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Problem- Focused and Emotion-Focused Coping Potential in Adjustment to College

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Abstract

An individual engages in coping when he or she uses cognitive and behavioral efforts to deal with the internal or external demands of a stressful situation to make it more congruent with his or her goals (Smith & Lazarus, 1990). When a person changes their beliefs, values, and goals in stressful situations, they use emotion-focused coping (Lazarus, 1991). Likewise, when an individual uses action to change the demands of the situation they are engaging in problem-focused coping (Smith, 1995). This study examines coping styles in first-year students who were enrolled in introduction to chemistry, a pre-med requisite. These students were followed from the beginning to the end of their first semester. Their responses to multiple surveys looking at self-esteem, anxiety, coping style, appraisal style, perceived stress, goals, among other measures were assessed at nine points over the semester. Before and after each exam, students reported their expected grade, satisfaction ratings, and perceived stress. For each exam, there was a large gap between student’s desired and achieved exam scores. Students used problem-focused coping more before the exam and emotion-focused coping more upon receiving their grades. Both forms of coping had significant correlations with performance, personality measures, trait factors, emotions, and other exam related behaviors.

Problem- Focused and Emotion-Focused Coping Potential in Adjustment to College

Everyone has faced a situation in life that was less than ideal. We have all encountered the feeling of stress, whether is was positive like an upcoming wedding or negative like the loss of a loved one. In each stressful situation, individuals face the opportunity to use coping strategies to mediate the situation. Imagine two students have an important and difficult exam coming up in the next week. One student has planned out their week to allow for ample time to study, made study guides, gone to the review session and done all of the homework to prepare for this exam. This student seems to have a high level of problem-focused coping. The other student, however, is planning on cramming the day and night before the exam. He is unprepared and not sure that he is even able to get a good grade. This student is exhibiting lower levels of problem-focused coping. After the exam, the students received their grades and both students get lower grades than they wanted. One student adjusts his goals for the course relative to the grade, and tries to frame this disappointment in a positive manner. The other student has a small breakdown and seems to ruminate on the perceived failure. The first student is showing more emotion-focused coping than the second.

**Stress and Coping**

Stress can be viewed in many ways. From the epidemiological view, stress is an objective event. It demands change and/or adaptation to the event and has the potential to produce a negative outcome. From the biological perspective, stress is activation of the sympathetic nervous system. This activation includes physiological responses like increased in blood pressure, heart rate, and perspiration. From an earlier psychology perspective, the situation or stressor determined stress. Researchers identified both positive and negative events that are stressors and attached values to those events defining the impact each event had on the individual. They concluded that individuals with the most stress are more likely to have serious illnesses in the following year. (Holmes & Rahe, 1967). More recent theorist and researchers in psychology define stress as the relationship between an individual and the environment, where the individual views the situation as challenging and beyond his or her resources. This relationship is bidirectional, in that both the individual and the environment act on one another (Folkman, 1984; Lazarus, 1993). In more simple terms, stress is the difference between what an individual wants and what he or she currently has. It is the difference between their goals and their current circumstance. The holistic view of stress defines it as the inability to cope with a perceived (real or imagined) threat to the individual’s physical, mental, or emotional health. In this view, stress levels depend on the evaluation of the situation, and how well an individual feels they have the resources to deal with it. A stressor is any situation or stimulus that is perceived as a potential threat.

Using Lazarus’ model of stress, it is more than a level of activation. Stress can be categorized in three ways: harm, threat, and challenge. Harm is stress that is produced after an irrevocable loss. Threat is the possibility of harm. Challenge comes from the ability to use coping measures to deal with a demanding situation. Thus there can be many forms of stress that come from different internal and external stimuli. A key component of stress and, in a larger sense, emotions, is an active goal. In order to activate stress, a motivational goal must be present. If there is nothing at stake, then no stressful response will be produced.

Self-esteem has been found to be a strong predictor of how individuals respond to stress. Self-esteem is determined by factors of self-value, self-respect, and self-love. Individuals with low self-esteem are more vulnerable to the perceptions of stress. Individuals with high self-esteem are better able to handle life stressors. Although self-esteem is a varying factor, it usually remains within a specific range where the individual’s core self-value lies (Barden, 1992).

People use a process known as coping to deal with stress. An individual engages in coping when he or she uses cognitive and behavioral efforts to deal with the internal or external demands of a stressful situation to make it more congruent with his or her goals. Coping refers to the process of trying to deal with the stressful demands of a situation regardless of the outcome of the situation (Smith & Lazarus, 1990). The main functions of coping are to regulate emotions and distress (through emotion-focused coping) and to work on the problem that is causing distress (through problem-focused coping) (Folkman, 1984).

There are numerous types of coping, such as using social support, positive reappraisal, denial, and more action-oriented forms. The usefulness of any form of coping depends on the context in which it is used. For instance, when faced with a difficult exam, it may be useful to seek help from a teaching assistant and spend time facing the problem by studying. When the same individual is waiting for the results of the exam, it may be better to use a form of distancing to decrease stress until the grades are posted (Folkman & Lazarus, 1985). Some theorists have asserted that there are dichotomies of coping. Holahan and Moos (1987) proposed one dichotomy, avoidance versus confrontation. They maintain that both styles have positive and negative aspects. Avoidance, for example, can be positive if the individual is avoiding a physically harmful situation, or negative when the individual is avoiding an interpersonal problem that could be solved through discussion. Matheny and colleagues (1986) proposed another dichotomy, combative versus preventive. From this perspective, both coping styles are seen as positive. Combative coping is similar to problem-focused coping, in that it is a physical response to buffer oneself from the stressor. Preventative coping is a more cognitive approach and helps the individual mentally buffer him or herself from the stressor.

Although different coping strategies can be more or less useful depending on the situation, some are generally more adaptive than others. Active coping is considered an adaptive coping strategy, as it entails taking active steps to remove or solve the stressor. When an individual engages in active coping, they take direct action and make an effort to change the situation to be more favorable. Planning is another adaptive coping strategy. Planning involves thinking about how to deal with a stressor. The individual may come up with a plan of action and the specific steps needed to deal with the situation. Another adaptive coping strategies is suppression of competing activities, which allows for more time and energy to be spent dealing with the stressor. Restraint coping or waiting for the right time to act on the situation can also be very adaptive although it may appear passive. Positive reinterpretation and growth is an adaptive emotion-focused coping strategy that involves finding positive meaning in the situation. Acceptance is a functional coping response, as well. When an individual accepts the realities of the situation they are better able to engage in other positive coping strategies to take action (Carver & Scheier, 1989). Lastly, turning to religion can be very helpful. Many individuals find emotional comfort and support in prayer and are able to use religion to reinterpret the situation in positive terms (McCrae and Costa, 1986).

Not all coping strategies are adaptive though. Mental and behavioral disengagement can be maladaptive. Mental disengagement occurs when the individual uses other activities to avoid and distract them from thinking about the problem or a possible solution (Carver et al., 1983). Similarly, behavioral disengagement occurs when a person reduces their effort to deal with a problem or give up trying to reach their goal all together. Another similar coping strategy that is maladaptive is denial. Denial is the opposite of acceptance. When a person uses denial as a coping strategy, they do not accept or admit the reality of the situation, which can cause the problem to worsen, making it more difficult to deal with later (Carver & Scheier, 1989).

Using social support as a coping mechanism can be both adaptive and maladaptive. When social support is used for instrumental reasons, such as seeking advice or assistance it is adaptive. When it is used for emotional reasons, however, it can become maladaptive. Although it is useful to gain moral support, comfort and understanding, it is maladaptive when it is used to ruminate, focus on, and vent the problem repeatedly without trying to find a solution (Aldwin & Revenson, 1987; Billings & Moos, 1984).

The outcome of the event and the judgment of that outcome may also differ due to individual appraisals. The outcome of the event is determined by how successful the situation was resolved. The judgment of the outcome, however, is based on the individual’s goals and expectations and takes into account multiple aspects of the situation. For example, if a situation was not successfully resolved, but the individual feels that it was managed as well as they could and as they expected, they may view it as a positive outcome. On the other hand, if a situation is resolved but the individual believes they could have achieved more, they may view it as a negative outcome (Folkman et al., 1986).

**Appraisal Theory**

Stress and emotions can be explained in terms of their antecedents. Appraisal Theory explains that emotions are elicited based on the evaluation of surrounding events and cues in relation to the individual’s well-being (Smith & Lazarus, 1990). Appraisal theory argues for the adaptive nature of emotions. Emotions, both positive and negative, help us achieve goals and relieve feelings. Sometimes these goals are social in nature and involve employing emotional regulation to achieve a goal in a social interaction. Individuals may appraise or re-appraise a situation in a certain way in order to comply with social demands or use emotions as a form of social communication (Siemer & Reisenzien, 2007). This theory of emotion emphasizes the importance of relying on the appraised meaning of a stimulus in relation to well-being of the individual to govern emotional arousal (Smith & Lazarus, 1990).

