

# ABC LAB: Basic Demographic Information and Psychological Experiment Questionnaire (English version)

Hello,

Thank you so much to engage in the experiment.

The primary purpose of this form is to collect basic demographic information from potential research participants. Thank you for taking the time to complete it!

This questionnaire is answered in a manner that records names and indirectly identifies individuals. Digital and paper data will be entered into a computer, preserved until July 31, 2032, and then destroyed and deleted (all personally identifiable information will be removed and analyzed using codes). The research team will do their utmost to protect your privacy and fulfill their confidentiality obligations, minimizing potential risks to your privacy.

Note: This research will be published as an aggregate analysis in future publications. You will not be identified, and the results will be published in peer-reviewed journals without any derivative commercial interests.

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This questionnaire consists of 10 parts, including the following scales :

1. Basic Information of Experimental Participants
2. Handedness Questionnaire
3. Brief Resilience Scale
4. Well-being Scale
5. Cognitive Style Questionnaire
6. Pittsburgh Sleep Quality Index
7. Impact of Event Scale

8. Taiwanese Version of the WHO Quality of Life-BREF (The WHOQOL-BREF)

9. Beck Depression Inventory

10. Beck Anxiety Inventory

The testing time is approximately 40 minutes. Please be patient and complete the questionnaire. Thank you!

If you have no questions, please press "Continue" to start.

\* 表示必填問題

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### Basic Information of the Experimental Participants

1 ° Experiment Participant ID Number \*

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2 ° Age \*

---

3 ° Birth Date \*

---

4 ◦ Education level \*

單選 ◦

- ☐ High School
- ☐ College Degree
- ☐ Bachelor's Degree
- ☐ Master's Degree
- ☐ Doctorate Degree

5 ◦ Regarding the previous question, have you graduated? \*

單選 ◦

- ☐ Currently Enrolled
- ☐ graduated
- ☐ Incomplete

6 ◦ Dominant Hand \*

單選 ◦

☐ Left

☐ Right

7 ◦ Blood Type \*

單選 ◦

☐ A

☐ B

☐ O

☐ AB

8 ◦ Gender \*

單選 ◦

☐ Female

☐ Male

☐ Other

9 ° Height (cm) \*

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10 ° Weight (kg) \*

---

11 ° Blood Pressure: Systolic(mmHg) \*

---

12 ° Blood Pressure: Diastolic(mmHg) \*

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13 ° Blood Pressure: Heart Rates(per minute) \*

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14 ◦ Smoking Habit \*

單選 ◦

☐ No

☐ Yes

15 ◦ If the answer is yes, then how many cigarettes do you smoke per day? \*

---

16 ◦ If the answer is yes, then for how many years have you been smoking? \*

---

17 ◦ If the answer is yes, then how many years have you been quitting smoking? \*

---

18 ◦ Drinking Habit \*

單選 ◦

☐ No

☐ Yes

19 ◦ If the answer is yes, then how often do you drink per week? \*

---

20 ◦ If the answer is yes, then on average, how many cups of alcohol (standard paper cup size) do you consume per day? \*

---

21 ◦ If the answer is yes, then how many years have you been quitting alcohol? \*

---

22 ◦ Self-assessed Health Status \*

單選 ◦

- ☐ Excellent
- ☐ Very good
- ☐ Good
- ☐ Fair
- ☐ poor
- ☐ Extremely poor

23 ◦ Have you ever voluntarily donated blood? \*

單選 ◦

- ☐ No
- ☐ Yes

24 ◦ If the answer is yes, then approximately how many times have you donated blood? \*

---



25 ° If the answer is yes, then for how many years have you been donating blood? \*

---

26 ° Do you have any religious beliefs? \*

單選 °

- ☐ No
- ☐ Buddhism
- ☐ Taoism
- ☐ Judaism
- ☐ Catholicism
- ☐ Christianity
- ☐ Islam
- ☐ Eastern Orthodoxy
- ☐ Yiguandao
- ☐ The Church of Jesus Christ of Latter-day Saints (Mormonism)
- ☐ 其他 : 

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27 ° Are you living yourself or with other people \*

單選。

- ☐ Living Alone
- ☐ Living with Others
- ☐ Living in the Dorm

28 ° Regarding the previous question, how many people share one room? \*

---

29 ° Household Financial Situation \*

單選。

- ☐ Extremely Dissatisfied
- ☐ Dissatisfied
- ☐ Neutral
- ☐ Satisfied
- ☐ Extremely Satisfied

30 ◦ Over the past month, how would you rate your current health condition? \*

單選 ◦

- ☐ Excellent
- ☐ Very good
- ☐ Good
- ☐ Fair
- ☐ Poor

31 ◦ Over the past month, how would you rate your current mental health condition? \*

單選 ◦

- ☐ Excellent
- ☐ Very good
- ☐ Good
- ☐ Fair
- ☐ Poor

32 ° Over the past month, have you experienced any vision problems? \*

單選 °

☐ No

☐ Yes

33 ° Over the past month, have you experienced any hearing problems? \*

單選 °

☐ No

☐ Yes

34 ° Over the past month, have you experienced any problems with sleeping? \*

單選 °

☐ No

☐ Yes

35 ◦ Exercise Habits \*

單選 ◦

☐ No

☐ Yes

36 ◦ If the answer is yes, then approximately how many times per week do you exercise? \*

e.g. 4 times

---

37 ◦ Have you ever been an athlete? \*

單選 ◦

☐ No

☐ Yes

38 ° Have you consistently engaged in systematic training in the past year? \*

單選。

☐ No

☐ Yes

39 ° Following the previous question, how many times did you train in the past week? If you did not participate in training, please answer 0 times. \*

e.g., 4 times

---

40 ° Following the previous question, how long is each training session? \*

單選。

☐ Have never participated in training

☐ Less than one hour

☐ 1-2 hours

☐ 3-5 hours

☐ More than 5 hours

41 ◦ The highest-level competition/event you have participated in the past. \*

單選 ◦

- ☐ Olympics
- ☐ Asian games
- ☐ World Championships
- ☐ Corporate League
- ☐ University League - for student athletes
- ☐ University League - for normal students
- ☐ Interdepartmental Cup
- ☐ Without related experience

