

FFI-N

Guidance: Please read the following instructions carefully before starting to answer the questions. This questionnaire has 12 sentences. Please read each sentence carefully and circle the corresponding numbers according to your agreement or disagreement. The method is as follows:

☐ If you strongly disagree with the meaning of the sentence and think that it is completely inconsistent with your situation, please circle the number "1" that represents "strongly disagree".

☐ If you basically disagree with the meaning of the sentence and think that it is basically not suitable for your situation, please circle the number "2" which represents "basically disagree".

☐ If you are uncomfortable with the meaning of the sentence, it is between agreement and disagreement, please circle the number "3" which represents "no opinion".

☐ If you basically agree with the meaning of the sentence and think it is basically in line with your situation, please circle the number "4" that represents "basically agree".

☐ If you agree with the meaning of the sentence and think that it is fully in line with your situation, please circle the number "5" that represents "very agree".

	Very disagree	Basically disagree	No opinion	Basically agree	Very agree
1. I am not a person who is easy to worry	1	2	3	4	5
2. I often feel that I am inferior to others	1	2	3	4	5
3. Sometimes I feel like I'm going to break down under a lot of pressure	1	2	3	4	5
4. I rarely feel lonely or depressed	1	2	3	4	5
5. I often feel nervous and unsure	1	2	3	4	5
6. Sometimes I feel worthless	1	2	3	4	5
7. I rarely feel fear and anxiety	1	2	3	4	5
8. I am often angry at the way others treat me	1	2	3	4	5
9. When things go wrong, I often feel courageous and want to give up because of it	1	2	3	4	5
10. I rarely feel blue or depressed	1	2	3	4	5
11. I often feel powerless and need someone	1	2	3	4	5



else to solve my problems					
12. Several times I was so ashamed that I just	1	2	3	4	5
wanted to hide					