There are four main theoretical approaches to appraisal theory. All of them, however, have the same central tenet. They all claim that emotions are elicited and differentiated by an individuals’ personal evaluation of the significance of the situation or event on a number of dimensions. The first person to use the term “appraisal” was Magda Arnold in 1960 when she was explaining how specific emotions were elicited. She described three categories that contribute to the appraisal of emotion: beneficial vs. harmful, presence vs. absence of some object, and the relative difficulty to approach or avoid that object (Scherer, 1999). Richard Lazarus, one of the most well-known appraisal theorist, expanded Arnold’s idea and created a more concrete theory. Lazarus stressed the importance of the cognitive appraisal of the person-environment relationship of an event in eliciting emotion (Smith & Lazarus, 1990). Given that appraisal theory is dependent on personal significance, different individuals react differently to the same situation. Also, the same individual may experience different emotions in similar situations at different times. Lazarus and Scherer emphasize that emotional reactions will change over time due to the change in the demands of the situation as well as the change in the coping attempts of the individual (Siemer & Reisenzien, 2007).

When individuals appraise a situation, they determine if the situation is positive or negative. Any kind of appraisal of benefit would elicit a positive emotion, while appraisal of harm would elicit a negative emotion. For example, suffering irremediable loss will always produce sadness (Smith and Lazarus, 1990). They determine if and how a situation is relevant to an their well-being. Their appraisal will differ depending on how much an individual has a personal stake in the encounter or how much the encounter will affect his or her personal goals.

Appraisal theory takes into account the resources and chances an individual has for coping with the encounter. It determines accountability, or who in the situation the individual attributes credit or blame, which can either be self or others. Accountability helps tot determine the direction of emotion. For instance, anger may come from an appraisal blaming others, while guilt or shame may come from self-blame. Appraisal theory also uses future expectancy, which indicates how the individual perceives the encounter could change in the future to become more or less aligned with the individual’s goals. Problem-focused coping potential helps to determine the individual’s ability to act upon and meet the demands of the situation. Emotion-focused coping potential refers to how the individual is able to regulate and adjust to the psychological aspects of the encounter. In other words, emotion-focused coping potential refers to how the individual is able to change their goals, motivations, and emotional state that are related to the encounter.

Emotion-focused coping behaviors are classified into avoidant and accommodative coping strategies. Accommodative strategies involve skills like acceptance, positive growth and reappraisal, or social support seeking, which often promote sensible resolutions to the stressor. On the contrary, avoidant strategies are generally viewed as maladaptive, like self-blame, denial, or substance use (Smith & Kirby, 2009).

People are more likely to use problem-focused coping if they believe they have control over the situation. Emotion-focused coping is more likely to be used when an individual perceives little control over the situation or believes they must endure the stressor (Folkman and Lazarus, 1980). Given the different aspects of appraisal, it is easy to understand how different people experiencing the same situation can have different emotional reactions and cope with the situation in different ways.

**Goals of Current Studies**

The goal of this thesis was to determine how different cognitive appraisals shape effective coping and investigate how coping potential interacts with trait factors, as well as situational factors. I have three main hypotheses. First, I hypothesize that emotion-focused coping will predict increased positive emotions and lower levels of perceived stress. Next I hypothesized that problem-focused coping will correlate with high exam grades. Lastly, I hypothesize that both problem-focused and emotion-focused coping will negatively correlate with trait levels of anxiety and depression.

In order to determine the effects of appraisal and coping potential during times of stress, we followed approximately 49 students in their first semester of college. All of the students were enrolled in introduction to chemistry, a pre medical school requisite. This cohort was chosen because introduction to chemistry is the first pre medical school requirement at Vanderbilt University. Roughly a third of Vanderbilt University freshman declare that they are considering the pre medical track, however only 14.8% pursue a career in any medical field. Thus, at some point in many pre-medical student undergraduate careers they face enough stress to change tracks. Introduction to chemistry is a difficult class and many students are faced with receiving a grade lower than an “A” for the first time in their academic career. By studying these students during their first semester of college, we hope to better understand how appraisals and coping styles can help students manage the goal-performance discrepancy they face.

**Study One**

**Method**

**Participants.** Participants were 36 undergraduates (20 male; 16 female) enrolled in an introductory psychology class, as well as an introductory chemistry class, in the Fall Semester, 2010, at Vanderbilt University. All subjects were volunteers who received course credit for participation. Students were surveyed at eight time points over the course of the semester. Participants were asked to create an ID code on four of the eight surveys[[1]](#footnote-2). From this information, 11 participants completed all four parts that asked for their unique ID. Four additional participants completed 3 out of the 4 surveys with IDs, five more completed two of the four of these surveys, and 14 completed only one.

**Measures.**

***Demographics.*** Participants reported their gender, ethnicity, age, intended major, current social support at home and school, plans after Vanderbilt, and their reason for taking chemistry. They also assessed their expectations and worries concerning their grades and course work in chemistry and in general.

***Social support.*** A measure on social support modified from a combination of three social support surveys. The first was a four-item scale that evaluates “strong ties” and the participant’s quality of emotional support (Dean & Lin, 1977). The average internal consistency of this scale was 0.83. The second scale was a three-item scale that assesses the availability and unavailability of instrumental support (Strogatz, 1983). Its average internal consistency is 0.75. The last scale was a three-item scale that measures the extent of social contracts (Donald et al., 1978). It has an internal consistency of 0.71. Together the social support measures contains 10 questions relating to the amount of social support the participant has, as well as how much they depend on social support.

***Life satisfaction.*** Life satisfaction was measured with the Satisfaction with Life Scale (SWLS). Participants respond to five items on a 7-point likert scale (1= strongly disagree to 7=strongly agree). [Diener et al. (1985)](http://www.sciencedirect.com.proxy.library.vanderbilt.edu/science/article/pii/S019188690100215X#ref_BIB6) reported adequate discriminant and convergent validity for the SWLS, and high internal consistency (Cronbach's alpha=0.87).

***Perceived stress.*** Current perceived stress was measured using the Perceived Stress Scale (PSS). This measure contains 14 questions on a 5-point likert scale designed to determine how stressful participants appraise situations in their lives. The items are counterbalanced for desirability and are intended to decipher how much participants think their lives are unpredictable, uncontrollable, and overloaded. The coefficient alpha for reliability ranged from 084 to 0.86. The PSS was also found to have concurrent and predictive validity (Cohen, Kamarck & Mermelstein, 1983).

***Multidimensional perfectionism.*** To assess perfectionism, we used a modified version of the Multidimensial Perfectionism Scale (MPS) created by Frost, Marten, Lahart, and Rosenblate. The MPS measures five subscales: personal standards, concern over mistakes, parental expectations, doubting of actions, and organization. Subjects make ratings on a 5-point scale. Frost, et al. found that the MPS has high reliability (Chronbach alpha of 0.91) and that the MPS is highly correlated with other measures of perfectionism (Frost et al., 1990).

***Coping strategies.*** The COPE was used to measure participants coping styles. The scale includes 67-items that assess problem-focused coping, the use of social support, the use of religion in coping, positive reframing of negative situations, and avoidant coping. The COPE measure has adequate reliability (average alphas from .65 to .90) for each subscale. (Carver, Scheier, & Weintraub, 1989)

***Depressive symptoms.***The Center for Epidemiologic Studies Depression Scale (CES-D Scale) was used to study the epidemiology of depressive symptoms of participants (Radloff, 1977). This measure contains 20 items on a 4-point scale. The coeeficient alpha for reliability ranged from 0.84-0.85 for general populations.

***Trait anxiety.***The State-Trait Anxiety Inventory (STAI; Spielberger, Gorsuch & Lushene, 1970) was used to assess participants’ anxiety. It measures and differentiates between trait and state anxiety. State anxiety refers to anxiety that fluctuates and is brought on as a response to stressors. Trait anxiety shows the frequency and intensity of an individuals anxiety levels over time. The scale consists of 20 items on a 4-point frequency scale ranging from almost never to almost always. Spielberger et al. reported high test-retest reliability for the trait scale (0.76 to 0.84) and lower test-retest reliability for the state scale (0.16 to 0.33). STAI has high internal consistencies (0.83 to 0.92) for both scales.

***Trait hope.*** The trait hope scale is comprised of 12 items on an 8-point scale (definitely false to definitely true). It contains 4 items assessing “tap Pathways thinking (e.g, “I can think of many ways to get out of a jam”), four items assessing tap Agency thought (e.g., “I energetically pursue my goals”), and four filler items. It has high internal consistency (alphas ranged from 0.74 to 0.88 across several studies), as well as high test-retest reliability (r s ranged from 0.73 to 0.85). It also has adequate internal consistency (ranging from 0.74 to 0.88) (Cheavens et al., 2000).

***Gratitude.***The Gratitude Questionnaire 6-item form (GQ-6; McCullough et al., 2002), consists of 6 items on a 7-point scale (strongly disagree to strongly agree). It assesses the degrees of thankfulness in relation to experiences, and it assess who the experiences are attributed to. The GQ-6 has strong internal reliability (r = 0.72 to r = 0.76).

***Cognitive appraisal.*** The cognitive appraisal measure includes measures on motivational congruence, motivational incongruence, and motivational relevance. The appraisal survey asked participants to respond to how they felt regarding each variable given their current circumstance. Motivational congruence refers to the degree to which the current situation is desirable, and motivational incongruence, conversely, refers to the undesirability of the situation. Motivational relevance refers to the degree of importance assigned to the situation. This survey contained 8 questions on a 9-point likert scale (Smith & Lazarus, 1990).

***Appraisal styles.*** Participant’s general appraisal disposition was evaluated through the Appraisal Style Questionnaire (ASQ; David, Kirby, & Smith, 2007). Participants are asked to predict how they would react in twelve hypothetical situations and respond on a 9-point scale. Situations present positive and negative scenarios in order to gauge a trend in appraisals, and the questionnaire asks participants to respond on their perceptions of accountability, importance, and fluidity of the situation. Six situations are positive and six are negative. The reliability across all twelve measures of disposition are (1) motivational relevance α= .83, (2) motivational congruence α= .80, (3) Emotion-Focused Coping Potential α= .87, (4) Problem-Focused Coping Potential α= .78, (5) Self-Accountability α= .64, (6) Other-Accountability α= .77, and (6) Future Expectancy α= .74 (David, Kirby, & Smith)

***Self-esteem.***The Rosenberg Self-Esteem Scale (Rosenberg, 1965) was used to evaluate self-esteem. The scale is a 10-item questionnaire on a four point Likert scale from strongly disagree to strongly agree. It has an strong internal consistency ( r= 0.92) and high test-retest reliability ( 0.85 and 0.88). It also has adequate concurrent, predicative, and construct validity.

***Emotion report.***For the emotion survey, the participants will be asked to rate on a scale (1-9) the degree to which a cluster of three related adjectives relate to their current emotional state using the Discrete Emotion Adjective List (DEAL) by Smith & Kirby, 2010. It contains 32 emotion clusters.

***Trait mood.***The Trait Meta-Mood Scale (TMMS) is a 48-item measure on a five point Likert scale (1=strongly disagree to 5=strongly agree). There are three subscales: attention to feelings, clarity to feelings and mood repair. It has high internal consistency (Cronbach’s alpha = 0.82) (Salovey et al, 1995).

***Personality traits.***The Neo-Five Factor Inventory (NEO-FFI; Costa & McCrae, 1992) was used to assess the big five personality traits. The NEO-FFI includes 57 items on a 6-point scale. There are five subscales representing each domain. The neuroticism subscale measures adjustment, emotional stability, and maladjustment. The extraversion subscale looks at sociability, activity, and assertiveness. The openness to experience subscale measures curiosity, imaginativeness, and independence of judgment. The agreeableness subscale measures altruism, sympathy, and cooperativeness. The conscientiousness subscale measures persistence and impulse control. Higher scores on each subscale indicate more of the quality. The validity for the scales range from 0.78 to 0.82.

***General health.***The SF36 Health Survey (Ware et al., 1993) was used to assess quality of life. It has 36 items that measure eight subscales that evaluate physical function, social functioning, role limitations due to physical problems, role limitations due to emotional problems, mental health, energy and vitality, pain, and general perception of health. The SF36 has been found to have an internal reliability ranging from r = 0.76 to r= 0.90 for undergraduate populations.

***Optimism.***The Life Orientation Test-Revised (LOT-R) measures individual differences in optimism. The modified version asked participants to respond to eight items on a 5-point scale from strongly disagree to strongly agree. The LOT-R has adequate internal reliability (r=0.78), as well as adequate test-retest reliability (ranging from 0.56 to 0.79) (Scheier et al., 1994).

***Mindfulness.*** The Five Facet Mindfulness Questionnaire (5FMQ) was used to assess the students’ mindfulness. It is comprised of five subscales that measure observing, describing, acting with awareness, nonjudging of inner experience, and nonreactivity to inner experience. Each of the 39 questions is rated on a five-point scale from never or rarely true to very often or always true. The 5FMQ has an internal consistency ranging from alpha coefficients of 0.72 to 0.92 on all the subscales except nonreactivty to internal experiences, which was 0.67. (Baer et al., 2006).

***Subjective Happiness.***The Subjective Happiness Scale is a 4-item measure of global subjective happiness. The internal consistency ranges from alpha coefficients of 0.79 to 0.94 (M = 0.86). The test-retest reliability ranges from 0.55 to0.90 (M= 0.72) (Lyubomirsky & Lepper, 1999).

***Exam specific responses.*** Participants assessed how satisfied they would be with each possible grade outcome for upcoming exams and for the course. Participants also gave a prediction of the grade they thought they would receive for upcoming exams and for the course. They then rated how confident they were in their prediction. They gave their current grades in chemistry lab and in chemistry homework. They reported the amount of time in the past week they spent studying, going out, and how often they felt sick. Subjects also reported what grade they received on the most recent chemistry exam and what letter grade they thought that grade corresponded to. They reported how satisfied they were with the grade. Given this grade, they also rated how satisfied they would be with receiving each possible grade in the course. They then predicted their grade in the course and how confident they were in their prediction. Subjects rated how worried they were about their grades in general and in chemistry. They were asked if they considered themselves a pre-medical student, and how confident they were that they would attend a medical school after graduation. They were asked to compare themselves to the general Vanderbilt student population both academically and socially. They reported the amount of time they spent studying, going out, and how sick they had been the week prior.

**Procedure.** All the measures were collected through a series of eight surveys administered through Qualtrix software. Students were able to sign up for the study through SONA and receive course credit. After they signed up for the initial study, participants received emails when each subsequent study opened on SONA as well as directions on how to access the survey and how long it would be available online. Subjects were able to complete the surveys online on their own. All the surveys were available for a week from the date they opened on SONA. Table 1 describes the time frame for each survey and the specific measures included at each time point.

Table 1: List of Study 1 Surveys Including Timeline and Measures

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Time Point | Start Date | End Date | Measures Included | Number of Participants |
| Baseline Survey | Fifth Week of School | Sixth Week of School | Demographic data, ASQ, COPE, NEO-FFI, Rosenberg Self-Esteem, TMMS, 5FMQ, PSS, SWL, Sf-36, CES-D, DEAL, STAI, Subjective Happiness Scale | 36 |
| Pre-Exam 1 | Week before Exam 1 | Day before Exam 1 | Exam specific measures, DEAL, Appraisal Questions | 39 |
| Post- Exam 1 | Within the week after the students received their chemistry exam 1 grade | A week after it opened | DEAL, Appraisal Questions, general chemistry questions, general college adjustment questions, exam grade questions | 23 |
| Pre- Exam 2 | Week before Exam 2 | Day before Exam 2 | Same as Pre-Exam 1 | 26 |
| Post- Exam 2 | Within the week after the students received their chemistry exam 2 grade | A week after it opened | Same as Post-Exam 2 | 22 |
| Pre- Exam 3 | Week before Exam 3 | Day before Exam 3 | Same as Pre Exam 1 and 2 | 24 |
| Post- Exam 3 | Within the week after the students received their chemistry exam 3 grade | A week after it opened | Same as Post-Exam 1 and 2 | 22 |
| Final Survey | Last week of class | Day before finals began | DEAL, COPE, Rosenberg Self-Esteem Scale, the 5FMQ, PSS, SWL, CES-D, STAI, the Subjective Happiness Scale | 22 |

**Results**

Due to the error in collecting participant specific IDs at each time point, we were unable to compare pre-exam and post-exam data for this study. The first analyses run on the data was looking at the marked gap between students’ desired and achieved exam grades for each exam. This difference is illustrated in Figure 1. There was a significant difference between students’ goals and their actual grade. Next we looked at the change in mean scores on the Perceived Stress Scale and the Rosenberg Self-Esteem Scale from the baseline assessment to the final assessment, as seen in Figure 2. Students’ perceived stress increases over the course of the semester, while their self esteem decreases.

**Figure 1.** Desired Versus Achieved Exam Grades

**Figure 2.** Change in Means of Perceived Stress and Self-Esteem Across Time

**Discussion.**

Although these results are not as nuanced as we would’ve liked, they paint a picture of the experience the first year chemistry students are facing. They are setting high goals that are consistently not being obtained, and are leading to an increase in stress and a decrease in self-esteem. In this first study, we only obtained participant specific IDs on the pre-exam surveys and the final survey. The following study asks participants to report their participant specific ID at every time point. Having participant IDs at every time point will allow for a deeper data analysis and the data can be looked at on an individual level. In the following study we investigate the changes from pre-exam to post-exam data.

**Study Two**

**Method**

**Participants.** Participants were 49 undergraduates (16 male; 32 female; 1 did not disclose gender) enrolled in an introductory psychology class, as well as an introductory chemistry class, in the Fall Semester, 2011, at Vanderbilt University. Twenty-nine participants were Caucasian, and 20 were ethnic minorities (9 Asian, 8 Black/African-American, 2 Native American, 1 Middle Eastern). All subjects were volunteers who received course credit for participation. Students were surveyed at nine time points over the course of the semester. There is complete data on 7 participants (6 female; 1 male), data from eight of the nine surveys for 9 participants (7 female; 2 male), and analyzable data, which was defined as having intake data and at least one pre and post-exam survey from the participant, on 21 additional participants (13 female; 8 male).