42 ◦ Years of participation in the specific sport, if no experience, please answer 0 years. \*

e.g., 5 years

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### Handedness Questionnaire

For each of the following activities, please select :

*Which hand do you prefer to use for a specific activity ?*

*Have you ever used the other hand for a specific activity ?*

43 ◦ Writing \*

單選 ◦

- ☐ Left Hand
- ☐ No Preference
- ☐ Right Hand

44 ◦ Have you ever used the other hand for writing? \*

單選 ◦

- ☐ Yes
- ☐ No

45 ◦ Drawing \*

單選 ◦

- ☐ Left Hand
- ☐ No Preference
- ☐ Right Hand



46 ◦ Have you ever used the other hand for drawing? \*

單選 ◦

☐ Yes

☐ No

47 ◦ Throwing \*

單選 ◦

☐ Left Hand

☐ No Preference

☐ Right Hand

48 ◦ Have you ever used the other hand for throwing? \*

單選 ◦

☐ Yes

☐ No

49 ◦ Using Scissors \*

單選 ◦

- ☐ Left Hand
- ☐ No Preference
- ☐ Right Hand

50 ◦ Have you ever used the other hand for using scissors? \*

單選 ◦

- ☐ Yes
- ☐ No

51 ◦ Using a Toothbrush \*

單選 ◦

- ☐ Left Hand
- ☐ No Preference
- ☐ Right Hand

52 ◦ Have you ever used the other hand for using a toothbrush? \*

單選 ◦

☐ Yes

☐ No

53 ◦ Using a Knife (when not using a fork) \*

單選 ◦

☐ Left Hand

☐ No Preference

☐ Right Hand

54 ◦ Have you ever used the other hand for using a knife (when not using a fork) \*

單選 ◦

☐ Yes

☐ No

55 ◦ Using a Spoon \*

單選 ◦

- ☐ Left Hand
- ☐ No Preference
- ☐ Right Hand

56 ◦ Have you ever used the other hand for using a spoon? \*

單選 ◦

- ☐ Yes
- ☐ No

57 ◦ Using a Broom (the hand on top) \*

單選 ◦

- ☐ Left Hand
- ☐ No Preference
- ☐ Right Hand

58 ◦ Have you ever used the other hand for using a broom (the hand on top) \*

單選 ◦

☐ Yes

☐ No

59 ◦ Striking a Match \*

單選 ◦

☐ Left Hand

☐ No Preference

☐ Right Hand

60 ◦ Have you ever used the other hand for striking a match? \*

單選 ◦

☐ Yes

☐ No

61 ◦ Opening a Box (the hand of holding the lid) \*

單選 ◦

- ☐ Left Hand
- ☐ No Preference
- ☐ Right Hand

62 ◦ Have you ever used the other hand for opening a box (the hand of holding the lid) \*

單選 ◦

- ☐ Yes
- ☐ No

63 ◦ Operating a Computer Mouse \*

單選 ◦

- ☐ Left Hand
- ☐ No Preference
- ☐ Right Hand

64 ◦ Have you ever used the other hand for operating a computer mouse? \*

單選 ◦

☐ Yes

☐ No

65 ◦ Using a Key to Unlock \*

單選 ◦

☐ Left Hand

☐ No Preference

☐ Right Hand

66 ◦ Have you ever used the other hand for using a key to unlock? \*

單選 ◦

☐ Yes

☐ No

67 ◦ Holding a Hammer \*

單選 ◦

- ☐ Left Hand
- ☐ No Preference
- ☐ Right Hand

68 ◦ Have you ever used the other hand for holding a hammer? \*

單選 ◦

- ☐ Yes
- ☐ No

69 ◦ Holding a Brush or Comb \*

單選 ◦

- ☐ Left Hand
- ☐ No Preference
- ☐ Right Hand



70 ◦ Have you ever used the other hand for holding a brush or comb? \*

單選 ◦

☐ Yes

☐ No

71 ◦ Holding a Cup to Drink Water \*

單選 ◦

☐ Left Hand

☐ No Preference

☐ Right Hand

72 ◦ Have you ever used the other hand for holding a cup to drink water? \*

單選 ◦

☐ Yes

☐ No

## Brief Resilience Scale (BRS)

Please read the following sentences carefully and select the degree to which you agree.

73 ◦ I tend to bounce back quickly after hard times \*

單選 ◦

1   2   3   4   5

Stro ☐ ☐ ☐ ☐ ☐ Strongly agree

74 ◦ I have a hard time making it through stressful events \*

單選 ◦

1   2   3   4   5

Stro ☐ ☐ ☐ ☐ ☐ Strongly agree

75。 It does not take me long to recover from a stressful event \*

單選。

1 2 3 4 5

Stro ☐ ☐ ☐ ☐ ☐ Strongly agree

76。 It is hard for me to snap back when something bad happens \*

單選。

1 2 3 4 5

Stro ☐ ☐ ☐ ☐ ☐ Strongly agree

77。 I usually come through difficult times with little trouble \*

單選。

1 2 3 4 5

Stro ☐ ☐ ☐ ☐ ☐ Strongly agree

78 ◦ I tend to take a long time to get over set-backs in my life \*

單選。

	1	2	3	4	5	
Stro	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly agree

### Peace of mind scale

In general, how often do you feel a sense of comfort and ease in your life? Please rate how often you experience these feelings in your daily life according to the following descriptions.

