APPENDICES
How Vulnerable Are You to Stress?

The following test was developed by Psychologists Lyle H. Miller and Alma Dell Smith at Boston University Medical Center. Score each item from 1 (almost always) to 5 (never), according to how much of the time each statement applies to you.

1. I eat at least one hot, balanced meal a day.

2. I get seven to eight hours sleep at least four nights a week.

3. I give and receive affection regularly.

4. I have at least one relative within 50 miles on whom I can rely.

5. I exercise to the point of perspiration at least twice a week.

6. I smoke less than half a pack of cigarettes a day.

7. I take fewer than five alcoholic drinks a week.

8. I am the appropriate weight for my height.

9. I have an income adequate to meet basic expenses.

10. I get strength from my religious beliefs.

11. I regularly attend club or social activities.

12. I have a network of friends and acquaintances.

13. I have one or more friends to confide in about personal matters.

14. I am in good health (including eyesight, hearing, teeth).

15. I am able to speak openly about any feelings when angry or worried.

16. I have regular conversations with the people I live with about domestic problems, e.g., chores, money and daily living issues.

17. I do something for fun at least once a week.

18. I am able to organize my time effectively.

19. I drink fewer than three cups of coffee (or tea or cola drinks) a day.

20. I take quiet time for myself during the day.
All Items Scored:

YES

UNSURE

NO

1. I am sure of myself
2. I wish I were someone else
3. I never worry
4. I wish I were younger
5. I'd change myself
6. I'm easily upset
7. I do the right thing
8. I'm sorry for the things I do
9. I'm doing my best work
10. I understand myself
11. I have a low opinion of myself
12. I don't like being with others
13. I'd like to leave home
14. I often feel ashamed of myself
15. I'm not as nice looking as most people
16. If I have something to say I usually say it
17. I always tell the truth
18. I don't care what happens to me
19. I'm a failure
20. I get upset easily when I am told off
21. Most people are better liked than I am
22. Things usually don't bother me
23. I can't be depended upon
EXERCISE IIIB

Determining Your locus of Control

Read each statement carefully. Then indicate the extent to which you agree or disagree by marking the letter following each statement. The numbers and their meanings are indicated below.

* Strongly disagree
* Disagree
* Somewhat disagree
* Agree
* Somewhat agree
* Strongly agree

First impressions are usually best. Read each statement, decide if you agree or disagree and the strength of your opinion, and then circle the appropriate number.

1. Whether or not I get to be a leader depends mostly on my ability
   -3 -2 -1 +1 +2 +3

2. To a great extent my life is controlled by accidental happenings
   -3 -2 -1 +1 +2 +3

3. I feel that what happens in my life is mostly determined by powerful people
   -3 -2 -1 +1 +2 +3

4. Whether or not I get into a car accident depends mostly on how good a driver I am.
   -3 -2 -1 +1 +2 +3

5. When I make plans, I am almost certain to make them work.
   -3 -2 -1 +1 +2 +3

6. Often there is no chance of protecting my personal interests from bad luck happenings.
   -3 -2 -1 -1 +2 +3
7. When I get what I want, it's usually because I'm lucky. -3 -2 -1 +1 +2 +3
8. Although I might have good ability, I will not be given leadership -3 -2 -1 +1 +2 +3
9. How many friends I have depends on how nice a person I am. -3 -2 -1 +1 +2 +3
10. I have often heard that what is going to happen will happen. -3 -2 -1 +1 +2 +3
11. My life is chiefly controlled by powerful others. -3 -2 -1 +1 +2 +3
12. Whether or not I get into a car accident is mostly a matter of luck. -3 -2 -1 +1 +2 +3
13. People like myself have very little chance of protecting our personal interests when they conflict with those of strong pressure groups. -3 -2 -1 +1 +2 +3
14. It's not always wise for me to plan too far ahead because many things turn out to be a matter of good or bad fortune. -3 -2 -1 +1 +2 +3
15. Getting what I want requires pleasing those people above me. -1 -2 -1 +1 +2 +3
16. Whether or not I get to be a leader depends on whether I'm lucky enough to be in the right place at the right time. -3 -2 -1 +1 +2 +3
17. If important people were to decide they didn't like me, I probably wouldn't make many friends. -3 -2 -1 +1 +2 +3
18. I can pretty much determine what will happen in my life. -3 -2 -1 +1 +2 +3

19. I am usually able to protect my personal interests. -3 -2 -1 +1 +2 +3

20. Whether or not I get into a car accident sounds more to do with the other driver. -3 -2 -1 +1 +2 +3

21. When I get what I want, it's usually because I worked hard for it. -3 -2 -1 +1 +2 +3

22. In order to have my plans work, I make sure that they fit in with the desires of people who have power over me. -3 -2 -1 +1 +2 +3

23. My life is determined by my own actions. -3 -2 -1 +1 +2 +3

24. It's chiefly a matter of fate whether or not I have a few friends or many friends. -3 -2 -1 +1 +2 +3
# Hindi Version of H. J. Eysenck’s M. P. I.

PREPARED BY S. JALOTA and S. D. KAPOOR

## मॉडलों की व्यक्तित्व परीक्षा

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## निदेश

इस प्रश्नावली में प्रश्नके संबंधित जानकारी के लिए निर्देश दिए गए हैं। इस प्रश्नावली के लिए बोली या प्रश्नावली "नहीं" या "वस्तु" उत्तर नहीं हो सकते हैं। किमी के निर्देशानुसार में बाद के प्रश्न की प्रश्नके को पहुँच कर यह निर्देश दिए गए हैं। उत्तर प्रतिक्रिया के लिए तीन प्रश्न के उत्तर हो सकते हैं। जब प्रश्नके में नहीं होते हैं, तब उत्तर प्रतिक्रिया के लिए तीन प्रश्न के उत्तर हो सकते हैं।

व्यापक प्रश्नों के लिए निर्देश नहीं हैं। सारे प्रश्नों के लिए हां या नहीं के उत्तर हो सकते हैं।

## ध्वनि प्रश्न शुरू कर दीजिए।

1. यदि किसी एक गाय के बुनियाद की जगह होगा तो कया उसे करने में बांधको सबकी जगह बुनियाद होती है?

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*Note: The table is filled with placeholders and symbols.*