

Retrospective Self-Report of Inhibition

The following questions are about things you may have done and feelings you may have had as a child. In answering these questions, please think of yourself as you were in elementary school (Grades 1-5). If you cannot remember, or are not sure about an answer, please make your best guess.

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- 1) On the average, how often per year were you absent from school due to illness?
- ☐ 0-4 days
☐ 5-9 days
☐ 10-14 days
☐ 15-19 days
☐ 20 or more days
-
- 2) On the average, how often per year were you sent to the nurse's office due to illness?
- ☐ 0-4 days
☐ 5-9 days
☐ 10-14 days
☐ 15-19 days
☐ 20 or more days
-
- 3) Did you have illnesses/symptoms such as headaches or stomach aches for which the doctors could not find a cause?
- ☐ never
☐ rarely
☐ sometimes
☐ often
☐ very often
-
- 4) How often did you have nightmares?
- ☐ never
☐ once a year
☐ once a month
☐ once a week
☐ once a night
-
- 5) Were you scared of the dark?
- ☐ never
☐ rarely
☐ sometimes
☐ often
☐ very often
-
- 6) Was it necessary for you or your parents to check under your bed or in your closet before you went to sleep?
- ☐ never
☐ once a year
☐ once a month
☐ once a week
☐ once a night
-
- 7) Did you need to have a special stuffed animal, blanket, or toy with you so that you could fall asleep?
- ☐ never
☐ rarely
☐ sometimes
☐ often
☐ very often
-
- 8) Were you afraid of dogs, cats, or other domestic animals?
- ☐ never
☐ rarely
☐ sometimes
☐ often
☐ very often
-
- 9) Were you afraid of unfamiliar animals, such as those you encountered on the street or at someone else's home?
- ☐ never
☐ rarely
☐ sometimes
☐ often
☐ very often

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- 10) Were you scared that you would be kidnapped or otherwise separated from your parents?
- ☐ never
☐ rarely
☐ sometimes
☐ often
☐ very often
-
- 11) Did it upset you when your parents left you with a new, unfamiliar baby-sitter?
- ☐ never
☐ rarely
☐ sometimes
☐ often
☐ very often
-
- 12) When your parents went out without you, were you scared that they might not come back?
- ☐ never
☐ rarely
☐ sometimes
☐ often
☐ very often
-
- 13) Did you sleep over at friends' houses?
- ☐ very often
☐ often
☐ sometimes
☐ rarely
☐ never
-
- 14) Did you try new foods?
- ☐ eagerly
☐ agreeably
☐ with coaxing
☐ only if pressured
☐ never
-
- 15) Were you usually scared on the first day of school of a new school year?
- ☐ not at all
☐ slightly
☐ moderately
☐ very
☐ terrified
-
- 16) Did you ever pretend to be sick in order to avoid going to school or to other social events?
- ☐ never
☐ rarely
☐ sometimes
☐ often
☐ very often
-
- 17) Did it upset you to be called up to the blackboard?
- ☐ not at all
☐ slightly
☐ moderately
☐ very
☐ terrified
-
- 18) Did it upset you to be called on, even if you knew the answer?
- ☐ not at all
☐ slightly
☐ moderately
☐ very
☐ terrified
-
- 19) Did your teachers have trouble hearing you when you spoke or answered a question in class?
- ☐ never
☐ rarely
☐ sometimes
☐ often
☐ very often

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- 20) If there was something that you did not understand in class, did you ask the teacher for help?
- ☐ always
 - ☐ often
 - ☐ sometimes
 - ☐ rarely
 - ☐ never
-
- 21) During recess, did you play with the main group of children?
- ☐ always
 - ☐ often
 - ☐ sometimes
 - ☐ rarely
 - ☐ never
-
- 22) Did you enjoy participating in party games?
- ☐ always
 - ☐ often
 - ☐ sometimes
 - ☐ rarely
 - ☐ never
-
- 23) Did you enjoy meeting new children your age?
- ☐ always
 - ☐ often
 - ☐ sometimes
 - ☐ rarely
 - ☐ never
-
- 24) Did your voice squeak, crack, or sound shaky when you were talking in front of a group of people?
- ☐ never
 - ☐ rarely
 - ☐ sometimes
 - ☐ often
 - ☐ very often
-
- 25) How popular did you feel?
- ☐ very
 - ☐ moderately
 - ☐ average
 - ☐ below average
 - ☐ not at all
-
- 26) Did you have any problems with, or have to see a doctor for allergies, sleeplessness, or constipation?
- ☐ never
 - ☐ rarely
 - ☐ sometimes
 - ☐ often
 - ☐ very often
-
- 27) Did you need a night-light or hall light on in order to go to sleep?
- ☐ never
 - ☐ rarely
 - ☐ sometimes
 - ☐ often
 - ☐ very often
-
- 28) Did you willingly participate in group singing or plays?
- ☐ always
 - ☐ often
 - ☐ sometimes
 - ☐ rarely
 - ☐ never
-
- 29) Were your feelings easily hurt?
- ☐ never
 - ☐ rarely
 - ☐ sometimes
 - ☐ often
 - ☐ very often

30) Did you tell your friends or family members when you were angry with them?

- ☐ always
- ☐ often
- ☐ sometimes
- ☐ rarely
- ☐ never