

ID number: <ID number>

Name: <First name> <Last name>



# TEDS Social Networks Questionnaire

Please indicate your answers with a cross

If you make a mistake, shade out and cross the appropriate box, e.g.   →

Please remember to complete this questionnaire using BLACK ink only.

We would like to send you a £10 voucher of your choice to say thank you for participating. Please indicate below your preferred voucher.

iTunes

Love2Shop

Don't forget there will also be a prize draw for the chance to win a pair of iPad Minis. To be eligible for the prize draw, both you and your twin need to return your booklets to us by **Wednesday 7<sup>th</sup> August 2013**.

Do you have a Twitter account? If you haven't already given it to us, and would be happy for us to follow you, please write your username below.

Twitter Username: .....

Please provide us with your current email address and mobile phone number, so that we can continue to contact you:

Email Address: .....

Mobile Number: .....

**For each of the following statements and/or questions, please select the point on the scale that you feel is most appropriate in describing you.**

In general, I consider myself:

1: A very unhappy person	2	3	4: Neutral	5	6	7: A very happy person
<input type="checkbox"/>						

Compared to people of my age, I consider myself:

1: Much less happy	2	3	4: Neutral	5	6	7: Much more happy
<input type="checkbox"/>						

Some people are generally very happy and enjoy life regardless of what is going on. To what extent does this describe you?

1: Not at all	2	3	4: Neutral	5	6	7: A great deal
<input type="checkbox"/>						

Some people are generally not very happy. Whatever is going on, they never seem as happy as they might be. To what extent does this describe you?

1: Not at all	2	3	4: Neutral	5	6	7: A great deal
<input type="checkbox"/>						

**These six questions ask about how satisfied you are. Please indicate the answer that best represents how you feel about each area.**

	Very dis-satisfied	Quite dis-satisfied	Slightly dis-satisfied	Neutral	Slightly satisfied	Quite satisfied	Very satisfied
How do you generally feel about your family life?	<input type="checkbox"/>						
How happy are you with your friendships?	<input type="checkbox"/>						
How do you feel about your school experience?	<input type="checkbox"/>						
How do you feel about yourself?	<input type="checkbox"/>						

	Very dis- satisfied	Quite dis- satisfied	Slightly dis- satisfied	Neutral	Slightly satisfied	Quite satisfied	Very satisfied
How do you feel about where you live?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How do you feel about your life, overall?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**We are interested in how you feel about the following statements. Read each statement carefully and indicate which option best describes your feelings.**

	Very strongly disagree	Strongly disagree	Mildly disagree	Neutral	Mildly agree	Strongly agree	Very strongly agree
There is a special person who is around when I am in need	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There is a special person with whom I can share my joys and sorrows	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My family really tries to help me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I get the emotional help and support I need from my family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a special person who is a real source of comfort to me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My friends really try to help me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can count on my friends when things go wrong	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can talk about my problems with my family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have friends with whom I can share my joys and sorrows	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There is a special person in my life who cares about my feelings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My family is willing to help me make decisions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can talk about my problems with my friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Considering all of your friends, select the point on the scale you feel is most appropriate in describing you.

How many friends do you see or hear from at least once a month?

None	One	Two	Three or four	Five to eight	Nine or more
<input type="checkbox"/>					

How often do you see or hear from the friend with whom you have most contact?

Less than monthly	Monthly	A few times a month	Weekly	A few times a week	Daily
<input type="checkbox"/>					

How many friends do you feel enough at ease with that you can talk about private matters?

None	One	Two	Three or four	Five to eight	Nine or more
<input type="checkbox"/>					

How many friends do you feel close to such that you could call on them for help?

None	One	Two	Three or four	Five to eight	Nine or more
<input type="checkbox"/>					

When one of your friends has an important decision to make, how often do they talk to you about it?

Never	Seldom	Sometimes	Often	Very often	Always
<input type="checkbox"/>					

How often is one of your friends available for you to talk to when you have an important decision to make?

Never	Seldom	Sometimes	Often	Very often	Always
<input type="checkbox"/>					

**This questionnaire asks about your relationships with your close friends. Please read each statement and indicate one box that tells how true the statement is for you now.**

	Almost never or never true	Not very often true	Sometimes true	Often true	Almost always or always true
I like to get my friends' point of view on things I'm concerned about	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My friends can tell when I'm upset about something	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Almost never or never true	Not very often true	Sometimes true	Often true	Almost always or always true
When we discuss things, my friends care about my point of view	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Talking over my problems with friends makes me feel ashamed or foolish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I wish I had different friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My friends understand me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My friends encourage me to talk about my difficulties	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My friends accept me as I am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel the need to be in touch with my friends more often	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My friends don't understand what I'm going through these days	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel alone or apart when I am with my friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My friends listen to what I say	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel my friends are good friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My friends are fairly easy to talk to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I am angry about something, my friends try to be understanding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My friends help me to understand myself better	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My friends care about how I am feeling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel angry with my friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can count on my friends when I need to get something off my chest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I trust my friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My friends respect my feelings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Almost never or never true	Not very often true	Sometimes true	Often true	Almost always or always true
I get upset a lot more than my friends know about	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It seems as if my friends are irritated with me for no reason	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can tell my friends about my problems and troubles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If my friends know something is bothering me, they ask me about it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Thinking back over the last 3 months, please answer the following questions about your use of social network sites.**

