

APPENDICES

APPENDIX A

QUESTIONNAIRE ON ANXIETY BY TAYLOR

Reg. No. :

Name :

Date of Test :

Q:No	Questions	Answer T/F
1	I do not time quickly.	T/F
2	I am troubled by attacks of nausea.	T/F
3	I believe no more nervous than most others.	T/F
4	I have very few head-aches.	T/F
5	I cannot keep my mind in one thing.	T/F
6	I work under a great deal of tension.	T/F
7	I worry over money and business.	T/F
8	I frequently notice my head shakes when I try to do something	T/F
9	I blush no more often than others.	T/F
10	I have diarrhea once a month or more.	T/F
11	I worry quite a bit over possible misfortune.	T/F
12	I practically never blush.	T/F
13	I am often afraid I am going to blush.	T/F
14	I have nightmares a very few nights.	T/F
15	My hands and feet are usually warm enough.	T/F

Q:No	Questions	Answer T/F
16	I sweat very easily even on cool days.	T/F
17	Sometimes when embarrassed. I break out in sweat which arrays me greatly.	T/F
18	I hardly ever notice my heart pounding and I am seldom short of breath.	T/F
19	I feel hungry almost all time.	T/F
20	I am very seldom troubled by constipation.	T/F
21	I have a great deal of stomach trouble.	T/F
22	I have had period in which I lost sleep over worry.	T/F
23	My sleep is fitful and disturbed.	T/F
24	I dream frequently about things that are best kept to me.	T/F
25	I am easily embarrassed.	T/F
26	I am more sensitive than most other people.	T/F
27	I frequently find myself worrying about something.	T/F
28	I wish I could be as happy as others seem to be.	T/F
29	I am usually calm and not easily upset.	T/F
30	I cry easily.	T/F
31	I feel anxiety about something or someone.	T/F
32	I am happy most of the time.	T/F
33	It makes me nervous to have wait	T/F
34	I have periods of such great restlessness that I cannot sit long in a chair.	T/F
35	Sometime I become so excited that I find it hard to get to sleep.	T/F
36	I have sometimes felt that difficulties were piling up so high that I could not overcome them.	T/F

Q:No	Questions	Answer T/F
37	I must admit that I have at times been worried beyond reason over something that easily did not matter.	T/F
38	I have few fears compared to my friends.	T/F
39	I have been afraid of things or people that I know could not hurt me.	T/F
40	I certainly feel useless at times.	T/F
41	I find it hard to keep my mind on a task or job.	T/F
42	I am usually self-conscious.	T/F
43	I am inclined to take things hard.	T/F
44	I am highly strong person.	T/F
45	At times I am not good at all.	T/F
46	Life is strain for me much of time.	T/F
47	I am certainly lacking in self-confidence.	T/F
48	I sometimes feel that I am about to go pieces.	T/F
49	I shrink from facing a crisis or difficulty.	T/F
50	I am entirely self-confidence.	T/F

APPENDIX B

ADJUSTMENT INVENTORY QUESTIONNAIRE FORM BY H. S. ASTHANA

Reg. No. :

Name :

Date of Test :

INSTRUCTIONS:

1. Read the questions and answer.
2. Your answer should be exactly according to your natural liking or disliking.
3. If your answer is YES encircle YES against the question.
4. However if your answer is NO encircle NO against the question.
5. Remember to answer all the questions.

S.No.	QUESTION	YES	NO
1	Do you have a sense of fear or nervousness while making a speech or discussing?		
2	Do you feel difficulty in talking to a stranger?		
3	Do you remain excited for a long time on being insulted?		
4	Do you feel loneliness even when you are in the company of others?		
5	Do you look upon yourself as a person who is easily excited?		
6	Are your feelings easily injured?		
7	Do you lag behind others in a meeting?		
8	Is your mind so much haunted by thoughts that you cannot go to bed?		
9	Are you troubled by the memories of your past errors?		

S.No.	QUESTION	YES	NO
10	Are you worried about the difficulties you may face in the time to come?		
11	Do your moods of joy and sorrow change without any reason?		
12	Are you troubled by shyness?		
13	Do you often build castles in the air?		
14	Have you suffered from fits or dizziness?		
15	Do you easily lose courage?		
16	Do your interests change often?		
17	Do you easily tend to weep?		
18	Are you troubled by the thing that others are watching you when you are at work?		
19	Can you hear about your defects without being hurt?		
20	Do you experience difficulty in making friends?		
21	Are you troubled by the thought that the passersby are watching you?		
22	Does your mind often wander so much that you are not aware of what you are doing?		
23	Have you felt very sad on securing fewer marks?		
24	Do you hate many things?		
25	Are you often excited?		
26	Do you often curse your luck?		
27	Do you become self-conscious while reciting a poem in your class?		
28	Do you often find yourself worried?		
29	Is your mind haunted by some useless thoughts?		
30	Do you feel shy of giving your name for reciting a poem in a class?		
31	Do you often feel lazy and worn out?		
32	Do you often feel loneliness?		

S.No.	QUESTION	YES	NO
33	Do you become self-conscious in the presence of elders?		
34	Do you have a little self-confidence?		
35	Do you experience difficulty in speaking to others?		
36	Do you become self-conscious because of your appearance?		
37	Do you start running to help others on seeing an accident?		
38	Do you feel before doing a work that you should improve it many a time?		
39	Are you troubled by the thought of your smallness or inferiority?		
40	Are you not able to make up your mind and time to do the thing passes?		
41	Do you have good or bad moods without any reason?		
42	Do you usually have confidence in your ability?		