

Demographics

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

1. Participant information:

First Name:

Last Name:

Today's Date:

Preferred email Address:

Has there been any change in your competitive level since the first data collection session? (For example, getting selected for county, national or international team for the first time).

Has there been a change in your training since the first data collection session (Yes/No)?

Has your training **frequency** increased, decreased or remained the same?

Has your training **volume** increased, decreased or remained the same?

Has your training **intensity** increased, decreased or remained the same?

Has the **type** of your training changed, or remained the same (for example, change in training from strength based to speed based training)?

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

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

Have you performed any balance training since the last data collection session?

Have you consumed any alcohol within the **last 24 hours** (Yes/No)? If yes, 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?

IMPORTANT If you were injured at the first data collection, but have since recovered - how many days did the injury cause you to miss or modify your usual training in total?

IMPORTANT Have you still got an injury which you sustained **before the first data collection session** (Yes/No?) If Yes, specify side (left/right) location and number of days missed.

Injury reporting

Please provide detail about any *sports related injuries* that caused you to *miss or modify your usual training* since the first data collection session. Try and provide as much information as possible.

If you have had *more than one* sports related injury causing you to miss or modify your training, please use the additional answer boxes to provide information on all the injuries you may have sustained.

Only complete for NEW injuries sustained since the last data collection.

2. Injury 1

Injured site (e.g. hamstring)

Injured side (e.g. left, right or both sides)

Type of injury (e.g. muscle strain)

Approximate date of the injury occurrence?

Approximately how many days did the injury cause you to miss/modify your usual training routine?

How did you sustain the injury (i.e. what activity were you doing at the time of the injury)?

Was the injury acute or overuse in nature (i.e. did the injury occur suddenly, or did it happen gradually over a period of days)?

Was the injury contact or non-contact (i.e. did contact with another player / object lead to the injury or was there no external contact)?

Are you still currently injured (Yes / No)?

3. Injury 2

Injured site (e.g. hamstring)

Injured side (e.g. left, right or both sides)

Type of injury (e.g. muscle strain)

Approximate date of the injury occurrence?

Approximately how many days did the injury cause you to miss/modify your usual training routine?

How did you sustain the injury (i.e. what activity were you doing at the time of the injury)?

Was the injury acute or overuse in nature (i.e. did the injury occur suddenly, or did it happen gradually over a period of days)?

Was the injury contact or non-contact (i.e. did contact with another player / object lead to the injury or was there no external contact)?

Are you still currently injured (Yes / No)?

4. Injury 3

Injured site (e.g. hamstring)

Injured side (e.g. left, right or both sides)

Type of injury (e.g. muscle strain)

Approximate date of the injury occurrence?

Approximately how many days did the injury cause you to miss/modify your usual training routine?

How did you sustain the injury (i.e. what activity were you doing at the time of the injury)?

Was the injury acute or overuse in nature (i.e. did the injury occur suddenly, or did it happen gradually over a period of days)?

Was the injury contact or non-contact (i.e. did contact with another player / object lead to the injury or was there no external contact)?

Are you still currently injured (Yes / No)?

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 since the last data collection session, 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 since the last data collection, 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), leave that item blank.

ONLY respond to items you have experienced since the last data collection session.

Please also provide the approximate date when each event started, and the number of days the event lasted (if applicable) in the box below the questions.

5. P1

| | Extremely Negative -4 | Negative -3 | Moderately Negative -2 | Somewhat Negative -1 | Somewhat Positive +1 | Moderately Positive +2 | Positive +3 | Extremely Positive +4 |
|--|-----------------------------|-----------------------|------------------------------|----------------------------|----------------------------|------------------------------|-----------------------|-----------------------------|
| 1. 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |
| 2. 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |

| | Extremely Negative -4 | Negative -3 | Moderately Negative -2 | Somewhat Negative -1 | Somewhat Positive +1 | Moderately Positive +2 | Positive +3 | Extremely Positive +4 |
|--|-----------------------------|-----------------------|------------------------------|----------------------------|----------------------------|------------------------------|-----------------------|-----------------------------|
| 3. 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |
| 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |
| 4. 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |
| 5. 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |
| 6. 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |
| 7. 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |
| 8. 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |
| 9. 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |
| 10. 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"/> |

| | Extremely Negative -4 | Negative -3 | Moderately Negative -2 | Somewhat Negative -1 | Somewhat Positive +1 | Moderately Positive +2 | Positive +3 | Extremely Positive +4 |
|---|-----------------------------|-----------------------|------------------------------|----------------------------|----------------------------|------------------------------|-----------------------|-----------------------------|
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |
| 11. 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |
| 12. 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |
| 13. 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |
| 14. 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |

Life Event Survey

6. P2

| | Extremely Negative -4 | Negative -3 | Moderately Negative -2 | Somewhat Negative -1 | Somewhat Positive +1 | Moderately Positive +2 | Positive +3 | Extremely Positive +4 |
|--|-----------------------------|----------------|------------------------------|----------------------------|----------------------------|------------------------------|----------------|-----------------------------|
|--|-----------------------------|----------------|------------------------------|----------------------------|----------------------------|------------------------------|----------------|-----------------------------|