	Three times or more per day	Twice a day	Once a day	A couple of times a week	Once a week	Once a month	Less than once a month	No account
How often do you usually check Facebook for updates?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How often do you usually check Twitter for updates?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Less than 30 minutes	30 minutes – 1 hour	1 – 5 hours	5 – 10 hours	10 -20 hours	20 hours or more	No account
On average, how much time per week do you think you spend on Facebook?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
On average, how much time per week do you think you spend on Twitter?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How many friends do you have on Facebook? Please enter in the boxes below with one digit per box. If you don't have a Facebook account, then please put a cross for 'no account'.

   

No account

	All of them	Most of them	About half of them	Less than half of them	No account
How many of your friends did you meet in person before becoming friends on Facebook?	<input type="checkbox"/>				
How many of the people <b>you follow</b> on Twitter did you meet in person before you started following them on Twitter?	<input type="checkbox"/>				
How many of the people <b>who follow you</b> on Twitter did you meet in person before they started following you on Twitter?	<input type="checkbox"/>				
What proportion of your interactions on Facebook are <b>positive</b> interactions?	<input type="checkbox"/>				
What proportion of your interactions on Facebook are <b>negative</b> interactions?	<input type="checkbox"/>				
What proportion of your interactions on Twitter are <b>positive</b> interactions?	<input type="checkbox"/>				
What proportion of your interactions on Twitter are <b>negative</b> interactions?	<input type="checkbox"/>				

	Never	Sometimes	Often
Have you been targeted by bullies posting messages, photos or videos on Facebook?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Always	Sometimes	Never	Not Applicable
If you have been bullied on Facebook, did you know who the bully was?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Never	Sometimes	Often
Have you been targeted by bullies posting messages, photos or videos on Twitter?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Always	Sometimes	Never	Not Applicable
If you have been bullied on Twitter, did you know who the bully was?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Always	Often	Sometimes	Seldom	Never	No account
When I need to talk to someone and there is no one around, I get support from my friends on Facebook.	<input type="checkbox"/>					
When I need to talk to someone and there is no one around, I get support from my followers on Twitter.	<input type="checkbox"/>					
When I have good news, the first people I tell are my friends on Facebook.	<input type="checkbox"/>					
When I have bad news, Facebook is the first place I go for support.	<input type="checkbox"/>					
When I have good news, the first people I tell are my followers on Twitter.	<input type="checkbox"/>					
When I have bad news, Twitter is the first place I go for support.	<input type="checkbox"/>					

**Below are words and phrases that describe different feelings and emotions. Read each item and then indicate to what extent you have felt this way during the past few weeks.**

	Very slightly or not at all	A little	Moderately	Quite a bit	Extremely
Interested	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Distressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Excited	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Upset	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strong	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Guilty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scared	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hostile	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Enthusiastic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Proud	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Very slightly or not at all	A little	Moderately	Quite a bit	Extremely
Irritable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alert	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ashamed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Inspired	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nervous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Determined	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Attentive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jittery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Active	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Afraid	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**To what extent do you agree with the following statements?**

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
I have so much in life to be thankful for	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I had to list everything I felt grateful for, it would be a very long list	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I look at the world, I don't see much to be grateful for	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am grateful to a wide variety of people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
As I get older I find myself more able to appreciate the people, events and situations that have been part of my life history	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Long amounts of time can go by before I feel grateful to something or someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My life interests and excites me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
I find it satisfying to think about what I have accomplished in life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a philosophy of life that really gives my living significance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a clear idea of what my future goals and aims are	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My life is significant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**For each of the following statements, please select the point on the scale that you feel is most appropriate in describing you.**

	1: Not at all true	2	3	4: Some- what true	5	6	7: Very true
I feel like I am free to decide for myself how to live my life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I really like the people I interact with	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Often I do not feel very competent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel pressured in my life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
People I know tell me I am good at what I do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I get along with people I come into contact with	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I pretty much keep to myself and don't have a lot of social contacts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I generally feel free to express my ideas and opinions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I consider the people I regularly interact with to be my friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have been able to learn interesting new skills recently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In my daily life, I frequently have to do what I am told	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
People in my life care about me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	1: Not at all true	2	3	4: Some- what true	5	6	7: Very true
Most days I feel a sense of accomplishment from what I do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
People I interact with on a daily basis tend to take my feelings into consideration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In my life I do not get much of a chance to show how capable I am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There are not many people that I am close to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel like I can pretty much be myself in my daily situations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The people I interact with regularly do not seem to like me much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I often do not feel very capable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There is not much opportunity for me to decide for myself how to do things in my daily life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
People are generally pretty friendly towards me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**How true are the following statements when you think about your feelings and behaviours over the last week?**

