

SWCQ

The following questions ask about how much certain things affect your feelings of self-worth (how positive or negative you feel about yourself as a person). For the following questions, please select the number based on how true the statements are for you.

| | not at all true for me | a little true for me | somewhat true for me | true for me | very true for me | extremely true for me |
|---|---------------------------|-------------------------|-------------------------|-----------------------|-----------------------|--------------------------|
| 1) Whether or not I reach my goals in school strongly affects my feelings of worth | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2) The way I feel about myself as a person depends a lot on what people in my life think of me | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3) My feelings of self-worth don't change even if my physical appearance changes | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4) The way I feel about myself as a person does not depend on my performance in activities (such as music, dance, sports, or theater) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5) My performance in schoolwork does not influence how I feel about myself | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6) Other people's feedback makes or breaks how I feel about myself | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7) How I look physically really affects how worthy I feel as a person | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 8) My performance in activities (such as music, dance, sports, or theater) does not influence how I feel about myself | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 9) The way I feel about myself does not depend on how well I do in my schoolwork or on school projects | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 10) If other people's feelings about me change, my feelings of self-worth change as well | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 11) The way I look physically makes or breaks how I feel about myself as a person | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 12) | | | | | | |

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| Whether or not I reach my goals in activities (such as music, dance, sports, or theater) does not affect how worthy I feel | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 13) The way I feel about myself depends a lot on how well I do in my schoolwork or on school projects | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 14) Other people's approval (or disapproval) strongly affects how worthy I feel | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 15) The way I look physically does not affect how I feel about myself | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 16) My performance in activities (such as music, dance, sports, or theater) makes or breaks the way I feel about myself | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 17) If my performance in schoolwork changes, my feelings of self-worth change as well | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 18) Other people's approval (or disapproval) does not affect how worthy I feel | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 19) The way I feel about myself as a person depends a lot on my physical appearance | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 20) The way I feel about myself depends a lot on my performance in my activities (such as music, dance, sports, or theater) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 21) My feelings of self-worth don't change even if my performance in schoolwork changes | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 22) Other people's feedback does not affect how I feel about myself | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 23) The way I feel about myself as a person does not depend on my physical appearance | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 24) Whether or not I reach my goals in my activities (such as music, dance, sports, or theater) strongly affects my feelings of worth | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 25) | | | | | | |

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|-----|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| | My performance in schoolwork makes or breaks the way I feel about myself | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 26) | The way I feel about myself does not depend on what people in my life think of me | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 27) | My physical appearance has no effect on how worthy I feel as a person | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 28) | If my performance in activities (such as music, dance, sports, or theater) changes, my feelings of self-worth change as well | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 29) | Whether or not I reach my goals in school has no effect on how worthy I feel | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 30) | My feelings of self-worth don't change even if other people's feelings about me change | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 31) | If my physical appearance changes, my feelings of self-worth change as well | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 32) | My feelings of self-worth don't change even if my performance in activities (such as music, dance, sports, or theater) changes | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Please rate how important each area (schoolwork, people's feelings about you, physical appearance, and activities) is to you on a scale of 1 (not at all) to 4 (extremely important):

| | not at all important | somewhat important | very important | extremely important |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| 33) Schoolwork: | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 34) People's feelings about you: | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 35) Physical appearance: | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 36) Activities (such as music, dance, sports, or theater): | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |