



Appendices

APPENDIX I

PERSONAL DATA SHEET

1. Name :
2. Gender : Male/ Female
3. Age :
4. Socioeconomic status : Low/Medium/High
5. Marital status : Married/Unmarried
6. Occupational status : Working/ Non-Working
7. Type of residence : Rural/ Urban

APPENDIX II**BECK'S DEPRESSION INVENTORY**

Instructions :This questionnaire consists of 21group of statements.Please read each group of statements carefully and then pick the one statement in each group that best describes the way you have been feeling during the past 2 weeks, including today.Circle the number beside the statement you have picked. If several statements in the group same to apply equally well, circle the highst number for that group. Be sure that you do not choose more than one statement for any group, including Item 16 (Changes in Sleeping Pattern) or Item 18 (Changes in appetite)

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 and unhappy that I can't stand it.

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 the future is hopeless and that things can not improve.

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.

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 anymore.
- 3 I am dissatisfied or bored with everything.

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- 5.
- 0 I don't feel particularly guilty.
 - 1 I feel guilty a good part of the time.
 - 2 I feel quite guilty most of the time.
 - 3 I feel guilty all of the time.
- 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.
- 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
- 8.
- 0 I don't feel I am any worse than anybody else.
 - 1 I am a critical of myself for my weaknesses or mistakes.
 - 2 I blame myself all the time for my faults.
 - 3 I blame myself for everything bad that happens.
- 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.
- 10.
- 0 I don't cry any more than as usual.
 - 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 I want to.
- 11.
- 0 I am no more irritated by things than I ever was.
 - 1 I am slightly irritated more than usual
 - 2 I am quite annoyed or irritated a good deal of the time.
 - 3 I feel irritated all the time.

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- 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 of my interest in other people.
 - 3 I have lost all of my interest in other people.
- 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 more than I used to.
 - 3 I can't make decisions at all anymore.
- 14.
- 0 I don't feel that I look any worse than I used to.
 - 1 I am worried that I am looking old or unattractive.
 - 2 I feel there are permanent changes in my appear that make me look unattractive.
 - 3 I believe that I look ugly.
- 15.
- 0 I can work about as well as before.
 - 1 It takes an extra effort to get started at doing something.
 - 2 I have to push myself very hard to do anything.
 - 3 I can't do any work at all.
- 16.
- 0 I can sleep as well as usual.
 - 1 I don't sleep as well as I used to.
 - 2 I wake up 1-2 hours earlier than usual and find it hard to get back to sleep..
 - 3 I wake up several hours earlier than I used to and cannot get back to sleep.
- 17.
- 0 I don't get more tired than usual.
 - 1 I get tired more easily than I used to.
 - 2 I get tired from doing almost anything.
 - 3 I am too tired to do anything.
- 18.
- 0 My appetite is no worse than usual.
 - 1 My appetite is not as good as it used to be.
 - 2 My appetite is much worse now.
 - 3 I have no appetite at all anymore.
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19.

- 0 I haven't lost much weight, if any, lately.
- 1 I have lost more than five pounds.
- 2 I have lost more than ten pounds.
- 3 I have lost more than fifteen pounds.

20.

- 0 I am no more worried about my health than usual.
- 1 I am worried about physical problems like aches, pains, upset stomach. or constipation.
- 2 I am very worried about physical problems and it's hard to think of much else.
- 3 I am so worried about my physical problems that I cannot think of anything else.

21.

- 0 I have noticed any recent change in my interest in sex.
- 1 I am less interested in sex than I used to be
- 2 I have almost no interest in sex.
- 3 I have lost interest in sex completely.

APPENDIX III

**BHARATHIAR UNIVERSITY RESILIENCE SCALE
(BURS, ANNALAKSHMI, 2009)**

Kindly go through each one of the statements given in the questionnaire carefully Judge whether the statement concerned is true in your case or not. Mark your judgement with regard to each of the statement in the questionnaire using the following code:

Circle 5 if the statement is most appropriate in describing you

Circle 4 if the statement is appropriate to a large extent in describing you

Circle 3 if the statement is moderately appropriate in describing you

Circle 2 if the statement is marginally appropriate in describing you

Circle 1 if the statement is not at all appropriate in describing you

Answer as quickly as possible. DO NOT OMIT ANY STATEMENT

S No	Statement	Response
1.	I can remain balanced in my emotion irrespective of whether I succeed or fail in my efforts.	1 2 3 4 5
2.	I can easily revise my plans without accepting defeat when I get stuck up.	1 2 3 4 5
3.	I usually get back to my cheerful self pretty soon no matter what failures occur in my life.	1 2 3 4 5
4.	When the situation is very demanding I can pull up myself and handle all of it efficiently.	1 2 3 4 5
5.	I do not waste my time on lamenting over the past however bad it might have been.	1 2 3 4 5
6.	During times of trouble I sink with feeling helpless.	1 2 3 4 5