79 ◦ My mind is free and at ease \*

單選。

	1	2	3	4	5	
Stro	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly agree

80 ◦ I feel content and comfortable with myself in daily life \*

單選 ◦

1 2 3 4 5

Stro ☐ ☐ ☐ ☐ ☐ Strongly agree

81 ◦ My lifestyle gives me feelings of peace and stability \*

單選 ◦

1 2 3 4 5

Stro ☐ ☐ ☐ ☐ ☐ Strongly agree

82 ◦ I have peace and harmony in my mind \*

單選 ◦

1 2 3 4 5

Stro ☐ ☐ ☐ ☐ ☐ Strongly agree

83 ◦ It is difficult for me to feel settled \*

單選 ◦

1 2 3 4 5

Stro ☐ ☐ ☐ ☐ ☐ Strongly agree

84 ◦ The way I live brings me feelings of peace and comfort \*

單選 ◦

1 2 3 4 5

Stro ☐ ☐ ☐ ☐ ☐ Strongly agree

85 ◦ I feel anxious and uneasy in my mind \*

單選 ◦

1 2 3 4 5

Stro ☐ ☐ ☐ ☐ ☐ Strongly agree

## 認知風格問卷(Analytic-holistic scale)

Please use the seven-point scale below and select the number that best represents your level of agreement or disagreement for each statement.

Each question has the following seven options :

**1: Strongly Disagree**

**2: Disagree**

**3. Somewhat Disagree**

**4. Neutral**

**5. Somewhat Agree**

**6. Agree**

**7. Strongly Agree**

86 ° Everything in the universe is somehow related to each other. \*

單選。

	1	2	3	4	5	6	7	
Stro	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly agree

87. It is more desirable to take the middle ground than go to extremes. \*

單選。

1 2 3 4 5 6 7

Stro ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly agree

88. Every phenomenon in the world moves in predictable directions. \*

單選。

1 2 3 4 5 6 7

Stro ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly agree

89. The whole, rather than its parts, should be considered in order to understand a phenomenon. \*

單選。

1 2 3 4 5 6 7

Stro ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly agree



90 ◦ Nothing is unrelated. \*

單選 ◦

1 2 3 4 5 6 7

Stro ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly agree

91 ◦ When disagreement exists among people, they should search for ways to compromise and embrace everyone's opinions. \*

單選 ◦

1 2 3 4 5 6 7

Stro ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly agree

92 ◦ A person who is currently living a successful life will continue to stay successful. \*

單選 ◦

1 2 3 4 5 6 7

Stro ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly agree

93 ◦ It is more important to pay attention to the whole than its parts. \*

單選 ◦

1 2 3 4 5 6 7

Stro ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly agree

94 ◦ Everything in the world is intertwined in a causal relationship. \*

單選 ◦

1 2 3 4 5 6 7

Stro ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly agree

95 ◦ It is more important to find a point of compromise than to debate who is right/wrong, when one's opinions conflict with other's opinions. \*

單選 ◦

1 2 3 4 5 6 7

Stro ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly agree

96 ◦ An individual who is currently honest will stay honest in the future. \*

單選 ◦

1 2 3 4 5 6 7

Stro ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly agree

97 ◦ The whole is greater than the sum of its parts. \*

單選 ◦

1 2 3 4 5 6 7

Stro ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly agree

98 ◦ Even a small change in any element of the universe can lead to significant alterations in other elements. \*

單選 ◦

1 2 3 4 5 6 7

Stro ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly agree

99。 It is desirable to be in harmony, rather than in discord, with others of different opinions than one's own. \*

單選。

1 2 3 4 5 6 7

Stro ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly agree

100。 If an event is moving toward a certain direction, it will continue to move toward that direction. \*

單選。

1 2 3 4 5 6 7

Stro ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly agree

101。 It is more important to pay attention to the whole context rather than the details. \*

單選。

1 2 3 4 5 6 7

Stro ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly agree

102 ◦ Any phenomenon has numerous numbers of causes, although some of the causes are not known. \*

單選。

1 2 3 4 5 6 7

Stro ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly agree

103 ◦ Choosing a middle ground in an argument should be avoided. \*

單選。

1 2 3 4 5 6 7

Stro ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly agree

104 ◦ Current situations can change at any time. \*

單選。

1 2 3 4 5 6 7

Stro ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly agree

105 ◦ It is not possible to understand the parts without considering the whole picture. \*

單選 ◦

1 2 3 4 5 6 7

Stro ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly agree

106 ◦ Any phenomenon entails a numerous number of consequences, although some of them may not be known. \*

單選 ◦

1 2 3 4 5 6 7

Stro ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly agree

107 ◦ We should avoid going to extremes. \*

單選 ◦

1 2 3 4 5 6 7

Stro ☐ ☐ ☐ ☐ ☐ ☐ ☐ Strongly agree

108 ◦ Future events are predictable based on present situations. \*

單選。

	1	2	3	4	5	6	7	
Stro	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly agree

109 ◦ We should consider the situation a person is faced with, as well as his/her personality, in order to understand one's behavior. \*

單選。

	1	2	3	4	5	6	7	
Stro	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly agree

匹茲堡睡眠品質量表 (The Pittsburgh Sleep Quality Index, PSQI)

請你就過去一個月來的日常（大多數）的睡眠習慣回答下列問題：

The following questions relate to your usual sleep habits during the past month only. Your answers should indicate the most accurate reply for the majority of days and nights in the past month.

- 110。 過去一個月來，你通常何時上床？ \*
- During the past month, when have you usually gone to bed at night?  
(上午 a.m. / 下午 p.m.)

---

範例：上午 8:30

- 111。 過去一個月來，你通常多久才能入睡？(分鐘) \*
- During the past month, how long (in minutes) has it usually take you to fall asleep each night?

---

- 112。 過去一個月來，你早上通常何時起床？ \*
- During the past month, when have you usually gotten up in the morning?  
(上午 a.m. / 下午 p.m.)

---

範例：上午 8:30

- 113。 過去一個月來，你實際每晚可以入睡幾小時？ \*
- During the past month, how many hours of actual sleep did you get at night? (This may be different than the number of hours you spend in bed.)

---

範例：上午 8:30



過去一個月來，你的睡眠出現下列困擾情形，每星期約有幾次？

For each of the remaining questions, check the one best response. Please answer all questions.

