

Appendix 3.1: Questionnaire used in Study 1 (UK sample)

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INSTRUCTIONS FOR COMPLETION

Many thanks for agreeing to take part in this questionnaire study. Please read the following instructions carefully.

INSTRUCTIONS FOR COMPLETION



Many thanks for agreeing to take part in this questionnaire study. Please read the following instructions carefully.

1) There are questions on both sides of each page.

2) The questionnaire is split into 5 sections.

-section A is about general background information.

-section B is about knowing your health behaviours.

-section C includes thought about health behaviours.

-section D is about how you have been feeling?

-section E is about how are you feeling now?

Please answer all questions honestly and by yourself. This not a test. Many of the questions have no right or wrong answers. We are interested in what you think. Remember that the questionnaire is entirely confidential and anonymous. You are under no obligation to answer any questions you do not wish to.

MOVING ON...

Please answer **ALL** questions quickly and honestly even if you think some of the questions seem strange. **MAKE SURE YOU READ EACH QUESTION CAREFULLY.** There will be a chance for comments at the end for the questionnaire.

FINALLY, REMEMBER TO ANSWER QUESTIONS ON BOTH SIDES OF THE PAGE!

PLEASE TURN OVER

The next few items are about eating fruits and vegetables

5) Fruits and vegetables can play a role in

- a) weight management. b) reducing certain kinds of diseases
 c) (a) and (b) d) not sure

6) The recommendation is to eat at least 5 portions of fruits and vegetables each day. Which of the following **does not** count as a portion?

- a) a baked potato b) two tablespoon of frozen vegetables
 c) a glass of orange juice d) not sure

The next few items are about eating low fat diet

7) Which of the statement is **true** about eating low fat diet?

- a) A healthy diet means a fat free diet
 b) Low fat diets only benefit people who are overweight
 c) Eating low fat diet can prevent heart disease and stroke
 d) not sure

8) Which of the following **do not** contain high level of saturated fat?

- a) fried fat food b) white sugar
 c) red meat d) not sure

The next few items are about your knowledge on taking vitamins and supplements

9) Women who are planning to get pregnant should increase the intake of

- a) vitamin D b) sugar
 c) folic acid d) not sure

10) A deficiency of this mineral causes anaemia

- a) magnesium b) Iron
 c) zinc d) not sure

The next few items are about physical activity

11) Physical inactivity is _____ dangerous to your health as smoking.

- a) less b) more
 c) as d) not sure

12) _____ is one of the best ways to improve health through physical activity for the majority of the people.

- a) Walking b) Dancing
 c) Climbing the stairs d) not sure

The next few items are about drinking alcohol

13) You can sober up by

- a) drinking lots of black coffee b) taking a cold shower
 c) none of the above d) not sure

14) Drinking dehydrates you. How many units of water does it take to process one unit of alcohol?

- a) 1 b) 3 c) 8 d) not sure

The next few items are about your knowledge on smoking

15) What does “passive smoker” means:

- a) smoking just a few cigarettes
 b) breathing other people’s smoke
 c) smoking a pipe
 d) not sure

16) What makes smoking addictive?

- a) nicotine b) it makes you look cool
 c) it tastes nice d) not sure

The next few items are about self breast examination (if you are female)

17) How often a self exam for breast cancer should be performed?

- a). once a month b). everyday
 c). once every year d). not sure

18) When is the best time to do breast self examination?

- a) a different times during the month
 b) at the beginning of the menstrual cycle
 c) in the middle of menstrual cycle
 d) a few days after the menstrual cycle had ended

The next few items are about self testicular examination (if you are male)

19) How often should men perform a self- exam for testicular cancer?

- a). once a month b). everyday
 c). once every 3 months d). not sure

20) When performing a testicular self-exam , what should you be looking for?

- a) a small pea sized lump or any changes from your last self exam
 b) a large mass
 c) hard parts of the testis
 d) not sure

SECTION C: THOUGHTS ABOUT HEALTH BEHAVIOURS

Below you will find a list of statements relating to **visiting the dentist check-ups for at least once a year**.

For each question please circle the number on the scale at the point which reflects what you think about the statement.

1. If it were entirely up to me, I am confident that I could visit the dentist for yearly check-ups:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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2. In the ***past three years*** I have visited the dentist for yearly check-ups:

Never	1	2	3	4	5	6	7	Always
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3. I am likely to visit the dentist for yearly check-ups :

Very likely	1	2	3	4	5	6	7	Very unlikely
-------------	---	---	---	---	---	---	---	---------------

4. I will feel regret if I do NOT visit the dentist for yearly check-ups:

Definitely no	1	2	3	4	5	6	7	Definitely yes
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5. Most people important to me think that:

I should	1	2	3	4	5	6	7	I should NOT
----------	---	---	---	---	---	---	---	--------------

visit the dentist for yearly check-ups.

