
Question # Q023 Author: 001075604

I work on problems to learn how to solve them.

- 1 Not like me at all
- 2 Somewhat like me
- 3 Like me
- 4 Exactly like me

Question # Q024 Author: 001075604

I always get good grades when I try hard.

- 1 Strongly Disagree
- 2 Mildly Disagree
- 3 Mildly Agree
- 4 Strongly Agree

Question # Q079 Author: 003214754

Many times I feel that I have little influence over the things that happen to me.

- 1 Strongly Disagree
- 2 Mildly Disagree
- 3 Mildly Agree
- 4 Strongly Agree

Question # Q080 Author: 003214754

It is impossible for me to believe that chance or luck plays an important role in my life.

- 1 Strongly Disagree
- 2 Mildly Disagree
- 3 Mildly Agree
- 4 Strongly Agree

Question # Q041 Author: 003440811

My friends describe me as a soft-hearted person.

- 1 Strongly Unlike me
- 2 Unlike me
- 3 Neutral
- 4 Like me
- 5 Strongly Like Me

Question # Q042 Author: 003440811

The misfortunes of individuals other than myself upsets me very much.

- 1 Strongly Unlike me
- 2 Unlike me
- 3 Neutral
- 4 Like me
- 5 Strongly Like Me

Question # Q053 Author: 003449066

I get nervous when I know I'm not doing well on an exam

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q054 Author: 003449066

I forget material that I learned/studied when taking an exam

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q043 Author: 100303828

When I do poorly on a test, I study more for the next test.

- 1 Never
- 2 Rarely
- 3 Sometimes
- 4 Very Often
- 5 Always

Question # Q044 Author: 100303828

When I'm under great deal of stress, I take time off from the task to do something more relaxing.

- 1 Never
- 2 Rarely
- 3 Sometimes
- 4 Very Often
- 5 Always

Question # Q047 Author: 1030390

I believe it is important to follow all laws regarding alcohol use.

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q048 Author: 1030390

I believe it is okay for a teenager to drink while their parent is present.

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q021 Author: 1066595

I compare my appearance to the appearance of TV and movie stars.

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q022 Author: 1066595

I've felt pressure from TV or magazines to change my appearance.

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q055 Author: 1068194

When I do things, such as reading a book or listening to lecture, my mind wanders off and I'm easily distracted.

- 1 never or very rarely true
- 2 rarely true
- 3 sometimes true
- 4 often true
- 5 very often or always true

Question # Q056 Author: 1068194

I rush through activities without being really attentive to them.

- 1 never or very rarely true
- 2 rarely true
- 3 sometimes true
- 4 often true
- 5 very often or always true

Question # Q075 Author: 1070495

I enjoy meeting new people

- 1 Strongly Disagree
- 2 Disagree
- 3 Somewhat Disagree
- 4 Neutral
- 5 Somewhat Agree
- 6 Agree
- 7 Strongly Agree

Question # Q076 Author: 1070495

I am comfortable initiating and maintaining a conversation with someone I do not know well.

- 1 Strongly Disagree
- 2 Disagree
- 3 Somewhat Disagree
- 4 Neutral
- 5 Somewhat Agree
- 6 Agree
- 7 Strongly Agree

Question # Q039 Author: 1126434

I accept both the good and the bad qualities of myself.

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q040 Author: 1126434

I find it difficult to be warm, open and show concern for others.

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q005 Author: 1152213

I tend to get emotionally involved with a friend's problems.

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q006 Author: 1152213

Seeing people cry doesn't really upset me.

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q049 Author: 1180956

During the past month, on average how often have you had a full night of rest with no interruptions?

- 1 not able to sleep longer than 1 hour without interruptions
- 2 able to sleep for 2-4 hours with no interruptions
- 3 able to sleep 5-6 hours with no interruptions
- 4 able to sleep longer than 6 hours, but less than 8 hours with no interruptions
- 5 able to sleep longer than 8 hours with no interruptions

Question # Q050 Author: 1180956

How satisfied are you with your current state of independence?

- 1 Extremely Dissatisfied
- 2 Mostly Dissatisfied
- 3 Mixed
- 4 Mostly Satisfied
- 5 Extremely Satisfied

Question # Q051 Author: 1257123

I feel that I am a person of worth, at least on an equal plane with others.

