

# MIDUS

Midlife in the United States



A National Study of Health & Well-Being  
(2<sup>nd</sup> Wave)

## **MIDUS BIOMARKER PROJECT**

### **SELF-ADMINISTERED QUESTIONNAIRE**

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Site #: \_\_\_\_\_

ID #: \_\_\_\_\_



This booklet includes several categories of questions. The first set of questions are about sleep habits. Among the remaining questions, some will help us understand how you have been feeling over the past week or month as well as how you generally feel. Other questions ask about your relationships with others, and past life experiences, both positive and negative. Please choose the answers that best describe you and your experiences.

This booklet usually takes about 45 minutes to complete. Some of the questions may seem redundant to you. Please bear with us. We need all of the information to have a good sense of the differences among the many people in our study.

Please be sure that you answer every item by circling the answer choice that comes closest to your experience or how you feel.

**[Be sure to look at the different answer choices before answering each new section of questions].**

Finally, please do not discuss or answer this questionnaire with anyone else.

**PLEASE NOTICE THAT THERE ARE QUESTIONS ON BOTH SIDES OF EACH PAGE!**

**THANK YOU!**

### **Sleep Habits**

The following questions relate to your usual sleep habits during the past month only. Your answers should indicate the most accurate reply for the majority of days and nights in the past month. Please answer all of the questions.

- 1.) During the past month, when have you usually gone to bed at night?

USUAL BED TIME \_\_\_\_:\_\_\_\_ AM or PM (Circle One)

- 2.) During the past month, how long (in minutes) has it taken you to fall asleep at night?

NUMBER OF MINUTES \_\_\_\_\_

- 3.) During the past month, when have you usually gotten up in the morning?

USUAL GETTING UP TIME \_\_\_\_:\_\_\_\_ AM or PM (Circle One)

- 4.) During the past month, how many hours of actual sleep did you get at night (This may be different than the number of hours you spend in bed.)

HOURS OF SLEEP PER NIGHT \_\_\_\_\_.\_\_\_\_\_

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For each of the remaining questions, circle the one best response. Please answer all of the questions.

- 5.) During the past month, how would you rate your sleep quality overall?

Very good

Fairly good

Fairly bad

Very bad

- 6.) During the past month, how much of a problem has it been for you to keep up enough enthusiasm to get things done?

No problem at all

Only a very slight problem

Somewhat of a problem

A very big problem

- 7.) During the past month, how often have you taken medicine (prescribed or “over the counter”) to help you sleep?

Not during the past month

Less than once a week

Once or twice a week

Three or more times a week

- 8.) During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activity?

Not during the past month

Less than once a week

Once or twice a week

Three or more times a week

**9.) During the past month, how often have you had trouble sleeping because you...**

	Not during the past month	Less than once a week	Once or twice a week	Three or more times a week
a. Could not get to sleep within 30 minutes	1	2	3	4
b. Woke up in the middle of the night or early in the morning	1	2	3	4
c. Had to get up to use the bathroom	1	2	3	4
d. Could not breathe comfortably	1	2	3	4
e. Coughed and snored	1	2	3	4
f. Felt too cold	1	2	3	4
g. Felt too hot	1	2	3	4
h. Had bad dreams	1	2	3	4
i. Had pain	1	2	3	4
j. Other reason(s)	1	2	3	4



**Please Describe:**

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**Feelings and Experiences:** As you complete the remainder of the booklet remember that there are no “right” or “wrong” answers.

1) Read each item and then circle the number that best describes how much you have felt or experienced things this way during the past week, including today

	Not At All	A Little Bit	Moderately	Quite A Bit	Extremely
a. Felt sad.	1	2	3	4	5
b. Startled easily.	1	2	3	4	5
c. Felt cheerful.	1	2	3	4	5
d. Felt afraid.	1	2	3	4	5
e. Felt discouraged.	1	2	3	4	5
f. Hands were shaky.	1	2	3	4	5
g. Felt optimistic.	1	2	3	4	5
h. Had diarrhea.	1	2	3	4	5
i. Felt worthless.	1	2	3	4	5
j. Felt really happy.	1	2	3	4	5
k. Felt nervous.	1	2	3	4	5
l. Felt depressed.	1	2	3	4	5
m. Was short of breath.	1	2	3	4	5
n. Felt uneasy.	1	2	3	4	5
o. Was proud of myself.	1	2	3	4	5
p. Had a lump in my throat.	1	2	3	4	5
q. Felt faint.	1	2	3	4	5
r. Felt unattractive.	1	2	3	4	5
s. Had hot or cold spells.	1	2	3	4	5
t. Had an upset stomach.	1	2	3	4	5
u. Felt like a failure.	1	2	3	4	5
v. Felt like I was having a lot of fun.	1	2	3	4	5