During the past month, how often have you had trouble sleeping because you...

114。 無法在30分鐘內入睡。 \*

Cannot get to sleep within 30 minutes

單選。

- ☐ 從未發生 Not during the past month
- ☐ 不到一次 Less than once a week
- ☐ 約一兩次 Once or twice a week
- ☐ 三次或三次以上 Three or more times a week

115。 半夜或凌晨便清醒。 \*

Wake up in the middle of the night or early morning

單選。

- ☐ 從未發生 Not during the past month
- ☐ 不到一次 Less than once a week
- ☐ 約一兩次 Once or twice a week
- ☐ 三次或三次以上 Three or more times a week

116。 必須起來上廁所。 \*

Have to get up to use the bathroom

單選。

- ☐ 從未發生 Not during the past month
- ☐ 不到一次 Less than once a week
- ☐ 約一兩次 Once or twice a week
- ☐ 三次或三次以上 Three or more times a week

117。 覺得呼吸不順暢。 \*

Cannot breathe comfortably

單選。

- ☐ 從未發生 Not during the past month
- ☐ 不到一次 Less than once a week
- ☐ 約一兩次 Once or twice a week
- ☐ 三次或三次以上 Three or more times a week

118。 大聲打鼾或咳嗽。 \*

Cough or snore loudly

單選。

- ☐ 從未發生 Not during the past month
- ☐ 不到一次 Less than once a week
- ☐ 約一兩次 Once or twice a week
- ☐ 三次或三次以上 Three or more times a week

119。 會覺得冷。 \*

Feel too cold

單選。

- ☐ 從未發生 Not during the past month
- ☐ 不到一次 Less than once a week
- ☐ 約一兩次 Once or twice a week
- ☐ 三次或三次以上 Three or more times a week

120。 覺得躁熱。 \*

Feel too hot

單選。

- ☐ 從未發生 Not during the past month
- ☐ 不到一次 Less than once a week
- ☐ 約一兩次 Once or twice a week
- ☐ 三次或三次以上 Three or more times a week

121。 作惡夢 \*

Had bad dreams

單選。

- ☐ 從未發生 Not during the past month
- ☐ 不到一次 Less than once a week
- ☐ 約一兩次 Once or twice a week
- ☐ 三次或三次以上 Three or more times a week

122。 身上有疼痛 \*

Have pain

單選。

- ☐ 從未發生 Not during the past month
- ☐ 不到一次 Less than once a week
- ☐ 約一兩次 Once or twice a week
- ☐ 三次或三次以上 Three or more times a week

123。 其他(請說明)

\*

Other reason(s), please describe

過去一個月來，你的睡眠出現此困擾情形約有幾次？

How often during the past month have you had trouble sleeping because of this?

(可複選)

- ☐ 從未發生 Not during the past month
- ☐ 不到一次 Less than once a week
- ☐ 約一兩次 Once or twice a week
- ☐ 三次或三次以上 Three or more times a week
- ☐ 其他： \_\_\_\_\_

- 124。 過去一個月來，整體而言，你覺得自己的睡眠品質如何？ \*
- During the past month, how would you rate your sleep quality overall?

單選。

- ☐ 很好 Very good
- ☐ 還不錯 Fairly good
- ☐ 差了點 Fairly bad
- ☐ 很差 Very bad

- 125。 過去一個月來，你通常一星期幾個晚上需要使用藥物幫忙睡眠 \*
- During the past month, how often have you taken medicine (prescribed or “over the counter”) to help you sleep?

單選。

- ☐ 從未發生 Not during the past month
- ☐ 不到一次 Less than once a week
- ☐ 約一兩次 Once or twice a week
- ☐ 三次或三次以上 Three or more times a week

126。 過去一個月來，你是否曾在用餐、開車或社交場合瞌睡而無法保持清醒，每星期約幾次？ \*

During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activity?

單選。

- ☐ 從未發生 Not during the past month
- ☐ 不到一次 Less than once a week
- ☐ 約一兩次 Once or twice a week
- ☐ 三次或三次以上 Three or more times a week

127。 過去一個月來，你會感到無心完成該做的事。 \*

During the past month, how much of a problem has it been for you to keep up enough enthusiasm to get things done?

單選。

- ☐ 沒有 No problem at all
- ☐ 有一點 Only a very slight problem
- ☐ 的確有 Somewhat of a problem
- ☐ 很嚴重 A very big problem

128。 你有睡伴或室友嗎？ \*

Do you have a bed partner or roommate?

單選。

- ☐ 沒有睡伴或室友 No bed partner or roommate
- ☐ 睡伴或是有不同臥室 Partner/roommate in other room
- ☐ 睡伴同室友不同床 Partner in same room, but not same bed
- ☐ 睡伴或室友同床 Partner in same bed

假如有睡伴或室友，請你問他並繼續作答；過去一個月來，下列情形每星期約出現幾次？

If you have a roommate or bed partner, ask him/her how often in the past month you have had...

129。 大聲打鼾。 \*

Loud snoring

單選。

- ☐ 從未發生 Not during the past month
- ☐ 不到一次 Less than once a week
- ☐ 約一兩次 Once or twice a week
- ☐ 三次或三次以上 Three or more times a week
- ☐ 沒有睡伴或室友 No bed partner or roommate



130。 入睡中出現一陣子停止呼吸現象。 \*

Long pauses between breaths while asleep

單選。

- ☐ 從未發生 Not during the past month
- ☐ 不到一次 Less than once a week
- ☐ 約一兩次 Once or twice a week
- ☐ 三次或三次以上 Three or more times a week
- ☐ 沒有睡伴或室友 No bed partner or roommate

131。 入睡中出現腳（包括腿部）抽動或顫動現象。 \*

Legs twitching or jerking while you sleep

單選。

- ☐ 從未發生 Not during the past month
- ☐ 不到一次 Less than once a week
- ☐ 約一兩次 Once or twice a week
- ☐ 三次或三次以上 Three or more times a week
- ☐ 沒有睡伴或室友 No bed partner or roommate