- 1 Strongly Disagree
- 2 Mildly Disagree
- 3 Mildly Agree
- 4 Strongly Agree

Question # Q052 Author: 1257123

I take a positive attitude toward myself.

- 1 Strongly Disagree
- 2 Mildly Disagree
- 3 Mildly Agree
- 4 Strongly Agree

Question # Q061 Author: 1299048

I find anger typically accompanies other negative emotions such as sadness, anxiety, or fear.

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q062 Author: 1299048

If I am angry, you will know it.

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q015 Author: 1308538

How loving (romantic or friendship) is your relationship?

- 1 Very Poor
- 2 Poor
- 3 Neutral
- 4 Loving
- 5 Very Loving

Question # Q016 Author: 1308538

How often do you show signs of affection? (Hand holding, hugging, laughing, kissing, etc.)

- 1 Never
- 2 Sometimes
- 3 Always

Question # Q077 Author: 1475432

I would feel nervous about being in a group of homosexuals

- 1 Strongly Disagree
- 2 Disagree
- 3 Slightly Disagree
- 4 Slightly Agree
- 5 Agree
- 6 Strongly Agree

Question # Q078 Author: 1475432

I would feel comfortable if someone of my own sex came on to me.

- 1 Strongly Disagree
- 2 Disagree
- 3 Slightly Disagree
- 4 Slightly Agree
- 5 Agree
- 6 Strongly Agree

Question # Q031 Author: 2603806

I would rather date someone that is rated “very good looking” with a personality that I perceive as “average”, rather than date someone that’s rated “average looking” who has a “very good personality”.

- 1 Strongly Disagree
- 2 Disagree
- 3 Somewhat Disagree
- 4 Neutral
- 5 Somewhat Agree
- 6 Agree
- 7 Strongly Agree

Question # Q032 Author: 2603806

I believe physical attraction is an extremely important factor when choosing a partner.

- 1 Strongly Disagree
- 2 Disagree
- 3 Somewhat Disagree
- 4 Neutral
- 5 Somewhat Agree
- 6 Agree
- 7 Strongly Agree

Question # Q065 Author: 2607290

I feel that I must do things perfectly, or not do them at all.

- 1 Strongly Disagree
- 2 Disagree
- 3 Somewhat Disagree
- 4 Somewhat Agree
- 5 Agree
- 6 Strongly Agree

Question # Q066 Author: 2607290

Only outstanding performance is good enough in my family.

- 1 Strongly Disagree
- 2 Disagree
- 3 Somewhat Disagree
- 4 Somewhat Agree
- 5 Agree
- 6 Strongly Agree

Question # Q071 Author: 2622123

Do people you know consider you to be a jealous person?

- 1 Strongly Disagree
- 2 Mildly Disagree
- 3 Mildly Agree
- 4 Strongly Agree

Question # Q072 Author: 2622123

How often are you troubled with jealous thoughts?

- 1 Never
- 2 Rarely
- 3 Occasionally
- 4 Frequently
- 5 Very Frequently

Question # Q073 Author: 2629156

I am not always the person that I appear to be.

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q074 Author: 2629156

Like 86% of my fellow college students, I feel that personal compromise is necessary in order to maintain a happy college, work, and home environment

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q083 Author: 2644288

How likely are you to feel badly for a homeless person who is begging for money on the side of the road?

- 1 Not at all
- 2
- 3
- 4
- 5 Very Much

Question # Q084 Author: 2644288

In order to feel good about myself, I need to help people in need.

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q069 Author: 2690802

How interrelated do you believe you are with the natural environment?

- 1 not at all
- 2 slightly
- 3 partially
- 4 mostly
- 5 completely

Question # Q070 Author: 2690802

How would you describe your feelings towards the natural environment?

- 1 Strongly Negative
- 2 Negative
- 3 Neutral
- 4 Positive
- 5 Strongly Positive

Question # Q019 Author: 3214442

I would feel uncomfortable telling a significant other about something that has hurt me deeply

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q020 Author: 3214442

I would sometimes feel uneasy if a significant other told me about very personal matters.