In the last week...	Rarely or none of the time (less than 1 day)	Some of the time (1-2 days)	A moderate amount of time (3-4 days)	Most or all of the time (5-7 days)
I was bothered by things that usually don't bother me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I did not feel like eating; my appetite was poor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt that I could not shake off the blues even with help from my family or friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt I was just as good as other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I had trouble keeping my mind on what I was doing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt depressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

In the last week...	Rarely or none of the time (less than 1 day)	Some of the time (1-2 days)	A moderate amount of time (3-4 days)	Most or all of the time (5-7 days)
I felt like everything I did was an effort	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I was hopeful for the future	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I thought my life has been a failure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt fearful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My sleep was restless	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I was happy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I talked less than usual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt lonely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
People were unfriendly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I enjoyed life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I had crying spells	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt sad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt that people disliked me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I could not get "going"	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Below are words that describe personality traits. Please select where you fall on the scale from high to low.**

	High						Low
Anxiousness: (fearful, apprehensive)	<input type="checkbox"/>	(relaxed, unconcerned, cool)					
Angry Hostility: (angry, bitter)	<input type="checkbox"/>	(even-tempered)					
Depressiveness: (pessimistic, glum)	<input type="checkbox"/>	(optimistic)					
Self-consciousness: (timid, embarrassed)	<input type="checkbox"/>	(self-assured, glib, shameless)					
Impulsivity: (tempted, urgency)	<input type="checkbox"/>	(controlled, restrained)					
Vulnerability: (helpless, fragile)	<input type="checkbox"/>	(clear-thinking, fearless, unflappable)					
Warmth: (cordial, affectionate, attached)	<input type="checkbox"/>	(cold, aloof, indifferent)					

Gregariousness:	(sociable, outgoing)	<input type="checkbox"/>	(withdrawn, isolated)				
Assertiveness:	(dominant, forceful)	<input type="checkbox"/>	(unassuming, quiet, resigned)				
Activity:	(vigorous, energetic, active)	<input type="checkbox"/>	(passive, lethargic)				
Excitement-Seeking:	(reckless, daring)	<input type="checkbox"/>	(cautious, monotonous, dull)				
Positive Emotions:	(high-spirited)	<input type="checkbox"/>	(placid, anhedonic)				
Fantasy:	(dreamer, unrealistic, imaginative)	<input type="checkbox"/>	(practical, concrete)				
Aesthetics:	(curious, appreciate art)	<input type="checkbox"/>	(uninvolved, no artistic interest)				
Feelings:	(self-aware)	<input type="checkbox"/>	(constricted, unaware, alexithymic)				
Actions:	(unconventional, eccentric)	<input type="checkbox"/>	(routine, predictable, habitual, stubborn)				
Ideas:	(strange, odd, peculiar, creative)	<input type="checkbox"/>	(pragmatic, rigid)				
Values:	(permissive, broad-minded)	<input type="checkbox"/>	(traditional, inflexible, dogmatic)				
Trust:	(gullible, naïve, trusting)	<input type="checkbox"/>	(skeptical, cynical, suspicious, paranoid)				
Straight-forwardness:	(confiding, honest)	<input type="checkbox"/>	(cunning, manipulative, deceptive)				
Altruism:	(sacrificial, giving)	<input type="checkbox"/>	(stingy, selfish, greedy, exploitative)				
Compliance:	(docile, cooperative)	<input type="checkbox"/>	(oppositional, combative, aggressive)				
Modesty:	(meek, self-effacing, humble)	<input type="checkbox"/>	(confident, boastful, arrogant)				
Tender-Mindedness:	(soft, empathetic)	<input type="checkbox"/>	(tough, callous, ruthless)				
Competence:	(perfectionist, efficient)	<input type="checkbox"/>	(lax, negligent)				
Order:	(ordered, methodical, organized)	<input type="checkbox"/>	(haphazard, disorganized, sloppy)				
Dutifulness:	(rigid, reliable, dependable)	<input type="checkbox"/>	(casual, undependable, unethical)				
Achievement:	(workaholic, ambitious)	<input type="checkbox"/>	(aimless, desultory)				
Self-Discipline:	(dogged, devoted)	<input type="checkbox"/>	(hedonistic, negligent)				
Deliberation:	(cautious, ruminative, reflective)	<input type="checkbox"/>	(hasty, careless, rash)				