**Measures.** All measures from Study One were used in Study Two. In addition, we added a measure of trait psychological resilience and a measure of perceived competence to see if levels of individual’s resilience or self-efficacy correlated with their coping potential and appraisals during exams. Another addition to Study 2 was having students report if they used any substances (ie. caffeine, red bull, etc) to help them study and if they were taking prescription medications. We wanted to see if the use of study aids or medications had any connection with their coping potential or performance.

***Psychological resilience.***The Block Ego-Resilience Scale was also administered to assess trait psychological resilience. It measures an individual ability to modify responses to varying situation demands, especially frustrating or stressful demands (Block & Kremen, 1996). It contains 14 questions on a 4-point likert scale. Letzring et al. found evidence of the scale’s validity and generalizability (Letzring et al., 2005).

***Perceived Competence.*** The Perceived Competence Scale was used to assess the student’s perception of his or her own ability to succeed. It contains four questions on a five point scale.The Cronbach alpha for the Perceived Competence Scale was 0.90, indicating high stability (Smith, Wallston, & Smith, 1995).

**Procedure.** All the measures were collected through a series of ten surveys collected and managed using REDCap electronic data capture tools hosted at Vanderbilt University. REDCap (Research Electronic Data Capture) is a secure, web-based application designed to support data capture for research studies (Harris et al.). Vanderbilt University undergraduate students were able to sign up for the study through SONA and receive course credit. After students participated in the initial survey, they received emails the day the subsequent surveys opened on SONA with instructions on how to access the surveys and how long they would be available on SONA. Participants were able to complete the surveys online on their own. They could complete surveys even if they had missed the previous survey, as long as they had completed the intake survey. All the surveys were available for a week from the date they opened on SONA. If participants had problems finding or completing the survey they were able to contract the research team through SONA. A copy of each survey can be found in the Appendix. Table 2 describes the time frame for each survey and the specific measures included at each time point.

Table 2: List of Study 2 Surveys Including Timeline and Measures

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Time Point | Start Date | End Date | Measures Included | Number of Participants |
| Baseline Survey | Third week of the semester | Fourth week of the semester | MPS, COPE, CES-D, STAI, The Trait Hope Scale, GQ-6, SWL, Cognitive Appraisal Measures, The Rosenberg Self-Esteem Scale, DEAL, Social Support, The Block-Ego Resilience Scale, TMMS, PSS, NEO-FFI, SF36, LOT-R, The Perceived Competence Scale, ASQ | 29 |
| Intake Survey | Sixth Week of Semester | Seventh Week of Semester | Social Support, SWL, PSS, demographics | 49 |
| Pre-Exam 1 | One week before exam | Day before exam | Exam specific items, DEAL, PSS, SWL, cognitive appraisal items | 37 |
| Post- Exam 1 | Within a week of students receiving their exam grade | A week after it opened | Exam specific items, social support, DEAL, PSS, SWL | 33 |
| Pre-Exam 2 | One week before exam | Day before exam | Same as Pre-Exam 1 | 30 |
| Post-Exam 2 | Within a week of students receiving their exam grade | A week after it opened | Same as Post-Exam 1 | 36 |
| Pre-Exam 3 | One week before exam | Day before exam | Same as Pre-Exam 1 & 2 | 27 |
| Post-Exam 3 | Within a week of students receiving their exam grade | A week after it opened | Same as Post-Exam 1 & 2 | 23 |
| Final Survey | The last week of classes before finals | The day before finals began | Evaluations of previous semester, predictions for the next semester, chemistry specific questions, COPE, CES-D, SWL, cognitive appraisal measures, The Rosenberg Self-Esteem Scale, DEAL, measures on social support, PSS, 5FMQ, SF36 | 23 |

**Results**

This study has a huge data set that will be used to answer a number of questions regarding emotions and stress. For my thesis, my specific hypothesis concern coping potential. Given these hypotheses, the following analyses relate to problem-focused coping potential and emotion-focused coping potential, and will not look at the entire data set. To examine these hypotheses, I looked at correlations in appraisals, emotions, personality variables, and various outcome variables. I also examined regression analysis to see if situational problem-focused or emotion-focused coping predicted exam specific outcomes such as performance.

In order to better understand the goal**-**performance discrepancy that students face in their first semester in college, Figure 3 shows the gap between students’ desired and achieved exam scores for each exam (Exam 1: t (27) = -30.67, P<.001; Exam 2: t(26) = -.42.27, P<.001; Exam 3: t(21) = -31.174 , P<.001). To further highlight students’ goal-performance discrepancy, Figure 4 depicts the mean of the lowest grade that students would be 100% satisfied with receiving in the course at each time point (note: the only significant change in standards was from post exam 1 to pre exam 2: t(22) = 3.2998, P<.01). From the first two figures, it is clear that student’s expectations and standards decrease over time. Figure 5 helps to illustrate the general change in perceived stress and life satisfaction over the course of the semester (PSS: intake to final: t(17) = -3.23, P<.01 and SWL intake to final: t(17) = -2,97, P<.01). Figure 6 shows the participants’ change in appraisals of coping potential over the course of the semester (PFCP: pre 1 to post 1: t(26) = 4.50, P<.001; post 1 to pre 2: t(23) = -3.97, P<.001; pre 2 to post 2: t(26) = 4.48, P<.001; post 2 to pre 3: t(23) = -4.15, P<.000) (EFCP: post 1 to pre 2: t(23) = 2.44, P<.05; pre 2 to post 2: t(26) = -2.73, P<.01; post 2 to pre 3: t(23) = 3.02, P<.01; pre 3 to post 3: t(21) = -3.27,P<.01). It is clear from the graph that students felt they could use problem-focused coping before the exam in their preparations and could use emotion-focused coping after the exam to adjust their expectations and goals.

Figure 3. Difference in Students’ Desired and Achieved Exam Scores for Each Exam

Figure 4. Mean Course Grade Satisfaction by Time Point

**Figure 5.** Mean Satisfaction with Life and Perceived Stress Across Time

**Figure 6.** Mean Problem-Focused Coping and Emotion-Focused Coping Across Time

We wanted to examine how both trait-level and situational coping potential and coping styles affected students during their first semester of college. To begin, we looked at the correlations between trait level problem-focused coping potential, emotion-focused coping potential, and other dispositional factors. The correlations can be seen in Table 3.

Table 3. Correlations of Trait Level Coping Potential with Other Personality Traits & Adjustment Outcomes

|  |  |  |
| --- | --- | --- |
|  | Problem-Focused Coping Potential | Emotion-Focused Coping Potential |
| Trait Hope | 0.362\* | 0.468\*\* |
| Repair - TMMS | 0.498\*\* | 0.405\*\* |
| Neuroticism | 0.612\* | 0.628\* |
| Extraversion | 0.441\* | 0.453\* |
| Agreeableness | 0.456\* | .342 |
| Conscientiousness | 0.424\* |  |
| Energy/ Fatigue | 0.39\* |  |
| Emotional Well Being | 0.434\* | 0.541\*\* |
| General Health | 0.516\*\* | 0.492\*\* |
| Self Encouragement - COPE | 0.436\* | 0.369\* |
| Stoicism - COPE |  | 0.444\* |
| CES-D | -0.538\*\* | -0.64\*\* |
| STAI | -0.674\*\* | -0.684\*\* |
| Intake PSS |  | -0.399\* |
| Intake SWL | 0.343 | 0.364 |
| Gratitude | 0.339 | 0.325 |
| Resilience | 0.339 | 0.325 |
| Change in Pre-Med | -0.579\* |  |

Note. \*p<.05 \*\*p<.01 other correlations are p<.10

Next, we looked at exam specific responses to determine how situational coping potential played a role in performance outcomes, discrete emotions, life satisfaction, and other exam specific responses. We looked at how well pre-exam problem-focused coping and emotion-focused coping can predict these post-exam factors through regressions and then looked at the correlations between coping potential and the factors. It is important to note that the situational problem-focused coping was worded in a way that a higher score of problem-focused coping indicates lower problem-focused coping potential.

**Exam 1.** Pre-exam problem-focused coping potential was a significant predictor of the lowest score students would be satisfied with receiving in the course as reported post-exam 1 (b= -.127, F Change = -2.24, p < .05). The interaction of pre-exam problem-focused and emotion focused coping potential was a significant predictor of participant’s post-exam perception of their own academic abilities compared to their peers (R2= 0.355, F Change= 6.60, p<0.01); however only problem-focused coping was significant when looked out as an independent predictor of academic abilities (b=-.0393, p<0.01). Pre-exam problem-focused coping was also independently a significant predictor of post-exam understanding (b = -0.396, p<0.05) and resignation (b=10.68, p<0.05). Determination (R2=0.233, F Change= 3.65, p<0.05) and hope-optimism (R2=0.378, F Change = 6.681 ,p<0.01) are both predicted by the interaction of pre-exam problem-focused coping potential and emotion-focused coping potential, however over problem-focused coping potential independently predicts post-exam determination (b=-7.663, p<0.05) or hope-optimism (b =-11.909, p<0.01). Pre-exam emotion-focused coping independently predicts post-exam anxiety (b=-4.818, p=0.05).

