun:

**Present Problems:**

**Negative Emotions**

Indicate if you experience any of the following frequently

Fear

Worry

Anger

Anxiety

Hostility

Any other specify:

**Symptoms**

Indicate if you experience any of the following frequently

Short temper

Irritability

Confusion

Breathlessness

Giddiness

Perspiration

Sleep Disturbances

General Weakness

Fatigue

Swelling of legs/hands

Trembling

Stiffness

Loss of Appetite

Nausea

Vomiting

Indigestion

Loss of Interest

Withdrawn

Hallucination

Pain (Neck/Back/Chest/Hands/Legs/Head ache/Stomach ache)

Any other specify:

Do you have any health problems? Yes / No

If yes, Specify:

Since when:

## ANNEXURE – II

### SPIRITUAL QUOTIENT QUESTIONNAIRE

Swati Chopra (2009)

- 1) **When I look at my life I feel**
  - a. Absolutely contented and want things to stay exactly as they are
  - b. My life's a mess and it is my parent/colleague/superior's fault
  - c. There is nothing I or anyone else can do about it
  - d. I want to create the life I choose
- 2) **Happiness is**
  - a. How people around me and I get along today
  - b. When my mind is quiet
  - c. My designation in my organization
  - d. A function of controlling others
- 3) **When facing a challenging situation, I....**
  - a. Face it with an open mind
  - b. Put a smile on my face
  - c. Turn and run
  - d. Pretend its not happening and hope it will go away
- 4) **I view change as**
  - a. Inconvenient but unavoidable
  - b. An opportunity for growth
  - c. A threat
  - d. A loss of the familiar
- 5) **When things don't go on my way, I....**
  - a. Try to force it around
  - b. Speak my mind and complain
  - c. Pretend its not happening
  - d. Handle the situation at hand
- 6) **When I feel insecure, I....**
  - a. Hide somewhere safe
  - b. Know that its just a feeling
  - c. Panic and worry
  - d. Force myself to be happy
- 7) **My personality is**
  - a. A hopeless mess
  - b. Something others have to bear

- c. Something I am stuck with
- d. A work in progress

**8) I see others as**

- a. The enemy
- b. Separate from me
- c. Different from me
- d. As myself

**9) When I feel out of control, I...**

- a. Surrender to the power that knows the way
- b. Try harder
- c. Push back
- d. Give up

**10) When I want love I.....**

- a. Look for it my relationships
- b. Do whatever it takes to get it
- c. Blame myself for never getting it
- d. Rest in the love I am

**SCORING**

- 1. a)3 (b)1 (c)2 (d) 4
- 2. a)3 (b)4 (c)2 (d) 1
- 3. a)4 (b)3 (c)1 (d) 2
- 4. a)3 (b)4 (c)1 (d) 2
- 5. a)3 (b)2 (c)1 (d) 4
- 6. a)2 (b)4 (c)1 (d) 3
- 7. a)1 (b)2 (c)3 (d) 4
- 8. a)1 (b)2 (c)3 (d) 4
- 9. a)4 (b)3 (c)1 (d) 2
- 10. a)3 (b)2 (c)1 (d) 4

**NORMS**

35-40: Very High SQ  
25-35: High SQ  
Below 25: Low SQ

ANNEXURE – III

BECK'S DEPRESSION INVENTORY

Beck, Ward, Mendelson, Mock & Erbaugh (Revised, 1971)

Items	Always	Often	Sometimes	Never
1.Sadness				
2.Pessimism				
3.Sense of failure				
4.Dissatisfaction				
5.Guilt				
6.Expectation of punishment				
7.Dislike of self				
8.Self accusation				
9.Suicidal ideation				
10.Episodes of crying				
11.Irritability				
12.Social Withdrawal				
13.Indecisiveness				
14.Feeling unattractive				
15.Lack of energy/drive				
16.Insomnia				
17.Fatigability				
18.Loss of appetite				
19.Loss of weight				
20.Somatic preoccupation				
21.Low level of energy				

### **TOTAL SCORE LEVELS OF DEPRESSION**

05 - 09	These ups and downs are considered normal
10 - 18	Mild to moderate depression
19 - 29	Moderate to severe depression
30 - 63	Severe depression
Below 4	Possible denial of depression, faking good; this is below usual scores for normals

## ANNEXURE – IV

### WHO GENERAL WELL BEING INDEX (1998 VERSION)

“Please indicate for each of the five statements, which are closest to how you have been feeling over the last two weeks. Notice that higher numbers means better well being”

#### Example

If you have felt cheerful and in good spirits more than half of the time during the last two weeks, put a tick in the box with the number 3 in the upper right corner.

Over the last two weeks	All of the time	Most of the time	More than half of the time	Less than half of the time	Some of the time	At no time
I have felt cheerful And in good spirits						
I have felt calm and relaxed						
I have felt active And vigorous						
I woke up feeling fresh and rested						
My daily life has been filled with things that interest me						

## **SCORING**

The raw score is calculated by totaling the figure of the five answers.

## **NORMS**

0 – 5	Very Poor Possibility of Life
6 – 10	Poor Possibility of Life
11 – 15	Average Possibility of Life
16 – 20	Good Possibility of Life
21 – 25	Very Good Possibility of Life

**ANNEXURE – V**

**CASE STUDY RE-ASSESSMENT SCHEDULE**

Name:

Case Number:

**Present Problems:**

Date:

**Negative Emotions**

Indicate if you experience any of the following frequently

Fear                      Worry                      Anger                      Anxiety

Hostility                      Any other specify:

**Symptoms**

Indicate if you experience any of the following frequently

Short temper                      Irritability                      Confusion

Breathlessness                      Giddiness                      Perspiration

Sleep Disturbances                      General Weakness                      Fatigue

Swelling of legs/hands                      Trembling                      Stiffness

Loss of Appetite                      Nausea                      Vomiting

Indigestion                      Loss of Interest                      Withdrawn

Hallucination                      Pain (Neck/Back/Chest/Hands/Legs/Head ache/Stomach ache)

Any other specify:

Do you have any health problems? Yes / No

If yes, Specify:

Since when: