**Psychosocial Resources Questionnaire – Short Form (PSRQ-SF) Version 1**

Please indicate how strongly you agree or disagree with each of the following statements.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **AGREE** | | |  | **DISAGREE** | | |
|  | Strongly | Some what | A little | Neither agree or disagree | A little | Some what | Strongly |
| When I really want to do something, I usually find a way to succeed at it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| I often feel helpless in dealing with the problems of life. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| I take a positive attitude toward myself. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| I have a sense of direction and purpose in life. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| I don’t feel I belong to anything I’d call a community. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| I feel close to other people in my community. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **A lot** | **Some** | **A little** | **Not at all** |
| Please indicate how well each of the following describes you. |  |  |  |  |
| Responsible | 1 | 2 | 3 | 4 |
| Active | 1 | 2 | 3 | 4 |
| The next question is about **your family**. Please circle the appropriate number for **your family**. |  |  |  |  |
| How much do they understand the way you feel about things? | 1 | 2 | 3 | 4 |
| The next question is about **your friends**. Please circle the appropriate number for **your friends**. |  |  |  |  |
| How much do they understand the way you feel about things? | 1 | 2 | 3 | 4 |
| The next question is about **your spouse/partner**. Please circle the appropriate number for **your spouse/partner**. |  |  |  |  |
| How much does he or she appreciate you? | 1 | 2 | 3 | 4 |

Answer according to your own feelings, rather than how you think "most people" would answer.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | AGREE | |  | DISAGREE | |
|  | A lot | Some what | Neither agree or disagree | A little | A lot |
| I’m always optimistic about my future. | 1 | 2 | 3 | 4 | 5 |