Continued...	Not At All	A Little Bit	Moderately	Quite A Bit	Extremely
w. Blamed myself for a lot of things.	1	2	3	4	5
x. Hands were cold or sweaty.	1	2	3	4	5
y. Felt withdrawn from other people.	1	2	3	4	5
z. Felt keyed up, “on edge”.	1	2	3	4	5
aa. Felt like I had a lot of energy.	1	2	3	4	5
bb. Was trembling or shaking.	1	2	3	4	5
cc. Felt inferior to others.	1	2	3	4	5
dd. Had trouble swallowing.	1	2	3	4	5
ee. Felt like crying.	1	2	3	4	5
ff. Was unable to relax.	1	2	3	4	5
gg. Felt really slowed down.	1	2	3	4	5
hh. Was disappointed in myself.	1	2	3	4	5
ii. Felt nauseous.	1	2	3	4	5
jj. Felt hopeless.	1	2	3	4	5
kk. Felt dizzy or lightheaded.	1	2	3	4	5
ll. Felt sluggish or tired.	1	2	3	4	5
mm. Felt really “up” or lively.	1	2	3	4	5
nn. Had pain in my chest.	1	2	3	4	5
oo. Felt really bored.	1	2	3	4	5
pp. Felt like I was choking.	1	2	3	4	5
qq. Looked forward to things with enjoyment.	1	2	3	4	5
rr. Muscles twitched or trembled.	1	2	3	4	5
ss. Felt pessimistic about the future.	1	2	3	4	5
tt. Had a very dry mouth.	1	2	3	4	5

Continued...	Not At All	A Little Bit	Moderately	Quite A Bit	Extremely
uu. Felt like I had a lot of interesting things to do.	1	2	3	4	5
vv. Was afraid I was going to die.	1	2	3	4	5
ww. Felt like I had accomplished a lot.	1	2	3	4	5
xx. Felt like it took extra effort to get started.	1	2	3	4	5
yy. Felt like nothing was very enjoyable.	1	2	3	4	5
zz. Heart was racing or pounding.	1	2	3	4	5
aaa. Felt like I had a lot to look forward to.	1	2	3	4	5
bbb. Felt numbness or tingling in my body.	1	2	3	4	5
ccc. Felt tense or “high-strung”.	1	2	3	4	5
ddd. Felt hopeful about the future.	1	2	3	4	5
eee. Felt like there wasn’t anything interesting or fun to do.	1	2	3	4	5
fff. Seemed to move quickly and easily.	1	2	3	4	5
ggg. Muscles were tense or sore.	1	2	3	4	5
hhh. Felt really good about myself.	1	2	3	4	5
iii. Thought about death or suicide.	1	2	3	4	5
jjj. Had to urinate frequently.	1	2	3	4	5
kkk. Felt like I am a good person.	1	2	3	4	5
lll. Felt guilty.	1	2	3	4	5

**2) Using a scale from 0 to 10 where 0 means “the worst day overall” and 10 means “the best possible day overall,” how would you rate your day today? Circle the appropriate number below.**

Worst Best

0    1    2    3    4    5    6    7    8    9    10



**3) Circle the number that best describes how often you felt or behaved in the following ways during the past week.**

<b>During the <u>past week</u>...</b>	Rarely or none of the time (less than one day)	Some or a little of the time (1-2 days)	Occasionally or a moderate amount of the time (3-4 days)	Most or all of the time (5-7 days)
a. I was bothered by things that usually don't bother me.	1	2	3	4
b. I did not feel like eating; my appetite was poor.	1	2	3	4
c. I felt that I could not shake off the blues even with the help of my family and friends.	1	2	3	4
d. I felt that I was just as good as other people.	1	2	3	4
e. I had trouble keeping my mind on what I was doing.	1	2	3	4
f. I felt depressed.	1	2	3	4
g. I felt that everything I did was an effort.	1	2	3	4
h. I felt hopeful about the future.	1	2	3	4
i. I thought my life had been a failure.	1	2	3	4
j. I felt fearful.	1	2	3	4
k. My sleep was restless.	1	2	3	4
l. I was happy.	1	2	3	4
m. I talked less than usual.	1	2	3	4
n. I felt lonely.	1	2	3	4
o. People were unfriendly.	1	2	3	4
p. I enjoyed life.	1	2	3	4
q. I had crying spells.	1	2	3	4
r. I felt sad.	1	2	3	4