- 132。 夜間起來出現意識混亂或人時地分不清楚現象。 \*
- Episodes of disorientation or confusion during sleep

單選。

- ☐ 從未發生 Not during the past month
- ☐ 不到一次 Less than once a week
- ☐ 約一兩次 Once or twice a week
- ☐ 三次或三次以上 Three or more times a week
- ☐ 沒有睡伴或室友 No bed partner or roommate

- 133。 其他入睡中的躁動與不安情形。 \*
- Other restlessness while you sleep: please describe

(可複選)

- ☐ 從未發生 Not during the past month
- ☐ 不到一次 Less than once a week
- ☐ 約一兩次 Once or twice a week
- ☐ 三次或三次以上 Three or more times a week
- ☐ 沒有睡伴或室友 No bed partner or roommate
- ☐ 其他： \_\_\_\_\_

## 意外事件衝擊量表

在 \_\_\_\_年 \_\_\_\_月 \_\_\_\_日，您經歷了\_\_\_\_（意外事件） 以下是經歷意外事件的人常有的反應，

請一題一題看，並圈出『過去一週中』每一種反應發生的頻率。若沒有發生這些反應，則請圈選『沒有』這一欄。

On \_\_\_\_\_ you experienced \_\_\_\_\_. Below is a list of comments made by people after stressful life events. Please check each item, indicating how frequently these comments were true for you DURING THE PAST SEVEN DAYS. If they did not occur during that time, please mark the "not at all" column.

134。 我不要想，卻會不自主想到這意外事件種種 \*

I thought about it when I didn't mean to.

單選。

☐ 沒有 0% Not at all

☐ 很少 10% Rarely

☐ 有時 30% Sometimes

☐ 常常 60% Often

- 135。 我想到此意外事件時，會壓抑自己的生氣。 \*
- I avoided letting myself get upset when I thought about it or was reminded of it.

單選。

- ☐ 沒有 0% Not at all
- ☐ 很少 10% Rarely
- ☐ 有時 30% Sometimes
- ☐ 常常 60% Often

- 136。 我想把意外事件的印象從記憶中拿掉。 \*
- I tried to remove it from memory.

單選。

- ☐ 沒有 0% Not at all
- ☐ 很少 10% Rarely
- ☐ 有時 30% Sometimes
- ☐ 常常 60% Often

137。 腦海中湧現的意外事件景象使我睡不安。

\*

I had trouble falling asleep or staying asleep, because of pictures or thoughts about it that came into my mind.

單選。

- ☐ 沒有 0% Not at all
- ☐ 很少 10% Rarely
- ☐ 有時 30% Sometimes
- ☐ 常常 60% Often

138。 我對此意外事件有洶湧的情緒。

\*

I had waves of strong feelings about it.

單選。

- ☐ 沒有 0% Not at all
- ☐ 很少 10% Rarely
- ☐ 有時 30% Sometimes
- ☐ 常常 60% Often

139。 我會做有關意外事件的夢。 \*

I had dreams about it.

單選。

- ☐ 沒有 0% Not at all
- ☐ 很少 10% Rarely
- ☐ 有時 30% Sometimes
- ☐ 常常 60% Often

140。 我會避開接觸有關意外事件的事物。 \*

I stayed away from reminders of it.

單選。

- ☐ 沒有 0% Not at all
- ☐ 很少 10% Rarely
- ☐ 有時 30% Sometimes
- ☐ 常常 60% Often

- 141。 我會覺得意外事件好像沒有發生或不是真實的。 \*
- I felt as if it hadn't happened or it wasn't real.

單選。

- ☐ 沒有 0% Not at all
- ☐ 很少 10% Rarely
- ☐ 有時 30% Sometimes
- ☐ 常常 60% Often

- 142。 我避免談論此意外事件。 \*
- I tried not to talk about it.

單選。

- ☐ 沒有 0% Not at all
- ☐ 很少 10% Rarely
- ☐ 有時 30% Sometimes
- ☐ 常常 60% Often

- 143。 有關意外事件的印象常會闖入我的腦海中。 \*
- Pictures about it popped into my mind.

單選。

- ☐ 沒有 0% Not at all
- ☐ 很少 10% Rarely
- ☐ 有時 30% Sometimes
- ☐ 常常 60% Often

- 144。 別的事也會讓我想到此意外事件。 \*
- Other things kept making me think about it.

單選。

- ☐ 沒有 0% Not at all
- ☐ 很少 10% Rarely
- ☐ 有時 30% Sometimes
- ☐ 常常 60% Often



- 145。 我對此意外事件有許多情緒，但我不想處理。 \*
- I was aware that I still had a lot of feelings about it, but I didn't deal with them.

單選。

- ☐ 沒有 0% Not at all
- ☐ 很少 10% Rarely
- ☐ 有時 30% Sometimes
- ☐ 常常 60% Often

- 146。 我努力不去想此意外事件。 \*
- I tried not to think about it.

單選。

- ☐ 沒有 0% Not at all
- ☐ 很少 10% Rarely
- ☐ 有時 30% Sometimes
- ☐ 常常 60% Often

- 147。 任何相關線索都會引起此意外事件的情緒。 \*
- Any reminder brought back feelings about it.

單選。

- ☐ 沒有 0% Not at all
- ☐ 很少 10% Rarely
- ☐ 有時 30% Sometimes
- ☐ 常常 60% Often

- 148。 我對此意外事件的情緒是麻木的。 \*
- My feelings about it were kind of numb.

單選。

- ☐ 沒有 0% Not at all
- ☐ 很少 10% Rarely
- ☐ 有時 30% Sometimes
- ☐ 常常 60% Often

## THE WHOQOL-BREF

This assessment asks how you feel about your quality of life, health, or other areas of your life. **Please answer all the questions.** If you are unsure about which response to give to a question, please **choose the one** that appears most appropriate. This can often be your first response. Please keep in mind your standards, hopes, pleasures and concerns. We ask that you think about your life **in the last two weeks**.