15. 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"/> | <input type="radio"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

16. 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"/> | <input type="radio"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

17. 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"/> | <input type="radio"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

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"/> | <input type="radio"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

18. 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"/> | <input type="radio"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

19. 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"/> | <input type="radio"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

20. 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"/> | <input type="radio"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

| | Extremely Negative -4 | Negative -3 | Moderately Negative -2 | Somewhat Negative -1 | Somewhat Positive +1 | Moderately Positive +2 | Positive +3 | Extremely Positive +4 |
|------------|-----------------------------|-----------------------|------------------------------|----------------------------|----------------------------|------------------------------|-----------------------|-----------------------------|
| 21. 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"/> |

Event start date and number of days of event occurrence

| | | | | | | | | |
|--------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 22. 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"/> |
|--------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

| | | | | | | | | |
|--------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 23. 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"/> |
|--------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

| | | | | | | | | |
|-----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 25. 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"/> |
|-----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

26. 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"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

| | | | | | | | | |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 27. 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"/> |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

28. 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"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

| | | | | | | | |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 29. 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"/> |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

| | | | | | | | |
|-----------|----------|------------|----------|----------|------------|----------|-----------|
| Extremely | | Moderately | Somewhat | Somewhat | Moderately | | Extremely |
| Negative | Negative | Negative | Negative | Positive | Positive | Positive | Positive |
| -4 | -3 | -2 | -1 | +1 | +2 | +3 | +4 |

Event start date and number of days of event occurrence

Life Event Survey

7. P3

| | Extremely Negative -4 | Negative -3 | Moderately Negative -2 | Somewhat Negative -1 | Somewhat Positive +1 | Moderately Positive +2 | Positive +3 | Extremely Positive +4 |
|---|-----------------------------|-----------------------|------------------------------|----------------------------|----------------------------|------------------------------|-----------------------|-----------------------------|
| 30. 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"/> |

Event start date and number of days of event occurrence

31. Beginning a new university 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"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

32. 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"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

33. Academic probation/ineligibility

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|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

34. 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"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

35. Failing an important exam

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|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

36. Major change in relationship with coach (better or worse)

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|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <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 |
|---|-----------------------------|-----------------------|------------------------------|----------------------------|----------------------------|------------------------------|-----------------------|-----------------------------|
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |
| 37. 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |
| 38. 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |
| 39. 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |
| 40. 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |
| 41. 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |
| 42. 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |
| 43. 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |

| | Extremely Negative -4 | Negative -3 | Moderately Negative -2 | Somewhat Negative -1 | Somewhat Positive +1 | Moderately Positive +2 | Positive +3 | Extremely Positive +4 |
|---|-----------------------------|-----------------------|------------------------------|----------------------------|----------------------------|------------------------------|-----------------------|-----------------------------|
| 44. 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"/> |
| Event start date and number of days of event occurrence | <input type="text"/> | | | | | | | |

Life Event Survey

8. P4

| | Extremely Negative -4 | Negative -3 | Moderately Negative -2 | Somewhat Negative -1 | Somewhat Positive +1 | Moderately Positive +2 | Positive +3 | Extremely Positive +4 |
|--|-----------------------------|----------------|------------------------------|----------------------------|----------------------------|------------------------------|----------------|-----------------------------|
|--|-----------------------------|----------------|------------------------------|----------------------------|----------------------------|------------------------------|----------------|-----------------------------|

45. Pressure to
gain/lose weight-due to
participation in sport

☐
☐
☐
☐
☐
☐
☐
☐

Event start date and number of days of event occurrence

46. Discrimination from
teammates/coaches

☐
☐
☐
☐
☐
☐
☐
☐

Event start date and number of days of event occurrence

47. Major change in
relationship(s) with
team-mate(s) (better
/worse)

☐
☐
☐
☐
☐
☐
☐
☐

Event start date and number of days of event occurrence

48. Suspended from
team for non-academic
reasons

☐
☐
☐
☐
☐
☐
☐
☐

Event start date and number of days of event occurrence

49. Trouble with
academic counsellor

☐
☐
☐
☐
☐
☐
☐
☐

Event start date and number of days of event occurrence

50. Major change in use
of alcohol/drugs
(increased or
decreased)

☐
☐
☐
☐
☐
☐
☐
☐

Event start date and number of days of event occurrence

51. Beginning sexual
activity

☐
☐
☐
☐
☐
☐
☐
☐

| | | | | | | | |
|-----------------------------|----------------|------------------------------|----------------------------|----------------------------|------------------------------|----------------|-----------------------------|
| Extremely Negative -4 | Negative -3 | Moderately Negative -2 | Somewhat Negative -1 | Somewhat Positive +1 | Moderately Positive +2 | Positive +3 | Extremely Positive +4 |
|-----------------------------|----------------|------------------------------|----------------------------|----------------------------|------------------------------|----------------|-----------------------------|

Event start date and number of days of event occurrence

52. 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"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

53. 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"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

54. 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"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

55. 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"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

56. 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"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

57. 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"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

58. 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"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

| | | | | | | | |
|-----------------------------|----------------|------------------------------|----------------------------|----------------------------|------------------------------|----------------|-----------------------------|
| Extremely Negative -4 | Negative -3 | Moderately Negative -2 | Somewhat Negative -1 | Somewhat Positive +1 | Moderately Positive +2 | Positive +3 | Extremely Positive +4 |
|-----------------------------|----------------|------------------------------|----------------------------|----------------------------|------------------------------|----------------|-----------------------------|

Event start date and number of days of event occurrence

59. Major change in
playing status on team

☐
☐
☐
☐
☐
☐
☐
☐

Event start date and number of days of event occurrence

Life Event Survey

9. P5

| | Extremely Negative -4 | Negative -3 | Moderately Negative -2 | Somewhat Negative -1 | Somewhat Positive +1 | Moderately Positive +2 | Positive +3 | Extremely Positive +4 |
|--|-----------------------------|-----------------------|------------------------------|----------------------------|----------------------------|------------------------------|-----------------------|-----------------------------|
| 60. 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |
| 61. 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |
| 62. 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |
| 63. 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |
| 64. 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |
| 65. 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"/> |
| Event start date and number of days of event occurrence | | | | | | | | |
| <input type="text"/> | | | | | | | | |
| 66. 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"/> |

| | | | | | | | |
|-----------------------------|----------------|------------------------------|----------------------------|----------------------------|------------------------------|----------------|-----------------------------|
| Extremely Negative -4 | Negative -3 | Moderately Negative -2 | Somewhat Negative -1 | Somewhat Positive +1 | Moderately Positive +2 | Positive +3 | Extremely Positive +4 |
|-----------------------------|----------------|------------------------------|----------------------------|----------------------------|------------------------------|----------------|-----------------------------|

Event start date and number of days of event occurrence

67. 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"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

68. 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"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

69. 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"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

70. 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"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

71. 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"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

72. 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"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

73. 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"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Event start date and number of days of event occurrence

| | Extremely Negative -4 | Negative -3 | Moderately Negative -2 | Somewhat Negative -1 | Somewhat Positive +1 | Moderately Positive +2 | Positive +3 | Extremely Positive +4 |
|---|-----------------------------|-----------------------|------------------------------|----------------------------|----------------------------|------------------------------|-----------------------|-----------------------------|
| 74. Making career decisions (applying for Masters course, 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"/> |
| Event start date and number of days of event occurrence | <input type="text"/> | | | | | | | |

Life Event Survey

10. P6

| | Extremely Negative -4 | Negative -3 | Moderately Negative -2 | Somewhat Negative -1 | Somewhat Positive +1 | Moderately Positive +2 | Positive +3 | Extremely Positive +4 |
|---|-----------------------------|-----------------------|------------------------------|----------------------------|----------------------------|------------------------------|-----------------------|-----------------------------|
| 75. 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"/> |
| Event start date and number of days of event occurrence | <input type="text"/> | | | | | | | |
| 76. 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"/> |
| Event start date and number of days of event occurrence | <input type="text"/> | | | | | | | |
| 77. 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"/> |
| Event start date and number of days of event occurrence | <input type="text"/> | | | | | | | |
| 78. 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"/> |
| Event start date and number of days of event occurrence | <input type="text"/> | | | | | | | |
| 79. 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"/> |
| Event start date and number of days of event occurrence | <input type="text"/> | | | | | | | |
| 80. 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"/> |
| Event start date and number of days of event occurrence | <input type="text"/> | | | | | | | |
| 81. 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"/> |

| | | | | | | | |
|-----------------------------|----------------|------------------------------|----------------------------|----------------------------|------------------------------|----------------|-----------------------------|
| Extremely Negative -4 | Negative -3 | Moderately Negative -2 | Somewhat Negative -1 | Somewhat Positive +1 | Moderately Positive +2 | Positive +3 | Extremely Positive +4 |
|-----------------------------|----------------|------------------------------|----------------------------|----------------------------|------------------------------|----------------|-----------------------------|

Event start date and number of days of event occurrence

11. 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 |
|-----------------------------|----------------|------------------------------|----------------------------|----------------------------|------------------------------|----------------|-----------------------------|

82. 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). Include start date and number of days of event occurrence

83. 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). Include start date and number of days of event occurrence

84. 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). Include start date and number of days of event occurrence

85. 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). Include start date and number of days of event occurrence

86. 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). Include start date and number of days of event occurrence

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.

* 12. 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"/> |
| 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"/> |

| | Not at all | Slightly | Moderately | Highly |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| 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

* 13. 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"/> |
| People are often telling me not to worry. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

| | Not at all | Slightly | Moderately | Highly |
|---|-----------------------|-----------------------|-----------------------|-----------------------|
| 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

* 14. 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"/> |
| 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"/> |