Continued...	Rarely or none of the time (less than one day)	Some or a little of the time (1-2 days)	Occasionally or a moderate amount of the time (3-4 days)	Most or all of the time (5-7 days)
s. I felt that people dislike me.	1	2	3	4
t. I could not get “going”.	1	2	3	4

**4) The following questions ask about your feelings and thoughts during the last month. For each question, answer by circling how often you felt or thought a certain way. The best approach is to answer each question fairly quickly. That is, don’t try to count up the number of times you felt a particular way, but rather indicate the answer that seems like a reasonable estimate.**

In the last month, how often have you...	Never	Almost Never	Sometimes	Fairly Often	Very Often
a. been upset because of something that happened unexpectedly?	1	2	3	4	5
b. felt that you were unable to control the important things in your life?	1	2	3	4	5
c. felt nervous and “stressed”?	1	2	3	4	5
d. felt confident about your ability to handle your personal problems?	1	2	3	4	5
e. felt that things were going your way?	1	2	3	4	5
f. found that you could not cope with all the things that you had to do?	1	2	3	4	5
g. been able to control irritations in your life?	1	2	3	4	5
h. felt that you were on top of things?	1	2	3	4	5
i. been angered because of things that were outside of your control?	1	2	3	4	5
j. felt difficulties were piling up so high that you couldn’t overcome them?	1	2	3	4	5

5) Circle the number that best describes how often you generally react or behave in the manner described when you feel angry or furious.

<b><u>In general when I feel angry or furious ....</u></b>	Almost Never	Sometimes	Often	Almost Always
a. I withdraw from people.	1	2	3	4
b. I pout or sulk.	1	2	3	4
c. I am angrier than I'm willing to admit.	1	2	3	4
d. I am secretly critical of others.	1	2	3	4
e. I boil inside, but don't show it.	1	2	3	4
f. I harbor grudges.	1	2	3	4
g. I keep things in.	1	2	3	4
h. I am irritated more than others are aware.	1	2	3	4
i. I slam doors.	1	2	3	4
j. I say nasty things.	1	2	3	4
k. I make sarcastic remarks.	1	2	3	4
l. I argue with others.	1	2	3	4
m. I lose my temper.	1	2	3	4
n. I strike out at whatever infuriates me.	1	2	3	4
o. I express my anger.	1	2	3	4
p. If someone annoys me I tell them how I feel.	1	2	3	4
q. I control my temper.	1	2	3	4
r. I keep my cool.	1	2	3	4
s. I calm down faster.	1	2	3	4
t. I make threats.	1	2	3	4
u. I do nothing.	1	2	3	4
v. I ignore the situation or person who angers me.	1	2	3	4

6) Circle the number that best describes how you generally feel.

<b><u>In general...</u></b>	<b>Almost Never</b>	<b>Sometimes</b>	<b>Often</b>	<b>Almost Always</b>
a. I have a fiery temper.	1	2	3	4
b. I am quick tempered.	1	2	3	4
c. I am a hotheaded person.	1	2	3	4
d. I get annoyed when I am singled out for correction.	1	2	3	4
e. It makes me furious when I am criticized in front of others.	1	2	3	4
f. I get angry when I'm slowed down by others mistakes.	1	2	3	4
g. I feel infuriated when I do a good job and get a poor evaluation.	1	2	3	4
h. I fly off the handle.	1	2	3	4
i. I feel annoyed when I am not given recognition for doing good work.	1	2	3	4
j. People who think they are always right irritate me.	1	2	3	4
k. When I get mad, I say nasty things.	1	2	3	4
l. I feel irritated.	1	2	3	4
m. I feel angry.	1	2	3	4
n. When I get frustrated, I feel like hitting someone.	1	2	3	4
o. It makes my blood boil when I am under pressure.	1	2	3	4

**7) Circle the number that best describes how you *generally* feel. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer, which seems to describe how you generally feel.**