6. I intend to visit the dentist for yearly check-ups:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
-------------------	---	---	---	---	---	---	---	----------------

7. Visiting the dentist for yearly check-ups would be:

Worthless	1	2	3	4	5	6	7	Valuable
Enjoyable	1	2	3	4	5	6	7	Not enjoyable
Beneficial	1	2	3	4	5	6	7	Harmful
Unpleasant	1	2	3	4	5	6	7	Pleasant

8. I think that most people who are important to me will visit the dentist for yearly check-ups:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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9. I have control over whether or not I visit the dentist for yearly check-ups:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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Below you will find a list of statements relating to **brushing teeth twice a day**.

For each question please circle the number on the scale at the point which reflects what you think about the statement.

10. If it were entirely up to me, I am confident that I could brush my teeth twice a day over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
-------------------	---	---	---	---	---	---	---	----------------

11. In the ***past four weeks*** I have brushed my teeth twice a day:

Never	1	2	3	4	5	6	7	Always
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12. I am likely to brush my teeth twice a day over the next four weeks:

Very likely	1	2	3	4	5	6	7	Very unlikely
-------------	---	---	---	---	---	---	---	---------------

13. I will feel regret if I do NOT brush my teeth twice a day over the next four weeks:

Definitely no	1	2	3	4	5	6	7	Definitely yes
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14. Most people important to me think that:

I should	1	2	3	4	5	6	7	I should NOT
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brush my teeth twice a day over the next four weeks.

15. I intend to brush my teeth twice a day over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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16. Brushing teeth twice a day over the next four weeks would be:

Worthless	1	2	3	4	5	6	7	Valuable
Enjoyable	1	2	3	4	5	6	7	Not enjoyable
Beneficial	1	2	3	4	5	6	7	Harmful
Unpleasant	1	2	3	4	5	6	7	Pleasant

17. I think that most people who are important to me will brush their teeth twice a day over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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18. I have control over whether or not I brush my teeth twice a day over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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Below you will find a list of statements relating to **eating five fruit and vegetables a day**.

Please use the following definition: eating at least five portions of fruit AND / OR vegetables daily.

For each question please circle the number on the scale at the point which reflects what you think about the statement.

19. If it were entirely up to me, I am confident that I could eat five fruit and vegetables a day over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
-------------------	---	---	---	---	---	---	---	----------------

20. In the **past four weeks** I have eaten five fruit and vegetables a day:

Never	1	2	3	4	5	6	7	Always
-------	---	---	---	---	---	---	---	--------

21. I am likely to eat five fruit and vegetables a day over the next four weeks:

Very likely	1	2	3	4	5	6	7	Very unlikely
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22. I will feel regret if I do NOT eat five fruit and vegetables a day over the next four weeks:

Definitely no	1	2	3	4	5	6	7	Definitely yes
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23. Most people important to me think that:

I should	1	2	3	4	5	6	7	I should NOT
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eat five fruit and vegetables a day over the next four weeks.

24. I intend to eat five fruit and vegetables a day over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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25. Eating five fruit and vegetables a day over the next four weeks would be:

Worthless	1	2	3	4	5	6	7	Valuable
Enjoyable	1	2	3	4	5	6	7	Not enjoyable
Beneficial	1	2	3	4	5	6	7	Harmful
Unpleasant	1	2	3	4	5	6	7	Pleasant

26. I think that most people who are important to me will eat five fruit and vegetables a day over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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27. I have control over whether or not I eat five fruit and vegetables a day over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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Below you will find a list of statements relating to **eating a low-fat diet**.

For example: limiting intake of fatty foods such as cakes, biscuits and crisps; trying to pick low-fat options where possible (e.g. low-fat spreads, skimmed or semi-skimmed milk).

For each question please circle the number on the scale at the point which reflects what you think about the statement.

28. If it were entirely up to me, I am confident that I could eat a low fat diet over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
-------------------	---	---	---	---	---	---	---	----------------

29. In the **past four weeks** I have eaten a low-fat diet:

Never	1	2	3	4	5	6	7	Always
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30. I am likely to eat a low fat diet over the next four weeks:

Very likely	1	2	3	4	5	6	7	Very unlikely
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31. I will feel regret if I do NOT eat a low fat diet over the next four weeks:

Definitely no	1	2	3	4	5	6	7	Definitely yes
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32. Most people important to me think that:

I should	1	2	3	4	5	6	7	I should NOT
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eat a low fat diet over the next four weeks.

