

Adult Measure of Behavioral Inhibition (AMBI) & Retrospective Measure of Behavioral Inhibition (RMBI)

Please answer the following questions to the best of your ability.

When you enter a new or unfamiliar social situation or whenever you are faced with new and unfamiliar surroundings or people:

	Yes / Most of the time	Some of the time	No / Hardly ever
1) Do you tend to become vigilant and wary of your surroundings?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2) Do you feel awkward when you are approached by someone new?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3) Do you tend to become quiet?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4) Do you tend to approach people whom you don't know and talk to them?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5) Do you tend to spend time observing strangers from a distance first, before being able to mix in?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6) Do you tend to be chatty in conversation when you are speaking to someone new?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7) Are you likely to spend most of your time next to a person whom you know well?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8) Do you tend to feel physically anxious (e.g. racing pulse, sweaty, butterflies)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9) Do you tend to introduce yourself to new people?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10) Do you tend to keep a fair distance away from strangers?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11) Do you tend to withdraw and retreat from those around you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Generally, not just in new or unfamiliar situations:

	Yes / Most of the time	Some of the time	No / Hardly ever
12) Do you prefer your own company over the company of others?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13)			

Do you usually enjoy going to social events with large crowds of people?

☐☐☐

14) Would you tend to choose solitary leisure activities over spending time with close friends?

☐☐☐

15) Do you prefer to be surrounded by lively activity rather than a quiet gathering?

☐☐☐

16) If physically able, would you enjoy adventure holidays with some element of risk?

☐☐☐

Please answer the following questions by considering how you usually felt, behaved or reacted as a child before the age of 13 (i.e. before high school). If you have no memory at all for a particular question, tick the option provided.

	Yes / Most of the time	Some of the time	No / Hardly ever	Do not really remember at all
17) When unfamiliar visitors came to your home, would you hide or leave the room?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18) At school, did you tend to stand back and watch other children play?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19) Were you reluctant to go to school on your first day or the first day after holidays?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20) Did you prefer parties with crowds of children rather than small gatherings?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21) Were you always 'on the go'?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22) When unfamiliar visitors came to your home, did you feel fearful or nervy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23) When you went on outings with your family to new places, would you tend to wander off?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24) Were you fearful around other people's pets?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25) At school, did you find it difficult to approach and play with new children?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26) When you went on outings with your family to new places, would you spend most of the time next to your mother or father (or caregiver)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27) Did you want to be surrounded by people and activity?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28) Do you consider that you were a shy child?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29) Did you tend to take risks during play, sport or other physical activities?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30) Was it difficult for you to stand up in front of the class?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31)				

Were you outgoing and talkative
with other children?

☐☐☐☐

32) When you went on outings with
your family to new places, would
you become quiet or 'freeze up'?

☐☐☐☐

33) Did you cry during the school
day?

☐☐☐☐

34) When unfamiliar visitors came to
your home, would you cling to
your mother or father (or
caregiver)?

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