Table 4. Correlations Between Situational Appraisals Before Exam 1 and Performance, Adjustment Outcomes, and Emotions

|  |  |  |
| --- | --- | --- |
|  | Exam 1 | |
|  |  |  |
|  | Problem-Focused Coping | Emotion-Focused Coping |
| Numerical Grade | -.356 |  |
| Course Lowest | -.437\* |  |
| Academic Ability | -.596\*\* |  |
| Hours Spent Studying |  | .318 |
| Number of Medications | .386\* |  |
| ADD/ADHD Medications | .328 |  |
| Proportion Friends at Home Vs. VU | -.356 |  |
| Understand | -.436\* |  |
| Resignation | .438\* |  |
| Determined | -.482\* |  |
| Hope-Optimism | -.592\*\* |  |
| Anxiety |  | -.378\* |
| Overwhelmed | .363 |  |

Note. \*p<.05 \*\*p<.01 other correlations are p<.10; For situational appraisals lower levels of problem-focused coping indicate higher problem-focused coping abilities.

**Exam 2.** Pre-exam problem focused coping was able to independently predict how satisfied participants were with their grades for Exam 2 (b=0.584 , p<0.05). The interaction of pre-exam problem-focused and emotion-focused coping potential was a significant predictor of post-exam academic ability (R2=0.304, F Change=5.034, p<0.05), however only problem-focused coping potential was significant as an independent predictor (b= -0.220, p<0.05). Problem-focused coping potential was also independently a predictor of how many times the participants’ visited student health close to exam time (b= -0.112 , p<0.05), as well as being a independently predictor for hours spent studying (b=0.344, p<0.05). Pre-exam emotion-focused coping potential was independently a predictor of post-exam life satisfaction (b=0.282, p<0.05).

Table 5. Correlations Between Situational Appraisals Before Exam 2 and Performance, Adjustment Outcomes, and Emotions

|  |  |  |
| --- | --- | --- |
|  | Exam 2 | |
|  | Problem-Focused Coping | Emotion-Focused Coping |
| Satisfied Grade | .422\* |  |
| Academic Ability | -.428\* | .413\* |
| Visits to Student Health | -.415\* |  |
| Hours Spent Studying | .387\* |  |
| Life Satisfaction |  | .417\* |

Note. \*p<.05 \*\*p<.01 other correlations are p<.10; For situational appraisals lower levels of problem-focused coping indicate higher problem-focused coping abilities.

**Exam 3.** Emotion-focused coping potential is a significant independent predictor of how often participants reported feeling ill before the exam (b=0.425, p<0.05). The interaction of pre-exam problem and emotion-focused coping potential is able to predict hours spent studying (R2= 0.595, F Change=5.214, p=0.016), however only problem-focused coping is independently a predictor of this measure (b=0.609, p<0.01). The interaction of pre-exam problem-focused and emotion-focused coping potential is also a predictor of post-exam anxiety (R = 0.409, F Change =6.562, p<0.01) and degree of being overwhelmed (R2=0.347, F Change=5.043, p=0.018), but again only problem-focused coping potential is independently able to predict these variables (anxiety: b=9.894, p<0.01; overwhelm: b=8.639, p=0.013).

Table 6. Correlations Between Situational Appraisals Before Exam 3 and and Performance, Adjustment Outcomes, and Emotions

|  |  |  |
| --- | --- | --- |
|  | Exam 3 | |
|  | Problem-Focused Coping | Emotion-Focused Coping |
| Days Ill |  | .387 |
| Hours Studying | .557\*\* |  |
| Resignation | .368 | -.367 |
| Anxiety | .578\*\* | -.375 |
| Overwhelmed | .555\*\* |  |

Note. \*p<.05 \*\*p<.01 other correlations are p<.10; For situational appraisals lower levels of problem-focused coping indicate higher problem-focused coping abilities.

**Discussion**

The goal-performance discrepancy is abundantly clear from the data. Participants consistently reach for an A on each exam and each exam they fall short of their goal. The third exam presented the largest gap between desired and achieved exam grade scores. It’s interesting that on the third exam students have the highest exam goal, but not the highest overall course grade goal. It’s also interesting that the graph of life satisfaction slightly mimics the graph of course grade satisfaction. It can be inferred that life satisfaction is linked to how well participants believed they could do in the course overall, despite their current exam grade. Perceived stress remains fairly constant throughout the semester.

At the trait level, lower levels of problem focused coping potential were correlated with becoming less pre-med from the baseline to the final assessment. Becoming less pre-med means that students went from being pre-med to considering it, from pre-med to not pre-med, or from considering pre-med to not pre-med. This correlation makes sense since someone who can employ problem focused coping strategies is more likely to prepare more for the exams and manage stress more effectively.

Individuals with higher levels of problem-focused coping appraisals also showed trends of receiving higher grades and showed greater self-efficacy for academic ability on the first exam. Problem-focused coping was also able to significantly predict levels of academic ability on exam one and two. Academic ability was measured by students’ self-report of how they felt they compared to their peers academically. It makes sense that the more students feel able to meet the academic challenges of college and feel on par with their peers, the more they are able to engage in problem-focused coping.

Levels of problem-focused coping were negatively correlated with resignation and positively correlated with determination for the first exam, and it was also able to significantly predict these two variables. Interestingly, problem-focused coping correlated with many more factors on the first exam than the other two exams. This difference may be due to the novelty of the stressor. The first chemistry exam was likely one of the first difficult college exams the participants faced, and they may not have known how to deal with this type of stressor. The students needed to use more coping resources to handle the stress when it was new, and were better able to handle the next two exams. Thus, although their reported levels of perceived stress did not change much over the course of the semester, the type of stressor may have.

On exam 2 and 3, lower levels of problem-focused coping correlated with more hours spent studying, which seems counterintuitive. It is possibly, however, that the quality of the time-spent study was not as efficient or effective in students with lower levels of problem-focused coping. This finding is also interesting because studying should be a form of problem-focused coping for an exam stressor. A way to change the outcome of the exam would be to spend more time studying, thus it is odd that spending more time studying reported lower levels of problem-focused coping. Perhaps these students prepared using other methods, such as review sessions or were more attentive in class and didn’t need to spend as much time studying.

Problem-focused coping was also correlated with many more variables than emotion-focused coping was at any time point. Emotion-focused coping was negatively correlated with anxiety for exam one and exam three. For exam two, it was positively correlated with academic ability and life satisfaction. Problem-focused coping was probably correlated with more variables than emotion-focused coping because students tended to use problem-focused coping more before the exam and emotion-focused coping more after the exam. The analyses reported above used appraisals before the exam and outcomes after each exam, thus students were using more problem-focused coping strategies before the exam.

Across the three exams, there were no variables that correlated with coping potential for every exam. One pattern that seems present, however, is that pre-exam problem-focused and emotion-focused coping were correlated with more post-exam negative emotions like resignation, anxiety, and being overwhelmed. Since individuals couldn’t find a way to change the situation in a positive manner, it makes sense that they would have negative feelings following the exam. Another interesting finding is that coping potential was negatively related to use of medications, including ADD/ADHD medication, but positively correlated with visits to student health and days ill. A possible reason that coping potential is positively correlated with being sick may be that students are using their available resources to cope with the exam, which is wearing down their immune system.

**General Discussion/ Future Directions**

There are some common trends in the data from the two studies. Both show similar patterns in the desired and achieved exam score discrepancy. Both show the largest gaps for the first and third exams and both on average hope to receive close to a 90% on the exams. In study 2, the students received much lower scores for exam 2 and 3 than their counterparts in study 1. Also students in study 1 had a much larger increase in perceived stress from baseline to final. It is likely that this difference is due to individual differences in the samples since the mean goals and the means for achievement levels were very similar between the two studies.

The results from these studies may have greater implications in stress and coping literature. The results support Carver & Scheier’s (1994) theory that coping strategies change as the stressor changes. First, students used problem-focused coping to prepare for exams and emotion-focused coping to deal with the outcomes. Also, the results of these studies help to show how trait-level coping styles and situational coping styles interact with emotions, personality factors, and life outlooks. Both problem-focused and emotion-focused coping were correlated with numerous variable at the dispositional level, yet situational problem-focused coping correlated with many more variables than situational emotion-focused coping. Individuals may have the capacity and ability to use both forms of coping, but since coping is context specific, they used problem-focused coping more in the preparation for the exams.

The largest limitation of these studies was the sample size. A very small number of participants completed all parts of the study, resulting in inconsistent data. The means may be a little skewed due to the variance in individuals that completed each survey. For a follow-up study, it would be important to find a way to have a more reliable sample that is motivated to complete all parts. A possible way to do this might be to shorten the surveys or find a way to give additional incentive for completing all parts. It would also be interesting to add another time point a week after the post-exam to investigate how emotion-focused coping helps students to deal with receiving a lower grade than expected. The results of these studies confirm and add to the current stress and coping literature by differentiating the components of problem-focused and emotion-focused coping at both the trait and situational level.