33. I intend to eat a low fat diet over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
-------------------	---	---	---	---	---	---	---	----------------

34. Eating a low-fat diet over the next four weeks would be:

Worthless	1	2	3	4	5	6	7	Valuable
Enjoyable	1	2	3	4	5	6	7	Not enjoyable
Beneficial	1	2	3	4	5	6	7	Harmful
Unpleasant	1	2	3	4	5	6	7	Pleasant

35. I think that most people who are important to me will eat a low fat diet over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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36. I have control over whether or not I eat a low fat diet over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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Below you will find a list of statements relating to **taking vitamin supplements**

For each question please circle the number on the scale at the point which reflects what you think about the statement.

37. If it were entirely up to me, I am confident that I could take vitamin supplements over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
-------------------	---	---	---	---	---	---	---	----------------

38. In the past four weeks I have taken vitamin supplements:

Never	1	2	3	4	5	6	7	Always
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39. I am likely to take vitamin supplements over the next four weeks:

Very likely	1	2	3	4	5	6	7	Very unlikely
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40. I will feel regret if I do NOT take vitamin supplements over the next four weeks:

Definitely no	1	2	3	4	5	6	7	Definitely yes
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41. Most people important to me think that:

I should	1	2	3	4	5	6	7	I should NOT
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take vitamin supplements over the next four weeks.

42. I intend to take vitamin supplements over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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43. Taking vitamin supplements over the next four weeks would be:

Worthless	1	2	3	4	5	6	7	Valuable
Enjoyable	1	2	3	4	5	6	7	Not enjoyable
Beneficial	1	2	3	4	5	6	7	Harmful
Unpleasant	1	2	3	4	5	6	7	Pleasant

44. I think that most people who are important to me will take vitamin supplements over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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45. I have control over whether or not I take vitamin supplements over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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Below you will find a list of statements relating to **engaging in the recommended levels of physical activity**.

Please use the following definition: engaging in at least 30 minutes of at least moderate intensity physical activity, at least 5 times a week. NB. Moderate physical activity can include brisk walking, cycling etc.

For each question please circle the number on the scale at the point which reflects what you think about the statement.

46. If it were entirely up to me, I am confident that I could engage in the recommended levels of physical activity over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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47. In the **past four weeks** I have engaged in the recommended levels of physical activity:

Never	1	2	3	4	5	6	7	Always
-------	---	---	---	---	---	---	---	--------

48. I am likely to engage in the recommended levels of physical activity over the next four weeks:

Very likely	1	2	3	4	5	6	7	Very unlikely
-------------	---	---	---	---	---	---	---	---------------

49. I will feel regret if I do NOT engage in the recommended levels of physical activity over the next four weeks:

Definitely no	1	2	3	4	5	6	7	Definitely yes
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50. Most people important to me think that:

I should	1	2	3	4	5	6	7	I should NOT
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engage in the recommended levels of physical activity over the next four weeks.

51. I intend to engage in the recommended levels of physical activity over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
-------------------	---	---	---	---	---	---	---	----------------

52. Engaging in the recommended levels of physical activity over the next four weeks would be:

Worthless	1	2	3	4	5	6	7	Valuable
Enjoyable	1	2	3	4	5	6	7	Not enjoyable
Beneficial	1	2	3	4	5	6	7	Harmful
Unpleasant	1	2	3	4	5	6	7	Pleasant

53. I think that most people who are important to me will engage in the recommended levels of physical activity over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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54. I have control over whether or not I engage in the recommended levels of physical activity over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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Below you will find a list of statements relating to **performing self-examination**.

Please answer these questions with respect to breast self-examination if you are female, or testicular self-examination if you are male.

For each question please circle the number on the scale at the point which reflects what you think about the statement.

55. If it were entirely up to me, I am confident that I could perform self-examination over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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56. In the **past four weeks** I have performed self-examination (please tick one box):

Never	1 time	2 times	3 times	4 times	5 times	6+ times
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57. I am likely to perform self-examination over the next four weeks:

Very likely	1	2	3	4	5	6	7	Very unlikely
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58. I will feel regret if I do NOT perform self-examination over the next four weeks:

Definitely no	1	2	3	4	5	6	7	Definitely yes
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59. Most people important to me think that:

I should	1	2	3	4	5	6	7	I should NOT
----------	---	---	---	---	---	---	---	--------------

perform self-examination over the next four weeks.