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q035 Author: 3388668

At times, I think I am no good at all

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q036 Author: 3388668

On the whole, I am satisfied with myself

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q009 Author: 3394531

I get into arguments

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q010 Author: 3394531

I do things such as slam doors

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q029 Author: 3424249

I am Shy

- 1 Strongly Disagree
- 2 Mildly Disagree
- 3 Mildly Agree
- 4 Strongly Agree

Question # Q030 Author: 3424249

I like to be by myself

- 1 Not at all
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 Very Much

Question # Q063 Author: 3432543

I am very comfortable with myself

- 1 Strongly Disagree
- 2 Mildly Disagree
- 3 Mildly Agree
- 4 Strongly Agree

Question # Q064 Author: 3432543

I am highly effective at the things I do.

- 1 Strongly Disagree
- 2 Mildly Disagree
- 3 Mildly Agree
- 4 Strongly Agree

Question # Q081 Author: 3434571

I make an effort to keep my room clean and tidy.

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q082 Author: 3434571

When I go on a trip, I tend to have a detailed itinerary.

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q017 Author: 3441279

I find myself more focused on goals that generate happiness in the future, rather than being happy in the moment.

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q018 Author: 3441279

I tend to see the glass half full rather than half empty.

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q027 Author: 3443853

I often feel stressed

- 1 Strongly Disagree
- 2 Mildly Disagree
- 3 Mildly Agree
- 4 Strongly Agree

Question # Q028 Author: 3443853

Whenever I feel stressed, alcohol lessens my stress.

- 1 Strongly Disagree
- 2 Mildly Disagree
- 3 Mildly Agree
- 4 Strongly Agree

Question # Q025 Author: 3453720

Physical attraction is the most important characteristic for an ideal romantic partner.

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q026 Author: 3453720

A steady income is the most important characteristic for an ideal romantic partner.

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q059 Author: 3463873

Do you feel that you give yourself adequate time to complete school assignments?

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q060 Author: 3463873

Do you feel that you are always on top of school assignments?

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q067 Author: 3467266

I feel that I'm a person of worth, at least on an equal plane with others.

- 1 Strongly Disagree
- 2 Mildly Disagree
- 3 Mildly Agree
- 4 Strongly Agree

Question # Q068 Author: 3467266

I certainly feel useless at times

- 1 Strongly Disagree
- 2 Mildly Disagree
- 3 Mildly Agree
- 4 Strongly Agree

Question # Q057 Author: 3487052

How often do you drink alcoholic beverages without anyone else drinking with you?

- 1 Never
- 2
- 3 Occasionally
- 4
- 5 All the Time

Question # Q058 Author: 3487052

I often feel the need to explain my actions to someone after a night of drinking with friends.

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q013 Author: 3794776

I would cheat in a college class if I knew I would not get caught.

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q014 Author: 3794776

It is okay to sleep with someone else as long as your partner does not find out.

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q003 Author: 585673

I like good grades

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q004 Author: 585673

How would you rate your liking of acknowledgement?

1 Strongly Dislike

2

3

4

5

6

7

8

9

10 Like Very Much

Question # Q001 Author: 616730

Do you feel lonely right now?

1 Strongly Disagree

2 Mildly Disagree

3 Mildly Agree

4 Strongly Agree

Question # Q002 Author: 616730

When you are watching TV by yourself, do you usually wish you were accompanied by another person?

1 Strongly Disagree

2 Mildly Disagree

3 Mildly Agree

4 Strongly Agree

Question # Q033 Author: 788447

I think that I sometimes try to prove my worth by being competent

1 Strongly Disagree

2 Disagree

3 Neutral

4 Agree

5 Strongly Agree

Question # Q034 Author: 788447

My self-esteem is far too dependent on my daily achievements

1 Strongly Disagree

2 Disagree

3 Neutral

4 Agree

5 Strongly Agree

Question # Q045 Author: 813810

I feel safe knowing that my privacy is protected on Facebook.

1 Strongly Disagree

2 Disagree

3 Neutral

4 Agree

5 Strongly Agree

Question # Q046 Author: 813810

I am aware of the potential risks posed by indiscriminate sharing of online information.

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q037 Author: 870893

I am not a worrier

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q038 Author: 870893

I often feel inferior to others

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q007 Author: 876041

My life is on the right track

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q008 Author: 876041

I can handle any problem that comes up

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q011 Author: 935893

I am seldom sad or depressed.

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree

Question # Q012 Author: 935893

I have little interest in speculating on the nature of the universe or the human condition.

- 1 Strongly Disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly Agree