These findings are important for the research on coping and appraisal. This study shows how coping potential is related to specific personality factors. It also shows how dispositional and situations coping differ and how individuals use different coping strategies at different phases of a stressor. It enhances our understanding of the coping process relating to change in standards, and it begins to outline the subsequent emotional responses after coping.

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**Appendix**

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Adjustment to College Life - Background & Demographics

This study is entitled Adjustment in College Life, under the directions of Dr. Leslie Kirby and Dr. Craig Smith in Psychological Sciences at Vanderbilt University. The purpose of this study is to investigate the different ways students respond to college life.

To participate in this study, you must be a FIRST YEAR STUDENT at Vanderbilt, and you must be currently ENROLLED IN INTRODUCTORY CHEMISTRY (any section).

As a participant in this study, you will be asked about different aspects of your personality, and the ways in which you deal with problems when they arise. You will also be asked about your goals for the semester, in particular your Chemistry class.

The surveys in this study are COMPLETELY ANONYMOUS. Your name or other identifying information will not be collected at any time. Your IP address is also not being recorded. No one from the research project will be able to associate your answers with you, or even know whether you participated in the project.

If you have any questions or concerns about this study, please contact the principal investigator, Dr. Leslie D. Kirby, Department of Psychology, 301 Wilson Hall, Vanderbilt University, Nashville TN 37203; (615) 322-0059; [leslie.kirby@vanderbilt.edu](mailto:kirby@vanderbilt.edu) .

The purpose of this intake survey is to gather some background/demographic information on participants, and also to gauge initial attitudes and plans regarding Vanderbilt. Although some of the questions are personal in nature, remember that your responses are completely anonymous and cannot be linked to you in any way. The goal is for us to be able to better understand how students in general cope with stress and change. This survey should take 30-40 minutes to complete. If you complete this survey, you will be able to participate in the remaining studies in this experiment. There will be several other data collection periods over the course of the semester. The breakdown of SONA credits and time frame is as follows: Intake (this survey) - 1st two weeks of the semester, 2 SONA credits Baseline - personality profile of participants (approximately one hour completion time), 2-3 weeks into the semester,

3 SONA credits Exam Assessments - you will complete very brief (~15 minutes) surveys before and after each of your 3 exams in Chemistry; each of these will be 1 SONA credit Final Survey - during the last week of classes, you will be asked some followup questions regarding your reactions to the semester, the challenges it presented, etc. This final survey will be 4 SONA credits. So, if you complete all aspects of the study, you will receive a total of 15

SONA credits over the course of the semester.

This study has multiple parts. In addition to answering these questions, you will be completing a second survey in a couple of weeks, and then you will be answering a brief set of questions before and after each exam in Chemistry. You will also complete a final follow-up survey at the end of the semester. We need to be able to link your responses, but also preserve your anonymity. Note that you should NOT use your VUNET ID as this is not anonymous. Instead, you will create an ID that will be unique to you, but anonymous to us. To determine your ID, please write the LAST four digits of your phone number (so if your phone number was 123-4567 you would enter 4567), followed by your mother's middle initial (write N if your mother does not have a middle name), followed by the DATE (01-31) of your birth DAY (NOT the month or year, just the date). If your birthday were May 10 you would enter just 10. If you were born the 1st through the 9th of a month, please use a leading zero so that you end up with two digits ... so if you were born on May 9th, you went enter 09. Thus, you should end up with a 7-character code (4 numbers, a letter, then 2 more numbers). It is critical that you follow these instructions to create this ID, and that you use it consistently on your surveys.

Please enter your seven-digit ID for this study here:

(remember, this is NOT your VU ID)

[www.project-redcap.org](http://www.project-redcap.org)



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Are you ... female? male?

What is your major or intended major?

Where are you from? (state, or if not from US, country)

Of what ethnic group(s) do you consider yourself a Asian or Pacific Islander member? African-American/Black

Caucasian

Hispanic

Middle Eastern Native American Other

Of what religious group or groups (if any) do you Agnostic consider yourself a member? Atheist

Bahaii Buddhist Catholic Christian Hindu Islam Jewish Pagan Protestant

Spiritual but not religious

Wiccan

Other

With what political party/parties do you affiliate? Democrat Republican Independent Other

Not politically affiliated

How tall are you? (in inches)

How much do you weigh? (in pounds)

What is the approximate annual household income of the house you grew up in?

Under $25,000 $25,000 - $40,000 $40,000 - $60,000 $60,000 - $75,000

$75,000 - $100,000 $100,000 - $150,000 $150,000 - $200,000 Over $200,000

Do you have siblings?

no, only child older siblings younger siblings both older and younger siblings

Are you currently in a romantic relationship? yes, with someone from home

yes, with someone from Vanderbilt no, but would like to be

no, and not interested in a relationship right now

Do you currently take prescription medications on a anti-depressants

regular basis? If so, check all that apply. anti-anxiety medication ADD or ADHD medication pain medication

allergy medication sleep aid

other

What are your current plans, post-Vanderbilt?

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Why are you taking Chemistry this semester? (check as many as apply)

to fulfill AXLE/liberal core requirement requirement for major or intended major part of pre-med requirements

all my friends are taking it really like chemistry

my advisor recommended it

How difficult do you expect your first semester at Vanderbilt to be?

extremely easy fairly easy neither easy nor difficult fairly difficult extremely difficult impossible

How worried are you about your grades in general this semester (in all of your classes, not just Chemistry)?

not at all worried a lit worried somewhat worried worried extremely worried

How worried are you about your grade in Chemistry specifically?

not at all worried a lit worried somewhat worried worried extremely worried

How much effort do you think you will NEED to expend to do well in your courses this first semester at Vanderbilt?

hardly any effort some effort a fair amount of effort a lot of effort

How much effort do you PLAN to expend on your courses this first semester at Vanderbilt?

hardly any effort some effort a fair amount of effort a lot of effort

Do you consider yourself pre-med? yes no considering it

How confident are you RIGHT NOW that you will be attending medical school after you graduate from Vanderbilt?

not at all confident a little confident somewhat confident confident very confident

How sure are you that you made the right decision by coming to Vanderbilt?

not at all sure a little sure somewhat sure sure very sure

Do you think that most other Vanderbilt students have values and attitudes similar or different to your own?

very different somewhat different somewhat the same highly similar

Do you have a close friend in your Visions group? Yes No Do you have a close friend on your hall? Yes No How are things going with your roommate?

we can't stand each other we mostly avoid each other we hang out sometimes but aren't close we're very close friends and spend a lot of time together don't have a roommate

So far, what is the best thing about coming to Vanderbilt?

So far, what has been the most stressful thing about coming to Vanderbilt?

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How do you feel about your ability to meet the ACADEMIC demands of Vanderbilt, compared to your peers?

much less prepared less prepared about the same more prepared much more prepared

How do you feel about your ability to meet the SOCIAL demands of Vanderbilt, compared to your peers?

much less prepared less prepared about the same more prepared much more prepared

Do you plan to pledge a fraternity or sorority at

Vanderbilt?

yes no not sure

Are your parents planning to visit you during VU Family Weekend in September?

yes no not sure

Since you have arrived at Vanderbilt, how often have you been in contact with your parents (via phone, Facebook, texting, email, IM, etc.)?

multiple times a day once a day two or three times a week weekly less than weekly haven't been in contact with them at all

Since you have arrived at Vanderbilt, how often have you been in contact with your friends from home (via phone, Facebook, texting, email, IM, etc.)?

multiple times a day once a day two or three times a week weekly less than weekly haven't been in contact with them at all

How many close friends from home are attending Vanderbilt with you?

none one two three or more

How many of your siblings are attending Vanderbilt with you?

none one two or more

How many close friends would you say you have?

none 1 or 2 3 to 5 6 to 9 10 or more

How many relatives do you have that you feel close to?

none 1 or 2 3 to 5 6 to 9 10 or more

How many people do you know who you feel really understand what you're going through in your life right now?

none 1 or 2 3 to 5 6 to 9 10 or more

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In most ways my life is close to ideal.

strongly disagree disagree neither agree nor disagree agree strongly agree

The conditions of my life are excellent.

strongly disagree disagree neither agree nor disagree agree strongly agree

I am satisfied with my life.

strongly disagree disagree neither agree nor disagree agree strongly agree

So far I have gotten the important things I want in life.

strongly disagree disagree neither agree nor disagree agree strongly agree

If I could live my life over, I would change almost nothing.

strongly disagree disagree neither agree nor disagree agree strongly agree

In the last week, how often have you been upset because of something that happened unexpectedly?

never almost never sometimes fairly often very often

In the last week, how often have you felt that you were unable to control the important things in your life?

never almost never sometimes fairly often very often

In the last week, how often have you felt nervous and stressed?

never almost never sometimes fairly often very often

In the last week, how often have you dealt with irritating life hassles?

never almost never sometimes fairly often very often

In the last week, how often have you felt that things were going your way?

never almost never sometimes fairly often very often

In the last week, how often have you felt confident about your ability to handle your personal problems?

never almost never sometimes fairly often very often

In the last week, how often have you felt that things were going your way?

never almost never sometimes fairly often very often

In the last week, how often have you found that you could not cope with all the things you had to do?

never almost never sometimes fairly often very often

In the last week, how often have you been able to control irritations in your life?

never almost never sometimes fairly often very often

In the last week, how often have you felt that you were on top of things?

never almost never sometimes fairly often very often

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In the last week, how often have you been angered because of things that happened that were outside of your control?

never almost never sometimes fairly often very often

In the last week, how often have you found yourself thinking about things that you have to accomplish?

never almost never sometimes fairly often very often

In the last week, how often have you been able to control the way you spend your time?

never almost never sometimes fairly often very often

In the last week, how often have you felt difficulties were piling up so high that you could not overcome them?

never almost never sometimes fairly often very often

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Adjustment to College Life Survey - Baseline

The survey below is part of the Adjustment to College Life Study.