149 ◦ How would you rate your quality of life? \*

單選 ◦

- ☐ 1. Very poor
- ☐ 2. Poor
- ☐ 3. Neither poor nor good
- ☐ 4. Good
- ☐ 5. Very good

150 ◦ How satisfied are you with your health? \*

單選。

- ☐ 1. Very dissatisfied
- ☐ 2. Dissatisfied
- ☐ 3. Neither satisfied nor dissatisfied
- ☐ 4. Satisfied
- ☐ 5. Very satisfied

151 ◦ To what extent do you feel that (physical) pain prevents you from doing what you need to do? \*

單選。

- ☐ 1. Not at all
- ☐ 2. A little
- ☐ 3. A moderate amount
- ☐ 4. Very much
- ☐ 5. An extreme amount

152 ◦ How much do you need any medical treatment to function in your daily life? \*

單選 ◦

- ☐ 1. Not at all
- ☐ 2. A little
- ☐ 3. A moderate amount
- ☐ 4. Very much
- ☐ 5. An extreme amount

153 ◦ How much do you enjoy life? \*

單選 ◦

- ☐ 1. Not at all
- ☐ 2. A little
- ☐ 3. A moderate amount
- ☐ 4. Very much
- ☐ 5. An extreme amount

154 ◦ To what extent do you feel your life to be meaningful? \*

單選。

- ☐ 1. Not at all
- ☐ 2. A little
- ☐ 3. A moderate amount
- ☐ 4. Very much
- ☐ 5. An extreme amount

155 ◦ How well are you able to concentrate? \*

單選。

- ☐ 1. Not at all
- ☐ 2. A little
- ☐ 3. A moderate amount
- ☐ 4. Very much
- ☐ 5. An extreme amount

156 ◦ How safe do you feel in your daily life? \*

單選。

- ☐ 1. Not at all
- ☐ 2. A little
- ☐ 3. A moderate amount
- ☐ 4. Very much
- ☐ 5. An extreme amount

157 ◦ How healthy is your physical environment? \*

單選。

- ☐ 1. Not at all
- ☐ 2. A little
- ☐ 3. A moderate amount
- ☐ 4. Very much
- ☐ 5. An extreme amount

158 ◦ Do you have enough energy for everyday life? \*

單選。

- ☐ 1. Not at all
- ☐ 2. A little
- ☐ 3. Moderate
- ☐ 4. Mostly
- ☐ 5. Completely

159 ◦ Are you able to accept your bodily appearance? \*

單選。

- ☐ 1. Not at all
- ☐ 2. A little
- ☐ 3. Moderate
- ☐ 4. Mostly
- ☐ 5. Completely



160 ◦ Have you enough money to meet your needs? \*

單選 ◦

- ☐ 1. Not at all
- ☐ 2. A little
- ☐ 3. Moderate
- ☐ 4. Mostly
- ☐ 5. Completely

161 ◦ How available to you is the information that you need in your day-to-day life? \*

單選 ◦

- ☐ 1. Not at all
- ☐ 2. A little
- ☐ 3. Moderate
- ☐ 4. Mostly
- ☐ 5. Completely

162 ° To what extent do you have the opportunity for leisure activities? \*

單選。

- ☐ 1. Not at all
- ☐ 2. A little
- ☐ 3. Moderate
- ☐ 4. Mostly
- ☐ 5. Completely

163 ° How well are you able to get around? \*

單選。

- ☐ 1. Very poor
- ☐ 2. Poor
- ☐ 3. Neither poor nor good
- ☐ 4. Good
- ☐ 5. Very good

164 ◦ How satisfied are you with your sleep? \*

單選。

- ☐ 1. Very dissatisfied
- ☐ 2. Dissatisfied
- ☐ 3. Neither satisfied nor dissatisfied
- ☐ 4. Satisfied
- ☐ 5. Very satisfied

165 ◦ How satisfied are you with your ability to perform your daily living activities? \*

單選。

- ☐ 1. Very dissatisfied
- ☐ 2. Dissatisfied
- ☐ 3. Neither satisfied nor dissatisfied
- ☐ 4. Satisfied
- ☐ 5. Very satisfied

166 ◦ How satisfied are you with your capacity for work? \*

單選。

- ☐ 1. Very dissatisfied
- ☐ 2. Dissatisfied
- ☐ 3. Neither satisfied nor dissatisfied
- ☐ 4. Satisfied
- ☐ 5. Very satisfied

167 ◦ How satisfied are you with yourself? \*

單選。

- ☐ 1. Very dissatisfied
- ☐ 2. Dissatisfied
- ☐ 3. Neither satisfied nor dissatisfied
- ☐ 4. Satisfied
- ☐ 5. Very satisfied

168 ◦ How satisfied are you with your personal relationships? \*

單選。

- ☐ 1. Very dissatisfied
- ☐ 2. Dissatisfied
- ☐ 3. Neither satisfied nor dissatisfied
- ☐ 4. Satisfied
- ☐ 5. Very satisfied

169 ◦ How satisfied are you with your sex life? \*

單選。

- ☐ 1. Very dissatisfied
- ☐ 2. Dissatisfied
- ☐ 3. Neither satisfied nor dissatisfied
- ☐ 4. Satisfied
- ☐ 5. Very satisfied

170 ◦ How satisfied are you with the support you get from your friends? \*

單選。

- ☐ 1. Very dissatisfied
- ☐ 2. Dissatisfied
- ☐ 3. Neither satisfied nor dissatisfied
- ☐ 4. Satisfied
- ☐ 5. Very satisfied

171 ◦ How satisfied are you with the conditions of your living place? \*

單選。

- ☐ 1. Very dissatisfied
- ☐ 2. Dissatisfied
- ☐ 3. Neither satisfied nor dissatisfied
- ☐ 4. Satisfied
- ☐ 5. Very satisfied

172 ◦ How satisfied are you with your access to health services? \*

單選。

- ☐ 1. Very dissatisfied
- ☐ 2. Dissatisfied
- ☐ 3. Neither satisfied nor dissatisfied
- ☐ 4. Satisfied
- ☐ 5. Very satisfied

173 ◦ How satisfied are you with your transport? \*

單選。

- ☐ 1. Very dissatisfied
- ☐ 2. Dissatisfied
- ☐ 3. Neither satisfied nor dissatisfied
- ☐ 4. Satisfied
- ☐ 5. Very satisfied

174 ◦ How often do you have negative feelings such as blue mood, despair, anxiety, depression? \*

單選。

- ☐ 1. Never
- ☐ 2. Seldom
- ☐ 3. Quite often
- ☐ 4. Very often
- ☐ 5. Always

### Beck Depression Inventory (BDI)

This questionnaire consists of 21 groups of statements. Please read each group of statements carefully, and then pick out the one statement in each group that best describes the way you have been feeling during **the past two weeks, including today**.