	Almost Never	Sometimes	Often	Almost Always
a. I feel pleasant.	1	2	3	4
b. I tire quickly.	1	2	3	4
c. I feel like crying.	1	2	3	4
d. I wish I could be as happy as others seem to be.	1	2	3	4
e. I am losing out on things because I can't make up my mind soon enough.	1	2	3	4
f. I feel rested.	1	2	3	4
g. I am "calm, cool, and collected".	1	2	3	4
h. I feel that difficulties are piling up so that I cannot overcome them.	1	2	3	4
i. I worry too much over something that really doesn't matter.	1	2	3	4
j. I am happy.	1	2	3	4
k. I am inclined to take things hard.	1	2	3	4
l. I lack self-confidence.	1	2	3	4
m. I feel secure.	1	2	3	4
n. I try to avoid facing a crisis or difficulty.	1	2	3	4
o. I feel blue.	1	2	3	4
p. I am content.	1	2	3	4
q. Some unimportant thought runs through my mind and bothers me.	1	2	3	4
r. I take disappointments so keenly that I can't put them out of my mind.	1	2	3	4
s. I am a steady person.	1	2	3	4
t. I get in a state of tension or turmoil as I think over my recent concerns and interests.	1	2	3	4

**8) Please circle the number that best describes how much fear or anxiety you generally feel in the following situations.**

	None	Mild	Moderate	Severe
a. Talking to people in authority.	1	2	3	4
b. Going to a party.	1	2	3	4
c. Working while being observed.	1	2	3	4
d. Calling someone you don't know very well.	1	2	3	4
e. Talking with people you don't know very well.	1	2	3	4
f. Being the center of attention.	1	2	3	4
g. Expressing a disagreement or disapproval to people you don't know very well.	1	2	3	4
h. Returning goods to a store.	1	2	3	4
i. Resisting a high-pressure salesperson.	1	2	3	4

**9) These questions ask about some of your experiences growing up as a child and a teenager. Although some of the questions are of a personal nature, please try to answer as honestly as you can. For each question, circle the number under the response that best describes how you feel.**

<b>When I was growing up...</b>	<b>Never True</b>	<b>Rarely True</b>	<b>Sometimes True</b>	<b>Often True</b>	<b>Very Often True</b>
a. I didn't have enough to eat.	1	2	3	4	5
b. I knew that there was someone to take care of me and protect me.	1	2	3	4	5
c. People in my family called me things like "stupid," "lazy," or "ugly."	1	2	3	4	5
d. My parents were too drunk or high to take care of me.	1	2	3	4	5
e. There was someone in my family who helped me feel that I was important or special.	1	2	3	4	5
f. I had to wear dirty clothes.	1	2	3	4	5
g. I felt loved.	1	2	3	4	5
h. I thought that my parents wished I had never been born.	1	2	3	4	5
i. I got hit so hard by someone in my family that I had to see a doctor or go to the hospital.	1	2	3	4	5
j. There was nothing I wanted to change about my family.	1	2	3	4	5
k. People in my family hit me so hard that it left me with bruises or marks.	1	2	3	4	5
l. I was punished with a belt, a board, a cord, or some other hard object.	1	2	3	4	5
m. People in my family looked out for each other.	1	2	3	4	5
n. People in my family said hurtful or insulting things to me.	1	2	3	4	5
o. I believe that I was physically abused.	1	2	3	4	5
p. I had the perfect childhood.	1	2	3	4	5

Continued...	Never True	Rarely True	Sometimes True	Often True	Very Often True
q. I got hit or beaten so badly that it was noticed by someone like a teacher, neighbor, or doctor.	1	2	3	4	5
r. I felt that someone in my family hated me.	1	2	3	4	5
s. People in my family felt close to each other.	1	2	3	4	5
t. Someone tried to touch me in a sexual way, or tried to make me touch them.	1	2	3	4	5
u. Someone threatened to hurt me or tell lies about me unless I did something sexual with them.	1	2	3	4	5
v. I had the best family in the world.	1	2	3	4	5
w. Someone tried to make me do sexual things or watch sexual things.	1	2	3	4	5
x. Someone molested me.	1	2	3	4	5
y. I believe that I was emotionally abused.	1	2	3	4	5
z. There was someone to take me to the doctor if I needed it.	1	2	3	4	5
aa. I believe that I was sexually abused.	1	2	3	4	5
bb. My family was a source of strength and support.	1	2	3	4	5



**10) The following questions are about positive experiences you may have had over the past month. Please indicate how often you had each experience and whether it was pleasant, enjoyable or rewarding.**