S No	Statement	Response
7.	I easily breakdown at the crisis and it takes longer time for me recover myself.	1 2 3 4 5
8.	People say that I have a strong heart which can withstand any disappointment	1 2 3 4 5
9.	I can recover from bad mood quickly and easily after facing any sad event	1 2 3 4 5
10.	I suffocate a lot when facing problems.	1 2 3 4 5
11.	When in trouble I get impatient and am impulsive	1 2 3 4 5
12.	Challenges are not problems but are opportunities for rising to the occasion.	1 2 3 4 5
13.	My efficiency significantly drops down at difficult times	1 2 3 4 5
14.	When I fight. I fight only to have the gusto feelings it gives me, no matter whether I am going to win or lose	1 2 3 4 5
15.	When I am in a difficult situation, I can usually find myself.	1 2 3 4 5
16.	I don't venture on any project where I had failed earlier.	1 2 3 4 5
17.	I cannot recover from frustration for long time	1 2 3 4 5
18.	Life will be barren if there were no problem at all.	1 2 3 4 5
19.	I stay cool even when things don't go the way I expect.	1 2 3 4 5
20.	I can handle any critical situation with confidence since I have successfully done so earlier.	1 2 3 4 5
21.	Nothing can stop me from proceeding on any task once I begin my work.	1 2 3 4 5

S No	Statement	Response
22.	Even a severe setback can only make me to bend down but never to break down.	1 2 3 4 5
23.	If am defeated in anything the first thing that comes to my mind is how to bounce out of it.	1 2 3 4 5
24.	I usually get so confused about which way to move when I face problems.	1 2 3 4 5
25.	Problems do not ditch me out of my sources but enrich me with finding new resources	1 2 3 4 5
26.	Whether the disappointment is small or big I feel miserable about it.	1 2 3 4 5
27.	The greater the problem I confront with, the greater will be my efforts to solve them.	1 2 3 4 5
28.	I feel so weak to begin any venture as I have experienced a large number of frustrations in life.	1 2 3 4 5
29.	Past failures cannot deter me from taking up any project I want to take.	1 2 3 4 5
30.	Failures and frustrations can never deter me from my efforts for long.	1 2 3 4 5

APPENDIX IV

THE ROSENBERG'S SELF ESTEEM SCALE

Circle one response for each of the following ten items.

	Strongly Agree	Agree	Disagree	Strongly Disagree
1. I feel that I am a person of worth, at least on an equal basis with others.	1	2	3	4
2. I feel that I have a number of good qualities.	1	2	3	4
3. All in all, I am inclined to feel that I am a failure	1	2	3	4
4. I am able to do things as well as most other people	1	2	3	4
5. I feel I do not have to be proud of.	1	2	3	4
6. I take a positive attitude towards myself.	1	2	3	4
7. on the whole, I am satisfied with myself.	1	2	3	4
8. I wish I could have more respect for myself.	1	2	3	4
9. I certainly feel useless at times	1	2	3	4
10. At times I think am no good at all	1	2	3	4

INSTITUTIONAL HUMAN ETHICS COMMITTEE



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27th January 2015

To
Ms. Priyadarsini AC
Department of Psychology
Avinashilingam Institute for Home Science and
Higher Education for Women
Coimbatore – 641 043

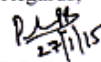
Dear Madam,

Ref : Our letter dt. 21st February 2014 in response to your proposal
No. AUW.IHEC.2013:63 entitled "Improving resilience and
self esteem in depressives through carnatic music and
pranayama"

With reference to the above letter, in continuation with the
documents submitted by you in support of your proposal and the
revisions made in the work plan, as per the suggestions made by the
IHEC, the Institutional Human Ethics Committee of our University
hereby grants approval to your research proposal
No.AUW.IHEC.2013:63 entitled "Improving resilience and self
esteem in depressives through carnatic music and pranayama". The
Approval number for the same is AUW/IHEC-13-14/FHP-17.

We wish you all the best in your research endeavours.

Regards,


27/1/15
Dr.P.R.Padma
Member Secretary

