**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.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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 |
| 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 |
| 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 |
| How often did you have nightmares? | never | once a year | once a month | once a week | once a night |
| Were you scared of the dark? | never | rarely | sometimes | often | very often |
| 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 |
| 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 |
| Were you afraid of dogs, cats, or other domestic animals? | never | rarely | sometimes | often | very often |
| 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 |
| Were you scared that you would be kidnapped or otherwise separated from your parents? | never | rarely | sometimes | often | very often |
| Did it upset you when your parents left you with a new, unfamiliar baby-sitter? | never | rarely | sometimes | often | very often |
| When your parents went out without you, were you scared that they might not come back? | never | rarely | sometimes | often | very often |
| Did you sleep over at friends' houses? | very often | often | sometimes | rarely | never |
| Did you try new foods? | eagerly | agreeably | with coaxing | only if pressured | never |
| Were you usually scared on the first day of school of a new school year? | not at all | slightly | moderately | very | terrified |
| 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 |
| Did it upset you to be called up to the blackboard? | not at all | slightly | moderately | very | terrified |
| Did it upset you to be called on, even if you knew the answer? | not at all | slightly | moderately | very | terrified |
| Did your teachers have trouble hearing you when you spoke or answered a question in class? | never | rarely | sometimes | often | very often |
| If there was something that you did not understand in class, did you ask the teacher for help? | always | often | sometimes | rarely | never |
| During recess, did you play with the main group of children? | always | often | sometimes | rarely | never |
| Did you enjoy participating in party games? | always | often | sometimes | rarely | never |
| Did you enjoy meeting new children your age? | always | often | sometimes | rarely | never |
| 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 |
| How popular did you feel? | very | moderately | average | below average | not at all |
| Did you have any problems with, or have to see a doctor for allergies, sleeplessness, or constipation? | never | rarely | sometimes | often | very often |
| Did you need a night-light or hall light on in order to go to sleep? | never | rarely | sometimes | often | very often |
| Did you willingly participate in group singing or plays? | always | often | sometimes | rarely | never |
| Were your feelings easily hurt? | never | rarely | sometimes | often | very often |
| Did you tell your friends or family members when you were angry with them? | always | often | sometimes | rarely | never |