Over the past month how often did you spend time...				If at least once, how Pleasant, Enjoyable or Rewarding was this?		
	Never	1-6 Times	7+ Times	Neutral or Unpleasant	Somewhat	Very
a. Appreciating nature.	1	2	3	1	2	3
b. Meeting someone new.	1	2	3	1	2	3
c. Planning trips or vacations.	1	2	3	1	2	3
d. Reading stories, novels, poems, or plays.	1	2	3	1	2	3
e. Helping someone.	1	2	3	1	2	3
f. Breathing clean air.	1	2	3	1	2	3
g. Saying something clearly.	1	2	3	1	2	3
h. Thinking about something good in the future.	1	2	3	1	2	3
i. Laughing.	1	2	3	1	2	3
j. Being with animals.	1	2	3	1	2	3
k. Having a frank and open conversation.	1	2	3	1	2	3
l. Going to a party.	1	2	3	1	2	3
m. Giving thanks for daily life.	1	2	3	1	2	3
n. Being with friends.	1	2	3	1	2	3
o. Being popular at a gathering.	1	2	3	1	2	3
p. Enjoying TV or movies.	1	2	3	1	2	3
q. Sitting in the sun.	1	2	3	1	2	3
r. Seeing good things happen to family & friends.	1	2	3	1	2	3
s. Planning or organizing something.	1	2	3	1	2	3
t. Having a lively talk.	1	2	3	1	2	3
u. Being with my family.	1	2	3	1	2	3

Continued...	How Often Did This Happen?			How Pleasant, Enjoyable or Rewarding was this?		
	Never	1-6 Times	7+ Times	Neutral or Unpleasant	Somewhat	Very
v. Taking a relaxing bath.	1	2	3	1	2	3
w. Seeing beautiful scenery.	1	2	3	1	2	3
x. Eating good meals.	1	2	3	1	2	3
y. Having spare time.	1	2	3	1	2	3
z. Being noticed as sexually attractive.	1	2	3	1	2	3
aa. Learning to do something new.	1	2	3	1	2	3
bb. Complimenting or praising someone.	1	2	3	1	2	3
cc. Thinking about people I like.	1	2	3	1	2	3
dd. Kissing.	1	2	3	1	2	3
ee. Praying or meditating.	1	2	3	1	2	3
ff. Doing a project my own way.	1	2	3	1	2	3
gg. Having peace and quiet.	1	2	3	1	2	3
hh. Being relaxed.	1	2	3	1	2	3
ii. Sleeping soundly at night.	1	2	3	1	2	3
jj. Having a good fitness workout.	1	2	3	1	2	3
kk. Amusing people.	1	2	3	1	2	3
ll. Being with someone I love.	1	2	3	1	2	3
mm. Having sexual relations with a partner.	1	2	3	1	2	3
nn. Watching sports.	1	2	3	1	2	3
oo. Being with happy people.	1	2	3	1	2	3
pp. Smiling at people.	1	2	3	1	2	3
qq. Being with my spouse/partner.	1	2	3	1	2	3

Continued...	How Often Did This Happen?			How Pleasant, Enjoyable or Rewarding was this?		
	Never	1-6 Times	7+ Times	Neutral or Unpleasant	Somewhat	Very
rr. Teaching or advising someone.	1	2	3	1	2	3
ss. Being complimented or told I have done well.	1	2	3	1	2	3
tt. Being told I am loved.	1	2	3	1	2	3
uu. Seeing old friends.	1	2	3	1	2	3
vv. Shopping.	1	2	3	1	2	3
ww. Feeling no pain.	1	2	3	1	2	3

**11) The following questions are about the ways you generally interact with others, including your sense of obligation towards others. Please circle the number that corresponds to how much you agree or disagree with the following statements (where 1 = strongly disagree and 7 = strongly agree).**