60. I intend to perform self-examination over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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61. Performing self-examination over the next four weeks would be:

Worthless	1	2	3	4	5	6	7	Valuable
Enjoyable	1	2	3	4	5	6	7	Not enjoyable
Beneficial	1	2	3	4	5	6	7	Harmful
Unpleasant	1	2	3	4	5	6	7	Pleasant

62. I think that most people who are important to me will perform self-examination over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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63. I have control over whether or not I perform self-examination over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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***If you do not drink or have never drunk alcohol since the last year, skip this section and please proceed to QUESTION 73.**

Below you will find a list of statements relating to **avoid drinking more than the daily recommended limits of alcohol**

Please use the following definition: drinking more than or 2-3 units (if you are female) in one day. NB. Pint of lager=2.5 units, small glass of wine=1.5 units, measure of spirits=1 unit. *For each question please circle the number on the scale at the point which reflects what you think about the statement.*

64. If it were entirely up to me, I am confident that I could avoid drinking more than the recommended daily limits of alcohol over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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65. In the **past four weeks** I have drunk more than the recommended daily limits of alcohol:

Never	1	2	3	4	5	6	7	Always
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66. I am likely to avoid drinking more than the recommended daily limits of alcohol over the next four weeks:

Very likely	1	2	3	4	5	6	7	Very unlikely
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67. I will feel regret if I drink more than the recommended daily limits of alcohol over the next four weeks:

Definitely no	1	2	3	4	5	6	7	Definitely yes
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68. Most people important to me think that:

I should	1	2	3	4	5	6	7	I should NOT
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avoid drinking more than the recommended daily limits of alcohol over the next four weeks.

69. I intend to avoid drinking more than the recommended daily limits of alcohol over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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70. Avoiding drinking more than the daily recommended limits of alcohol over the next four weeks would be:

Worthless	1	2	3	4	5	6	7	Valuable
Enjoyable	1	2	3	4	5	6	7	Not enjoyable
Beneficial	1	2	3	4	5	6	7	Harmful
Unpleasant	1	2	3	4	5	6	7	Pleasant

71. I think that most people who are important to me will avoid drinking more than the recommended daily limits of alcohol over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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72. I have control over whether or not I avoid drinking more than the recommended daily limits of alcohol over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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***If you do not smoke or have never smoked in the last year, skip this section and proceed to SECTION D.**

Below you will find a list of statements relating to **smoking tobacco**.

For each question please circle the number on the scale at the point which reflects what you think about the statement.

73. If it were entirely up to me, I am confident that I could avoid smoking over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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74. In the **past four weeks** I have smoked:

Never	1	2	3	4	5	6	7	Always
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75. I am likely to avoid smoking over the next four weeks:

Very likely	1	2	3	4	5	6	7	Very unlikely
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76. I will feel regret if I smoke over the next four weeks:

Definitely no	1	2	3	4	5	6	7	Definitely yes
---------------	---	---	---	---	---	---	---	----------------

77. Most people important to me think that:

I should	1	2	3	4	5	6	7	I should NOT
----------	---	---	---	---	---	---	---	--------------

avoid smoking over the next four weeks.

78. I intend to avoid smoking over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
-------------------	---	---	---	---	---	---	---	----------------

79. Avoiding smoking over the next four weeks would be:

Worthless	1	2	3	4	5	6	7	Valuable
Enjoyable	1	2	3	4	5	6	7	Not enjoyable
Beneficial	1	2	3	4	5	6	7	Harmful
Unpleasant	1	2	3	4	5	6	7	Pleasant

80. I think that most people who are important to me will avoid smoking over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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81. I have control over whether or not I avoid smoking over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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SECTION D: HOW HAVE YOU BEEN FEELING?

Instructions:

The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate how often you felt or thought a certain way. Although some of the questions are similar, there are differences between them and you should treat each one as a separate question.

For each question please tick the box at the point which reflects what you think about the statement.

	Never	Almost never	Sometimes	Fairly often	Very often
1. In the last month, how often have you been upset because of something that happened unexpectedly?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. In the last month, how often have you felt that you were unable to control the important things in your life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. In the last month, how often have you felt nervous and stressed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. In the last month, how often have you felt confident about your ability to handle your personal problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. In the last month, how often have you felt that things were going your way?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. In the last month, how often have you found that you could not cope with all the things you had to do?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. In the last month, how often have you been able to control irritations in your life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. In the last month, how often have you felt that you were on top of things?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. In the last month, how often have you been angered because of things that happened that were outside of your control?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SECTION E: HOW ARE YOU FEELING NOW?

Instruction:

Please rate your current mood on a 1-5 scale by indicating the strength of each of the feelings listed below. For each question please tick the box on the scale at the point which reflects what you think about the statement.

Indicate to what extent you feel this way at the present moment.

	Not at all/Very slightly	A little	Moderately	Quite a bit	Extremely
1. Interested	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Distressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Excited	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Upset	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Strong	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Guilty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Enthusiastic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Scared	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Proud	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Hostile	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Alert	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Irritable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Inspired	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Ashamed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Determined	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Nervous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Attentive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Jittery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Active	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Afraid	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>