If several statements in the group seem to apply equally well, choose the highest 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).

175 ◦ 1. Sadness \*

單選。

- ☐ 0 I do not feel sad.
- ☐ 1 I feel sad much of time.
- ☐ 2 I am sad all the time.
- ☐ 3 I am so sad and unhappy that I can't stand it.



## 176 ° 2. Pessimism \*

單選。

- ☐ 0 I am not discouraged about my future.
- ☐ 1 I feel more discouraged about the future than I used to be.
- ☐ 2 I do not expect things to work out for me.
- ☐ 3 I feel the future is hopeless and will only get worse.

## 177 ° 3. Past Failure \*

單選。

- ☐ 0 I do not feel like a failure.
- ☐ 1 I have failed more than I should have.
- ☐ 2 As I look back, I see a lot of failures.
- ☐ 3 I feel I am a total failure as a person.

## 178 ◦ 4. Loss of Pleasure \*

單選。

- ☐ 0 I get as much pleasure as I ever did from the things I enjoy.
- ☐ 1 I don't enjoy things as much as I used to.
- ☐ 2 I get very little pleasure from the things I used to enjoy.
- ☐ 3 I can't get any pleasure from the things I used to enjoy.

## 179 ◦ 5. Guilt Feelings \*

單選。

- ☐ 0 I don't feel particularly guilty.
- ☐ 1 I feel guilty over many things I have done or should have done.
- ☐ 2 I feel quite guilty most of the time.
- ☐ 3 I feel guilty all of the time.

180 ◦ 6. Punishment Feelings \*

單選。

- ☐ 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.

181 ◦ 7. Self-Dislike \*

單選。

- ☐ 0 I feel the same about myself as ever.
- ☐ 1 I have lost confidence in myself.
- ☐ 2 I am disappointed in myself.
- ☐ 3 I dislike myself.

## 182 ◦ 8. Self-Criticalness \*

單選。

- ☐ 0 I don't criticize or blame myself more than usual.
- ☐ 1 I am more critical of myself than I used to be.
- ☐ 2 I criticize myself for all of my faults.
- ☐ 3 I blame myself for everything bad that happens.

## 183 ◦ 9. Suicidal Thoughts or Wishes \*

單選。

- ☐ 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.

## 184 ° 10. Crying \*

單選。

- ☐ 0 I don't cry anymore than i used to.
- ☐ 1 I cry more than I used to.
- ☐ 2 I cry over every little thing.
- ☐ 3 I feel like crying, but I can't.

## 185 ° 11. Agitation \*

單選。

- ☐ 0 I am no more restless or wound up than usual.
- ☐ 1 I feel more restless or wound up than usual.
- ☐ 2 I am so restless or agitated that it's hard to stay still.
- ☐ 3 I am so restless or agitated that I have to keep moving or doing something.

## 186 ° 12. Loss of Interest \*

單選。

- ☐ 0 I have not lost interest in other people or activities.
- ☐ 1 I am less interested in other people or things than before.
- ☐ 2 I have lost most of my interest in other people or things.
- ☐ 3 It's hard to get interested in anything.

## 187 ° 13. Indecisiveness \*

單選。

- ☐ 0 I make decisions about as well as ever.
- ☐ 1 I find it more difficult to make decisions than usual.
- ☐ 2 I have much greater difficulty in making decisions than I used to.
- ☐ 3 I have trouble making any decisions.

## 188 ◦ 14. Worthlessness \*

單選。

- ☐ 0 I do not feel I am worthless.
- ☐ 1 I don't consider myself as worthwhile and useful as I used to.
- ☐ 2 I feel more worthless compared to other people.
- ☐ 3 I feel utterly worthless.

## 189 ◦ 15. Loss of Energy \*

單選。

- ☐ 0 I have as much energy as ever.
- ☐ 1 I have less energy than I used to have.
- ☐ 2 I don't have enough energy to do very much.
- ☐ 3 I don't have enough energy to do anything.

## 190 ◦ 16. Changes in Sleeping Pattern \*

單選。

- ☐ 0 I have not experienced any change in my sleeping pattern.
- ☐ 1a I sleep somewhat more than usual.
- ☐ 1b I sleep somewhat less than usual.
- ☐ 2a I sleep a lot more than usual.
- ☐ 2b I sleep a lot less than usual.
- ☐ 3a I sleep most of the day.
- ☐ 3b I wake up 1-2 hours early and can't get back to sleep.

## 191 ◦ 17. Irritability \*

單選。

- ☐ 0 I am no more irritable than usual.
- ☐ 1 I am more irritable than usual.
- ☐ 2 I am much more irritable than usual.
- ☐ 3 I am irritable all the time .



## 192 ◦ 18. Changes in Appetite \*

單選。

- ☐ 0 I have not experienced any, change in my appetite.
- ☐ 1a My appetite is somewhat less than usual.
- ☐ 1b My appetite is somewhat greater than usual.
- ☐ 2a My appetite is much less than before.
- ☐ 2b My appetite is much greater than usual.
- ☐ 3a I have no appetite at all.
- ☐ 3b I crave food all the time.

