

Demographics

Please fill in the information below with as much detail as possible.

1. Participant information:

First Name:

Last Name:

Student Number:

Date of Birth
(DD/MM/YYYY):

Preferred email Address:

Telephone Number:

Male/Female:

Age:

Main Sport:

Current competitive level
(e.g., university, county,
national, international):

Highest achieved
competitive level (e.g.,
university, county, national,
international):

Currently, how many
hours do you **train** and/or
compete per week?

Have you completed any
training session **today**
(Yes/No)?

Have you completed any
training session within the
last 24 hours (Yes/No)? If
so give details on duration
and intensity.

Do you **regularly** (e.g.
once per week) perform
balance exercises in your
usual training routine
(Yes/No)?

Have you consumed any alcohol within the **last 24 hours** (Yes/No)? If so how much (approximately).

Are you currently taking any medication (Yes/No)? If yes, please list.

Have you ingested any caffeine within the **last 2 hours**? Yes/No?

Have you sustained any injury in the **last 12 months** that caused you to modify or stop your **regular** training routine (Yes/No)?

If yes, give details on side (left/right), location and severity (how many days/weeks/months before returning to regular training).

Include all injuries.

Are you **currently** injured (currently missing or modifying your usual training routine) Yes/No?

If yes, give details on side (left/right), location and severity (how many days/weeks/months before expecting to return to regular training).

Life Event Survey

Instructions: Listed below are 69 events that sometimes occur in the lives of college athletes. These events often produce change within an individual's life that require some adjustment by the individual. For each event that you have experienced within the last year (12 months), indicate what kind of effect it had on your life when the event occurred.

A rating of -4 would indicate that the event had an extremely negative effect on you.

A rating of +4 would indicate that the event had an extremely positive effect on you.

For those events that have happened more than once, indicate the average effect across all occurrences. If you have not experienced an event within the last year, leave that item blank. The events are listed in no particular order, and there are no right or wrong answers. Please respond to each event honestly as applies to you.

If you have NOT experienced an event listed below (e.g., Marriage) in the past 12 months, leave that item blank.

ONLY respond to items you have experienced.

2. P1

	Extremely Negative -4	Negative -3	Moderately Negative -2	Somewhat Negative -1	Somewhat Positive +1	Moderately Positive +2	Positive +3	Extremely Positive +4
Marriage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Death of mate (boyfriend, girlfriend, spouse, significant other)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Major change in sleeping habits (increase or decrease in amount of sleep)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Death of a close family member(s) - Specify below:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Father	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mother	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Brother	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sister	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grandfather	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grandmother	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Death of close friend(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Outstanding personal achievement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Male: mate pregnant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Female: becoming pregnant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Life Event Survey

3. P2

	Extremely Negative -4	Negative -3	Moderately Negative -2	Somewhat Negative -1	Somewhat Positive +1	Moderately Positive +2	Positive +3	Extremely Positive +4
Sexual difficulties	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being fired from job	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being apart from mate (boy/girlfriend, spouse, etc) due to sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Serious injury or illness to close family member(s) - Specify below:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Father	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mother	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Brother	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sister	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grandfather	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grandmother	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Major change in the number (more/less) of arguments with mate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Major personal injury or illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Major change in the frequency (increased or decreased) of social activities due to participation in sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Serious injury or illness to close friend	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. P3

	Extremely Negative -4	Negative -3	Moderately Negative -2	Somewhat Negative -1	Somewhat Positive +1	Moderately Positive +2	Positive +3	Extremely Positive +4
Breaking up with mate (boy/girlfriend, etc)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beginning a new school experience (beginning university, transferring university etc)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Engagement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Academic probation/ineligibility	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being dismissed from halls or other residence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Failing an important exam	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Major change in relationship with coach (better or worse)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Failing a course	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Major change in the length and/or conditions of practice/training (better or worse)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Financial problems concerning school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Major change in relationship with family member(s) (better or worse)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Conflict with roommate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Male: mate having an abortion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Female: having an abortion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Major change in the amount (more or less) of academic activity (home work, class time, etc)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Life Event Survey

5. P4

	Extremely Negative -4	Negative -3	Moderately Negative -2	Somewhat Negative -1	Somewhat Positive +1	Moderately Positive +2	Positive +3	Extremely Positive +4
Pressure to gain/lose weight-due to participation in sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Discrimination from teammates/coaches	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Major change in relationship(s) with team-mate(s) (better/worse)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Suspended from team for non-academic reasons	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble with academic counsellor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Major change in use of alcohol/drugs (increased or decreased)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beginning sexual activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Major change in relationship(s) with friend(s) (better or worse)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Recovery from illness/injury/operation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Major change in level of athletic performance in actual competition (better or worse)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Divorce or separation of your parents	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Major change in level of responsibility on team (increased/decreased)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Receiving an athletic scholarship	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Extremely Negative -4	Negative -3	Moderately Negative -2	Somewhat Negative -1	Somewhat Positive +1	Moderately Positive +2	Positive +3	Extremely Positive +4
Not attaining personal goals in sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Major change in playing status on team	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Life Event Survey