In general ...	DISAGREE				AGREE		
	Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree
a. I have respect for the authority figures with whom I interact.	1	2	3	4	5	6	7
b. I'd rather say "NO" directly, than risk being misunderstood.	1	2	3	4	5	6	7
c. It is important for me to maintain harmony or smooth relationships within my group.	1	2	3	4	5	6	7
d. Speaking up is not a problem for me.	1	2	3	4	5	6	7
e. Having a lively imagination is important to me.	1	2	3	4	5	6	7
f. I am comfortable with being singled out for praise or rewards.	1	2	3	4	5	6	7
g. I respect people who are modest about themselves.	1	2	3	4	5	6	7
h. I am the same person at home that I am at work or in other social settings.	1	2	3	4	5	6	7
i. I will sacrifice my self-interest for the benefit of the group I am in.	1	2	3	4	5	6	7
j. I should take into consideration others' advice when making work or family plans.	1	2	3	4	5	6	7
k. I prefer to be direct and forthright when dealing with people I've just met.	1	2	3	4	5	6	7
l. It is important to me to respect decisions made by the group.	1	2	3	4	5	6	7
m. I will stay in a group if they need me, even when I'm not happy with the group.	1	2	3	4	5	6	7
n. If people in my family fail, I feel responsible.	1	2	3	4	5	6	7
o. Even when I strongly disagree with group members, I avoid an argument.	1	2	3	4	5	6	7

In general ...	DISAGREE				AGREE		
	Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree
p. It is important to have my own ideas.	1	2	3	4	5	6	7
q. It is important to listen to others' opinions.	1	2	3	4	5	6	7
r. I feel obligated to keep fully informed about national news and public issues.	1	2	3	4	5	6	7
s. I feel obligated to vote in local and national elections.	1	2	3	4	5	6	7
t. I feel obligated to volunteer time or money to social causes I support.	1	2	3	4	5	6	7
u. I feel obligated to drop plans when members of my family seem very troubled.	1	2	3	4	5	6	7
v. I feel obligated to contact family members on a regular basis.	1	2	3	4	5	6	7
w. I feel obligated to give money to a friend in need, even if this makes it hard to meet my own needs.	1	2	3	4	5	6	7
x. I feel obligated to take my divorced or unemployed adult child back into my home.	1	2	3	4	5	6	7
y. My work makes the world a better place.	1	2	3	4	5	6	7
z. I think about the harm my work might do to other people.	1	2	3	4	5	6	7
aa. I help out my colleagues/coworkers at work.	1	2	3	4	5	6	7
bb. I am the one to volunteer to do unwanted tasks at work.	1	2	3	4	5	6	7
cc. I am known for my honesty and integrity at work.	1	2	3	4	5	6	7

**12.) The following questions are about how your views of yourself are linked to your relations with others. Please circle the number that corresponds to how much you agree or disagree with the following statements (where 1 = strongly disagree and 7 = strongly agree).**

In general...	DISAGREE				AGREE		
	Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree
a. My close relationships are an important reflection of who I am.	1	2	3	4	5	6	7
b. When I feel very close to someone, it often feels to me like that person is an important part of who I am.	1	2	3	4	5	6	7
c. I usually feel a strong sense of pride when someone close to me has an important accomplishment.	1	2	3	4	5	6	7
d. I think one of the most important parts of who I am can be captured by looking at my close friends and understanding who they are.	1	2	3	4	5	6	7
e. When I think of myself, I often think of my close friends or family also.	1	2	3	4	5	6	7
f. If a person hurts someone close to me, I feel personally hurt as well.	1	2	3	4	5	6	7
g. Overall, my close relationships have very little to do with how I feel about myself.	1	2	3	4	5	6	7
h. My close relationships are unimportant to my sense of what kind of person I am.	1	2	3	4	5	6	7
i. My sense of pride comes from knowing whom I have as close friends.	1	2	3	4	5	6	7
j. When I establish a close friendship with someone, I usually develop a strong sense of identification with that person.	1	2	3	4	5	6	7

In general...	DISAGREE			Neutral	AGREE		
	Strongly disagree	Disagree	Slightly Disagree		Slightly Agree	Agree	Strongly Agree
k. I can walk in a room and immediately figure out the group's mood.	1	2	3	4	5	6	7
l. I am not affected by the moods of the people who are around me.	1	2	3	4	5	6	7
m. Even when things are going well for me, I can't be happy if I have a friend who is in trouble.	1	2	3	4	5	6	7
n. I am moved when I hear of another person's hardship.	1	2	3	4	5	6	7
o. I think nothing is more important than to be sympathetic to others.	1	2	3	4	5	6	7
p. My sympathy has its limits.	1	2	3	4	5	6	7
q. I usually follow the opinions of people I can respect.	1	2	3	4	5	6	7
r. When many people have an opinion different from mine, I can adjust mine to theirs.	1	2	3	4	5	6	7
s. When values held by others sound more reasonable, I can adjust my values to theirs.	1	2	3	4	5	6	7
t. Once something has happened, I try to adjust myself to it because it is difficult to change it myself.	1	2	3	4	5	6	7
u. It is useless to try to change what is going to happen in life because it is impossible to predict it.	1	2	3	4	5	6	7
v. I feel like praying on behalf of someone who is going through hardship.	1	2	3	4	5	6	7