## 193 ◦ 19. Concentration Difficulty \*

單選。

- ☐ 0 I can concentrate as well as ever.
- ☐ 1 I can't concentrate as well as usual.
- ☐ 2 It's hard to keep my mind on anything for very long.
- ☐ 3 I find I can't concentrate on anything.

## 194 ◦ 20. Tiredness or Fatigue \*

單選。

- ☐ 0 I am no more tired or fatigued than usual.
- ☐ 1 I get more tired or fatigued more easily than usual.
- ☐ 2 I am too tired or fatigued to do a lot of the things I used to do.
- ☐ 3 I am tired or fatigued to do most of the things I used to do.

## 195 ◦ 21. Loss of Interest in Sex \*

單選。

- ☐ 0 I have not noticed any recent change in my interest in sex.
- ☐ 1 I am less interested in sex than I used to be.
- ☐ 2 I am much less interested in sex now.
- ☐ 3 I have lost interest in sex completely.

## Beck Anxiety Inventory (BAI)

Below is a list of common symptoms of anxiety. Please carefully read each item in the list. Indicate how much you have been bothered by that symptom **during the past week, including today**, by clicking the option in the corresponding space below.

196 ◦ 1. Numbness or tingling \*

單選。

- ☐ Not at all
- ☐ Mildly, but it didn't bother me much
- ☐ Moderately- it wasn't pleasant at times
- ☐ Severely- it bothered me a lot

197 ◦ 2. Feeling hot \*

單選。

- ☐ Not at all
- ☐ Mildly, but it didn't bother me much
- ☐ Moderately- it wasn't pleasant at times
- ☐ Severely- it bothered me a lot

198 ◦ 3. Wobbliness in legs \*

單選 ◦

- ☐ Not at all
- ☐ Mildly, but it didn't bother me much
- ☐ Moderately- it wasn't pleasant at times
- ☐ Severely- it bothered me a lot

199 ◦ 4. Unable to relax \*

單選 ◦

- ☐ Not at all
- ☐ Mildly, but it didn't bother me much
- ☐ Moderately- it wasn't pleasant at times
- ☐ Severely- it bothered me a lot

200 ◦ 5. Fear of worst happening \*

單選 ◦

- ☐ Not at all
- ☐ Mildly, but it didn't bother me much
- ☐ Moderately- it wasn't pleasant at times
- ☐ Severely- it bothered me a lot

201 ◦ 6. Dizzy or lightheaded \*

單選 ◦

- ☐ Not at all
- ☐ Mildly, but it didn't bother me much
- ☐ Moderately- it wasn't pleasant at times
- ☐ Severely- it bothered me a lot

202 ° 7. Heart pounding / racing \*

單選。

- ☐ Not at all
- ☐ Mildly, but it didn't bother me much
- ☐ Moderately- it wasn't pleasant at times
- ☐ Severely- it bothered me a lot

203 ° 8. Unsteady \*

單選。

- ☐ Not at all
- ☐ Mildly, but it didn't bother me much
- ☐ Moderately- it wasn't pleasant at times
- ☐ Severely- it bothered me a lot

204 ◦ 9. Terrified or afraid \*

單選 ◦

- ☐ Not at all
- ☐ Mildly, but it didn't bother me much
- ☐ Moderately- it wasn't pleasant at times
- ☐ Severely- it bothered me a lot

205 ◦ 10. Nervous \*

單選 ◦

- ☐ Not at all
- ☐ Mildly, but it didn't bother me much
- ☐ Moderately- it wasn't pleasant at times
- ☐ Severely- it bothered me a lot

206 ◦ 11. Feeling of choking \*

單選。

- ☐ Not at all
- ☐ Mildly, but it didn't bother me much
- ☐ Moderately- it wasn't pleasant at times
- ☐ Severely- it bothered me a lot

207 ◦ 12. Hands trembling \*

單選。

- ☐ Not at all
- ☐ Mildly, but it didn't bother me much
- ☐ Moderately- it wasn't pleasant at times
- ☐ Severely- it bothered me a lot



208 ◦ 13. Shaky / unsteady \*

單選。

- ☐ Not at all
- ☐ Mildly, but it didn't bother me much
- ☐ Moderately- it wasn't pleasant at times
- ☐ Severely- it bothered me a lot

209 ◦ 14. Fear of losing control \*

單選。

- ☐ Not at all
- ☐ Mildly, but it didn't bother me much
- ☐ Moderately- it wasn't pleasant at times
- ☐ Severely- it bothered me a lot

210 ◦ 15. Difficulty in breathing \*

單選。

- ☐ Not at all
- ☐ Mildly, but it didn't bother me much
- ☐ Moderately- it wasn't pleasant at times
- ☐ Severely- it bothered me a lot

211 ◦ 16. Fear of dying \*

單選。

- ☐ Not at all
- ☐ Mildly, but it didn't bother me much
- ☐ Moderately- it wasn't pleasant at times
- ☐ Severely- it bothered me a lot

212 ° 17. Scared \*

單選。

- ☐ Not at all
- ☐ Mildly, but it didn't bother me much
- ☐ Moderately- it wasn't pleasant at times
- ☐ Severely- it bothered me a lot

213 ° 18. Indigestion \*

單選。

- ☐ Not at all
- ☐ Mildly, but it didn't bother me much
- ☐ Moderately- it wasn't pleasant at times
- ☐ Severely- it bothered me a lot

214 ◦ 19. Faint / lightheaded \*

單選。

- ☐ Not at all
- ☐ Mildly, but it didn't bother me much
- ☐ Moderately- it wasn't pleasant at times
- ☐ Severely- it bothered me a lot

215 ◦ 20. Face flushed \*

單選。

- ☐ Not at all
- ☐ Mildly, but it didn't bother me much
- ☐ Moderately- it wasn't pleasant at times
- ☐ Severely- it bothered me a lot

216 ° 21. Hot / cold sweats \*

單選。

- ☐ Not at all
- ☐ Mildly, but it didn't bother me much
- ☐ Moderately- it wasn't pleasant at times
- ☐ Severely- it bothered me a lot

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Google 表單