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The purpose of this survey is to get a beginning-of-semester assessment of your attitudes and preferences related to adjusting to college.

This survey will be the longest one you complete this semester as part of this project - it will take about an hour to complete. Please set aside a block of time when you can work on the survey without interruptions. Because of the length of the survey and the other time constraints you likely have, for this survey only, you may pause the survey and come back to it later if you prefer. You will receive 3 SONA credits for completing the survey. Please note that if you begin it and finish it later at another time, you won't see the credits until after the survey is fully completed. You need to have the full survey completed by

If you have questions or problems, please contact the research assistant, Liz Spitzer

[(elizabeth.g.spitzer@vanderbilt.edu),](mailto:spitzer@vanderbilt.edu) or the Principial Investigator, Dr. Leslie Kirby [(leslie.kirby@vanderbilt.edu).](mailto:kirby@vanderbilt.edu)

This study has multiple parts. We need to be able to link your responses, but also preserve your anonymity. Recall that you created an ID code that is unique to you, but anonymous to us. Remember your ID is the LAST four digits of your phone number, followed by your mother's middle initial (N if your mother does not have a middle name), followed by the DATE (01-31) of your birth DAY (NOT the month or year, just the date). Your ID should be a

7-character code (4 numbers, a letter, then 2 more numbers). It is critical that you consistently use this ID on your surveys.

Please enter your seven-digit ID for this study here:

(remember, this is NOT your VU ID)

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We are interested in how people respond when they confront difficult of stressful events in their lives. There are a lot of ways to try to deal with stress. The questionnaire asks you to indicate what you generally feel, when you experience stressful events. Obviously, different events bring out somewhat different responses, but think about what you usually do when you are under a lot of stress.

Respond to each of the following items by using the response choices listed below. Please try to respond to each item separately in your mind from each other item. Choose your answers thoughtfully and make your answers as true FOR YOU as you can. Please answer every item. There are no "right" or "wrong" answers, so choose the most accurate answer for YOU -- not what you think most people would say or do. Indicate what YOU USUALLY do when YOU experience a stressful event.

Also, if you feel you've shifted in the way you react to stress since coming to Vanderbilt, try to focus on the ways you generally responded PRIOR TO coming to Vanderbilt.

I try to grow as a person as a result of the experience.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I turn to work or other substitute activities to take my mind off things.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I try to keep my feelings from interfering with things too much.

|  |  |  |
| --- | --- | --- |
| I usually don't do this at all | I usually do this a little bit | I usually do this a medium amount |
| I usually do this a lot  I go off by myself to be alone.  I usually don't do this at all | I usually do this a little bit | I usually do this a medium amount |

I usually do this a lot

I tell myself that it isn't that big a deal.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I meditate to clear my head.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I wish the situation would go away or somehow be over with.

|  |  |  |
| --- | --- | --- |
| I usually don't do this at all | I usually do this a little bit | I usually do this a medium amount |
| I usually do this a lot  I tell myself I can deal with it.  I usually don't do this at all | I usually do this a little bit | I usually do this a medium amount |

I usually do this a lot

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I think about how I've brought this on myself.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I get upset and let my emotions out.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I try to get advice from someone about what to do.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

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I say to myself "this isn't real."

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I put my trust in God.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I laugh about the situation.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I admit to myself that I can't deal with it, and quit trying.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I discuss my feelings with someone else.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I take drugs to make myself feel better.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I get used to the idea that it happened.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I get upset, and am really aware of it.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I seek God's help.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I make a plan of action.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I hope a miracle will happen.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

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I try to keep my feelings to myself.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I make jokes about it.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I accept that this has happened and can't be changed.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I keep myself busy so I won't have to think about what is going on.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I avoid being with people in general.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I criticize or lecture myself.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I tell myself that other things are more important to me.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I tell myself that I can keep going.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I meditate to get focus.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I just give up trying to reach my goal.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I take additional action to try to get rid of the problem.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

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I drink alcohol, in order to think about it less.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I refuse to believe that it has happened.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I let out my feelings.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I try to see it in a different light, to make it seem more positive.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I try to come up with a strategy about what to do.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I try to lose myself for a while by using drugs.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I kid around about it.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I give up the attempt to get what I want.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I look for something good in what's happening.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I pretend that it hasn't really happened.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I go to the movies or watch TV, to think about it less.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

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I accept the reality of the fact that it happened.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I ask people who have had similar experiences what they did.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I wish that I could change the way that things are going.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I keep others from knowing how bad things are.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I try to get as far away from other people as I can.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I blame myself for what's happening.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I feel a lot of emotional distress and I find myself expressing those feelings a lot.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I take direct action to get around the problem.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I try to find comfort in my religion.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I make fun of the situation.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I reduce the amount of effort I'm putting into solving the problem.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

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I tell myself that it doesn't matter that much to me.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I tell myself that I can handle it, no matter how bad it gets.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I use meditation to gain perspective.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I talk to someone about how I feel.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I use alcohol to help me get through it.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I learn to live with it.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I act as though it hasn't even happened.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I learn something from the experience.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I pray more than usual.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I meditate to relax.

|  |  |  |
| --- | --- | --- |
| I usually don't do this at all | I usually do this a little bit | I usually do this a medium amount |
| I usually do this a lot  I tell myself I can deal with it.  I usually don't do this at all | I usually do this a little bit | I usually do this a medium amount |

I usually do this a lot

I tell myself it's not that bad.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

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The following questions ask about your acquaintances, friends and relatives. Different people feel differently about the number of people they see and the number of friends they have. Indicate how often you are BOTHERED by the following things.

How often are you BOTHERED by not having a close companion?

never rarely sometimes quite often very often

How often are you BOTHERED by not seeing enough of people you feel close to?

never rarely sometimes quite often very often

How often are you BOTHERED by not having enough close friends?

never rarely sometimes quite often very often

How often are you BOTHERED by not having someone who shows you love and affection?

never rarely sometimes quite often very often

The next five items ask about GETTING HELP FROM OTHERS. Please indicate whether or not you feel like you would receive help in these situations if you needed it.

If you needed help (e.g. getting notes from a classmate, getting help on homework, carrying a large package across campus), could you get someone to help you without paying them?

definitely yes probably yes maybe probably not definitely not

If you walked into a dining hall alone, would you be able to find someone to sit with?

definitely yes probably yes maybe probably not definitely not

If you needed to borrow a fairly large sum of money, do you have someone or somewhere you could borrow it from?

definitely yes probably yes maybe probably not definitely not

If you had a stressful week and needed to talk, would you be able to easily find someone you could talk to about it?

definitely yes probably yes maybe probably not definitely not

If you were in need of help or support, would you feel able to ask for help from a friend or family member?

definitely yes probably yes maybe probably not definitely not

How many close friends would you say you have?

none 1 or 2 3-5 6-9 10 or more

How many relatives do you have that you feel close to?

none 1 or 2 3-5 6-9 10 or more

How many people do you know who you feel really understand what you're going through in your life right now?

none 1 or 2 3-5 6-9 10 or more

In general, would you say your health is:

excellent very good good fair poor

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Compared to 3 months ago, how would you rate your health in general now?

much better than 3 months ago somewhat better than 3 months ago about the same somewhat worse now that 3 months ago much worse now than 3 months ago

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The following questions are about activites you might do during a typical day. Does your health limit you in these activites? If so, how much?

Vigorous activities, such as running, lifting heavy objects, participating in strenuous sports

Yes, limited a lot Yes, limited a little No, not limited at all

Moderate activities, such as moving a table, pushing a vacuum, bowling or playing golf

Yes, limited a lot Yes, limited a little No, not limited at all

Lifting or carrying groceries

Yes, limited a lot Yes, limited a little No, not limited at all

Climbing several flights of stairs

Yes, limited a lot Yes, limited a little No, not limited at all

Climbing one flight of stairs

Yes, limited a lot Yes, limited a little No, not limited at all

Bending kneeling or stooping

Yes, limited a lot Yes, limited a little No, not limited at all

Walking more than a mile

Yes, limited a lot Yes, limited a little No, not limited at all

Walking half a mile

Yes, limited a lot Yes, limited a little No, not limited at all

Walking 100 yards

Yes, limited a lot Yes, limited a little No, not limited at all

Bathing and dressing yourself

Yes, limited a lot Yes, limited a little No, not limited at all

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During the past 2 weeks, how much time have you had any of the following problems with your work or other regular daily activies as a result of your physical health?