In general...	DISAGREE			Neutral	AGREE		
	Strongly disagree	Disagree	Slightly Disagree		Slightly Agree	Agree	Strongly Agree
w. When I see a person who is working hard, I feel like rooting for the person.	1	2	3	4	5	6	7
x. If someone fails, the person is responsible for the failure, so there is no need to feel sympathy toward the person.	1	2	3	4	5	6	7
y. When I see someone cry, I often start to cry.	1	2	3	4	5	6	7
z. If the elderly or people with disabilities are standing on a bus or train without any seats offered to them, I feel sad and sympathetic toward them.	1	2	3	4	5	6	7
aa. When people with different opinions confront each other, it is inevitable that someone's feelings get hurt.	1	2	3	4	5	6	7
bb. It is important for me to try to help people I know well.	1	2	3	4	5	6	7



**13) The next several questions are about your specific relationships with your friends, family (not including your spouse/partner) and spouse/partner. Please circle the appropriate number for each item.**

With regard to your friends	A lot	Some	A little	Not at all
a. How much do you really care about your friends?	1	2	3	4
b. How much do you understand the way your friends feel about things?	1	2	3	4
c. How much can your friends rely on you for help if they have a serious problem?	1	2	3	4
d. How much can your friends open up to you if they need to talk about their worries?	1	2	3	4
e. How often do you make too many demands on your friends?	1	2	3	4
f. How often do you criticize your friends?	1	2	3	4
g. How often do you let your friends down when they are counting on you?	1	2	3	4
h. How often do you get on your friends' nerves?	1	2	3	4

**How many friends do you have? Circle One:** 0-5   6-10   11-20   21-50   51+

With regard to your family (not including spouse/partner)	A lot	Some	A little	Not at all
i. How much can your family (not including your spouse or partner) rely on you for help if they have a serious problem?	1	2	3	4
j. How much can your family open up to you if they need to talk about their worries?	1	2	3	4
k. How often do you make too many demands on members of your family?	1	2	3	4
l. How often do you criticize your family?	1	2	3	4
m. How often do you let your family down when they are counting on you?	1	2	3	4
n. How often do you get on your family's nerves?	1	2	3	4

(Continued...)

Are you married or living with a partner (Circle one) ?

Yes

No (go to 14)

With regard to your spouse/partner	A lot	Some	A little	Not at all
o. How much do you really care about your spouse/partner?	1	2	3	4
p. How much do you understand the way your spouse/partner feels about things?	1	2	3	4
q. How much do you appreciate your spouse/partner?	1	2	3	4
r. How much can your spouse/partner rely on you for help if he/she has a serious problem?	1	2	3	4
s. How much can your spouse/partner open up to you if he/she needs to talk about his/her worries?	1	2	3	4
t. How much can your spouse/partner relax and be his/herself around you?	1	2	3	4
u. How often do you make too many demands on your spouse/partner?	1	2	3	4
v. How often do you make your spouse/partner feel tense?	1	2	3	4
w. How often do you argue with your spouse/partner?	1	2	3	4
x. How often do you criticize you spouse/partner?	1	2	3	4
y. How often do you let your spouse/partner down when he/she is counting on you?	1	2	3	4
z. How often do you get on your spouse/partner nerves?	1	2	3	4

**14) The following questions are about your views of yourself. Please circle the number that corresponds to how much you agree or disagree with the following statements (where 1 = strongly disagree and 7 = strongly agree).**