6. P5

	Extremely Negative -4	Negative -3	Moderately Negative -2	Somewhat Negative -1	Somewhat Positive +1	Moderately Positive +2	Positive +3	Extremely Positive +4
Injury to team-mates	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being absent from university (classes) because of participation in sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Troubles with athletic association and/or athletic director	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Difficulties with trainer/physician	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Major change in playing time (playing more or less) – due to injury	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Major errors/mistakes in actual competition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Losing your athletic scholarship	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No recognition/praise of accomplishments from coaching staff	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pressure from family to perform well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Loss of confidence due to injury	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unable to find a job	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Change in coaching staff	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Female: menstrual period/PMS	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Major change in level of academic performance (doing better or worse)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Making career decisions (applying for Masters degree, interviewing for jobs, etc)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Life Event Survey

7. P6

	Extremely Negative -4	Negative -3	Moderately Negative -2	Somewhat Negative -1	Somewhat Positive +1	Moderately Positive +2	Positive +3	Extremely Positive +4
Being cut/dropped from the team	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Continual poor performance of team	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Change in graduation schedule	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Major change in family finances (increased or decreased)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Major change in attitude toward sport (like/enjoy more or less)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Victim of harassment/abuse (sexual, emotional, physical)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Victim of personal attack (rape, robbery, assault, etc)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. P7 - Other events might have occurred to you in the past year (and affected you in a positive or negative manner) but were not included in the questionnaire. If there were such events, please list them below and rate them accordingly.

	Extremely Negative -4	Negative -3	Moderately Negative -2	Somewhat Negative -1	Somewhat Positive +1	Moderately Positive +2	Positive +3	Extremely Positive +4
Other A	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other (please specify)								
<input type="text"/>								
Other B	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other (please specify)								
<input type="text"/>								
Other C	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other (please specify)								
<input type="text"/>								
Other D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other (please specify)								
<input type="text"/>								
Other E	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other (please specify)								
<input type="text"/>								

Personality Questionnaire

Below are a list of statements about everyday feelings and behaviours.

Please rate how accurately each statement describes you in general.

Select only one response per question.

Do not spend too much time thinking about the questions and please answer honestly. Your answers will remain confidential.

Make sure to answer all of the questions.

* 9. P1

	Not at all	Slightly	Moderately	Highly
I feel sad when I suffer even minor setbacks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am often preoccupied with unpleasant thoughts.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sometimes even little things in life can give me great pleasure.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am especially sensitive to reward.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I put in a big effort to accomplish important goals in my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I sometimes feel 'blue' for no good reason.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When feeling 'down', I tend to stay away from people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often experience a surge of pleasure running through my body.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would be frozen to the spot by the sight of a snake or spider.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Not at all	Slightly	Moderately	Highly
I have often spent a lot of time on my own to "get away from it all".	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am a very active person.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm motivated to be successful in my personal life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am always 'on the go'.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I regularly try new activities just to see if I enjoy them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get carried away by new projects.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Good news makes me feel over-joyed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The thought of mistakes in my work worries me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When nervous, I sometimes find my thoughts are interrupted.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would run quickly if fire alarms in a shopping mall started ringing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often overcome hurdles to achieve my ambitions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Personality Questionnaire

* 10. P2

	Not at all	Slightly	Moderately	Highly
I often feel depressed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think I should 'stop and think' more instead of jumping into things too quickly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often feel that I am on an emotional 'high'.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I love winning competitions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get a special thrill when I am praised for something I've done well.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I take a great deal of interest in hobbies.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I sometimes cannot stop myself talking when I know I should keep my mouth closed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often do risky things without thinking of the consequences.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My mind is sometimes dominated by thoughts of the bad things I've done.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get very excited when I get what I want.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel driven to succeed in my chosen career.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm always finding new and interesting things to do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm always weighing-up the risk of bad things happening in my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Not at all	Slightly	Moderately	Highly
People are often telling me not to worry.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am very open to new experiences in life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I always celebrate when I accomplish something important.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find myself reacting strongly to pleasurable things in life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find myself doing things on the spur of the moment.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would instantly freeze if I opened the door to find a stranger in the house.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm always buying things on impulse.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am very persistent in achieving my goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When trying to make a decision, I find myself constantly chewing it over.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often worry about letting down other people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would go on a holiday at the last minute.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would run fast if I knew someone was following me late at night.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would leave the park if I saw a group of dogs running around barking at people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I worry a lot.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would freeze if I was on a turbulent aircraft.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Personality Questionnaire

* 11. P3

	Not at all	Slightly	Moderately	Highly
My behavior is easily interrupted.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It's difficult to get some things out of my mind.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think the best nights out are unplanned.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are some things that I simply cannot go near.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I see something I want, I act straight away.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think it is necessary to make plans in order to get what you want in life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When nervous, I find it hard to say the right words.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find myself thinking about the same thing over and over again.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often wake up with many thoughts running through my mind.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would not hold a snake or spider.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Looking down from a great height makes me freeze.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often find myself 'going into my shell'.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My mind is dominated by recurring thoughts.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am the sort of person who easily freezes-up when scared.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I take a long time to make decisions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Not at all	Slightly	Moderately	Highly
I often find myself lost for words.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I will actively put plans in place to accomplish goals in my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>