	DISAGREE				AGREE		
	Strongly disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree
a. I can make myself do things I don't want to do.	1	2	3	4	5	6	7
b. When something bad happens to me, I think of all the others who are much worse off than I am.	1	2	3	4	5	6	7
c. I can control my thoughts and desires if I need to.	1	2	3	4	5	6	7
d. It is important to me to be able to think, feel, and act differently depending on the needs and demands of the situation.	1	2	3	4	5	6	7
e. One can be a better person only through changing one's thoughts and feelings.	1	2	3	4	5	6	7
f. It is important for me to be strong in body and mind.	1	2	3	4	5	6	7
g. I control my emotions by changing the way I think about the situation I'm in.	1	2	3	4	5	6	7
h. I keep my emotions to myself.	1	2	3	4	5	6	7
i. When I'm faced with a stressful situation, I make myself think about it in a way that helps me stay calm.	1	2	3	4	5	6	7
j. When I am feeling negative emotions (such as sadness or anger), I make sure not to express them.	1	2	3	4	5	6	7
k. I am known as an emotional person.	1	2	3	4	5	6	7
l. It is important to me that I not bother others.	1	2	3	4	5	6	7
m. I try to behave so as not to cause trouble to others.	1	2	3	4	5	6	7
n. I sometimes worry that I am a burden on others.	1	2	3	4	5	6	7

	DISAGREE				AGREE		
	Strongly disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree
<b>Continued...</b>							
o. I know my own limitations.	1	2	3	4	5	6	7
p. I do my best to maintain a calm mind.	1	2	3	4	5	6	7
q. A top priority in my life is to do well what I am supposed to do.	1	2	3	4	5	6	7
r. I feel very tense when I am being evaluated by others.	1	2	3	4	5	6	7
s. I am often concerned about how other people might respond to me.	1	2	3	4	5	6	7

**15. The next set of items explore your well-being. Please indicate how strongly you agree or disagree with each of the following statements (where 1 = strongly disagree and 7 = strongly agree).**

	DISAGREE				AGREE		
	Strongly disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree
a. I take things as they are.	1	2	3	4	5	6	7
b. I am grateful that I was born.	1	2	3	4	5	6	7
c. It feels good to do nothing and relax.	1	2	3	4	5	6	7
d. I appreciate life, because it is full of moments like this.	1	2	3	4	5	6	7
e. I feel satisfied when I have no obligations and nothing to do.	1	2	3	4	5	6	7
f. I feel grateful that I am alive.	1	2	3	4	5	6	7
g. To me, my existence here and now, by itself, has meanings.	1	2	3	4	5	6	7
h. I feel free when I spend all my time just for myself.	1	2	3	4	5	6	7
i. I like to walk around by myself with no specific aim.	1	2	3	4	5	6	7
j. Other people can make me happy.	1	2	3	4	5	6	7

**16) The next questions are about your evaluations of your life overall. Please circle the number that corresponds to how much you agree or disagree with the following statements (where 1 = strongly disagree and 7 = strongly agree).**

	DISAGREE				AGREE		
	Strongly disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree
a. Compared to most of my peers, I consider myself to be more happy.	1	2	3	4	5	6	7
b. In most ways my life is close to my ideal.	1	2	3	4	5	6	7
c. The conditions of my life are excellent.	1	2	3	4	5	6	7
d. I am satisfied with my life.	1	2	3	4	5	6	7
e. So far I have gotten the important things I want in life.	1	2	3	4	5	6	7
f. If I could live my life over, I would change almost nothing.	1	2	3	4	5	6	7
g. I have so much in life to be thankful for.	1	2	3	4	5	6	7
h. I am grateful to a wide variety of people.	1	2	3	4	5	6	7

**17) Indicate how often you feel the way described in each of the following statements.**

	Never	Rarely	Sometimes	Often
a. There is no one I can turn to.	1	2	3	4
b. No one really knows me well.	1	2	3	4
c. I feel isolated from others.	1	2	3	4
d. There are people who really understand me.	1	2	3	4
e. People are around me but not with me.	1	2	3	4
f. There are people I can talk to.	1	2	3	4
g. There are people I can turn to.	1	2	3	4

**18) How important do you think the following things are for having a good life? Please circle the appropriate number for each item.**

<b>It is important to...</b>	<b>Not at all important</b>	<b>Somewhat important</b>	<b>Very important</b>	<b>Extremely important</b>
a. Be critical and reflect upon your actions.	1	2	3	4
b. Be needed by others.	1	2	3	4
c. Be in harmony with others and surrounding events.	1	2	3	4
d. Have the ability to make a good effort at something and stick to it.	1	2	3	4
e. Have a sense of peace and satisfaction.	1	2	3	4
f. To receive sympathy from others.	1	2	3	4
g. To receive respect from others.	1	2	3	4
h. To give something back to society.	1	2	3	4

**19) Finally, please write your answer to the following question in the space below or on the back of this page.  
What do you do to make your life go well?**

**THANK YOU**