Cut down on the amount of time you spent on work or other activities

all of the time most of the time some of the time a little of the time none of the time

Accomplished less than you would like

all of the time most of the time some of the time a little of the time none of the time

Were limited in the kind of work or other activities

all of the time most of the time some of the time a little of the time none of the time

Had difficultly performing the work or other activites (eg it took more effort)

all of the time most of the time some of the time a little of the time none of the time

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During the past 2 weeks, how much time have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)?

Cut down on the amount of time you spent on work or other activities

all of the time most of the time some of the time a little of the time none of the time

Accomplished less than you would like

all of the time most of the time some of the time a little of the time none of the time

Didn't do work or other activities as carefully as usual

all of the time most of the time some of the time a little of the time none of the time

During the past 2 weeks, to what extent have your physical health or emotional problems interfered with your normal social activities wih family, neighbors, or groups?

Not at all Slightly Moderately Quite a bit Extremely

How much bodily pain have you had during the past 2 weeks?

None Very mild Mild Moderate Severe Very Severe

During the past 2 weeks, how much did pain interfere with your normal work (including both outside the home and housework)?

Not at all Slightly Moderately Quite a bit Extremely

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These questions are about how you feel and how things have been with you during the past 2 weeks. For each question please give one answer that comes closest to the way you have been feeling. How much time during the last 2 weeks:

Did you feel full of life?

All of the time Most of the time A good bit of the time Some of the time

A little of the time None of the time

Have you been a very nervous person?

All of the time Most of the time A good bit of the time Some of the time

A little of the time None of the time

Have you felt so down in the dumps that nothing would cheer you up?

All of the time Most of the time A good bit of the time Some of the time

A little of the time None of the time

Have you felt calm and peaceful?

All of the time Most of the time A good bit of the time Some of the time

A little of the time None of the time

Did you have a lot of energy?

All of the time Most of the time A good bit of the time Some of the time

A little of the time None of the time

Have you felt downhearted and low?

All of the time Most of the time A good bit of the time Some of the time

A little of the time None of the time

Did you feel worn out?

All of the time Most of the time A good bit of the time Some of the time

A little of the time None of the time

Have you been a happy person?

All of the time Most of the time A good bit of the time Some of the time

A little of the time None of the time

Did you feel tired?

All of the time Most of the time A good bit of the time Some of the time

A little of the time None of the time

During the past 2 weeks, how much of the time has your physical health or emotional problems interefered with your social activities (like visiting friends, relatives etc.)?

All of the time Most of the time Some of the time A little of the time None of the time

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How TRUE or FALSE is each of the following statements for you?

I seem to get ill more easily than other people

Definitely true Mostly true Not sure Mostly false Definitely false

I am as healthy as anybody I know

Definitely true Mostly true Not sure Mostly false Definitely false

I expect my health to get worse

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Definitely true | Mostly true | Not sure | Mostly false | Definitely false |
| My health is excellent |  |  |  |  |
| Definitely true | Mostly true | Not sure | Mostly false | Definitely false |

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Please indicate the degree to which you agree or disagree with each of the following statements

I can think of many ways to get out of a jam.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

I have so much in life to be thankful for.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

I am an organized person.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

I never felt like I could meet my parents' standards.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

I expect higher performance in my daily tasks than most people.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

I energetically pursue my goals.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

If I had to list everything that I felt grateful for, it would be a very long list.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

It takes me a long time to do something "right."

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

My parents have always had higher expectations for my future than I have.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

The fewer mistakes I make, the more people will like me.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

I feel tired most of the time.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

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When I look at the world, I don't see much to be grateful for.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

Neatness is very important to me.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

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I never felt like I could meet my parents' expectations.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

Other people seem to accept lower standards from themselves than I do.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

There are lots of ways around any problem.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

I am grateful to a wide variety of people.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

I tend to get behind in my work because I repeat things over and over.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

My parents have expected excellence from me.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

If I do not do well all the time, people will not respect me.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

I am easily downed in an argument.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| strongly disagree | disagree | slightly disagree | neutral | slightly agree | agree |
| strongly agree  I try to be a neat person. strongly disagree | disagree | slightly disagree | neutral | slightly agree | agree |

strongly agree

My parents never tried to understand my mistakes.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

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I have extremely high goals.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

I should be upset if I make a mistake

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

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I can think of many ways to get the things in life that are important to me.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

Long amounts of time can go by before I feel grateful to something or someone.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

I usually have doubts about the simple everyday things I do.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

Only outstanding performance is good enough in my family.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

If I do not do as well as other people it means I am an inferior human being.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| strongly disagree | disagree | slightly disagree | neutral | slightly agree | agree |
| strongly agree  I worry about my health. strongly disagree | disagree | slightly disagree | neutral | slightly agree | agree |

strongly agree

I try to be an organized person.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

As a child, I was punished for doing things less than perfect.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

I am very good at focusing my efforts on attaining a goal.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

Even when others get discouraged, I know I can find a way to solve the problem.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

Even when I do something very carefully, I often feel that it is not quite right.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

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My parents set very high standards for me.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

People will probably think less of me if I make a mistake.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

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My past experiences have prepared me well for my future.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

I am a neat person.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

My parents wanted me to be the best at everything.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

I hate being less than the best at things.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

I've been pretty successful in life.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

I set higher goals than most people.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

If I fail partly, it is as bad as being a complete failure.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

I usually find myself worrying about something.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

Organization is very important to me.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

It is important to me that I be thoroughly competent in everything I do.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

I meet the goals that I set for myself.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

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If someone does a task at work/school better than I, then I feel like I failed the whole task.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

If I do not set the highest standards for myself, I am likely to end up a second-rate person.

strongly disagree disagree slightly disagree neutral slightly agree agree strongly agree

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Please read each statement and indicate the extent to which you agree or disagree.

On the whole, I am satisfied with myself.

strongly disagree disagree neither agree nor disagree agree strongly agree

It is difficult for me to find effective solutions to the problems that come my way.

strongly disagree disagree neither agree nor disagree agree strongly agree

In uncertain times, I usually expect the best.

strongly disagree disagree neither agree nor disagree agree strongly agree

I am generous with my friends.

strongly disagree disagree neither agree nor disagree agree strongly agree

At times, I think I am no good at all.

strongly disagree disagree neither agree nor disagree agree strongly agree

I succeed in projects I undertake.

strongly disagree disagree neither agree nor disagree agree strongly agree

If something can go wrong for me, it will.

strongly disagree disagree neither agree nor disagree agree strongly agree

I quickly get over and recover from being startled.

strongly disagree disagree neither agree nor disagree agree strongly agree

I feel that I have a number of good qualities.

strongly disagree disagree neither agree nor disagree agree strongly agree

I am able to do things as well as most other people.

strongly disagree disagree neither agree nor disagree agree strongly agree

I always look on the bright side of things.

strongly disagree disagree neither agree nor disagree agree strongly agree

I enjoy dealing with new and unusual situations.

strongly disagree disagree neither agree nor disagree agree strongly agree

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I am able to do things as well as most other people.

strongly disagree disagree neither agree nor disagree agree strongly agree

Typically, my plans do not work out well.

strongly disagree disagree neither agree nor disagree agree strongly agree

I usually succeed in making a favorable impression on people.

strongly disagree disagree neither agree nor disagree agree strongly agree

I'm always optimistic about my future.

strongly disagree disagree neither agree nor disagree agree strongly agree

I feel I do not have much to be proud of.

strongly disagree disagree neither agree nor disagree agree strongly agree

I enjoy trying new foods I have never tasted before.

strongly disagree disagree neither agree nor disagree agree strongly agree

I hardly ever expect things to go my way.

strongly disagree disagree neither agree nor disagree agree strongly agree

I am regarded as a very energetic person.

strongly disagree disagree neither agree nor disagree agree strongly agree

I certainly feel useless at times.

strongly disagree disagree neither agree nor disagree agree strongly agree

I like to take different paths to familiar places.

strongly disagree disagree neither agree nor disagree agree strongly agree

Things never work out the way I want them to.

strongly disagree disagree neither agree nor disagree agree strongly agree

I am more curious than most people.

strongly disagree disagree neither agree nor disagree agree strongly agree

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Please Continue

I feel that I'm a person of worth, at least on an equal plane with others.

strongly disagree disagree neither agree nor disagree agree strongly agree

Most of the people I meet are likeable.

strongly disagree disagree neither agree nor disagree agree strongly agree

I'm a believer in the idea that "every cloud has a silver lining".

strongly disagree disagree neither agree nor disagree agree strongly agree

I usually think carefuly about something before acting.

strongly disagree disagree neither agree nor disagree agree strongly agree

I wish I could have more respect for myself.

strongly disagree disagree neither agree nor disagree agree strongly agree

I like to do new and different things.

strongly disagree disagree neither agree nor disagree agree strongly agree

I rarely count on good things happening to me.

strongly disagree disagree neither agree nor disagree agree strongly agree

My daily life is full of things that keep me interested.

strongly disagree disagree neither agree nor disagree agree strongly agree

All in all, I am inclined to feel that I am a failure.

strongly disagree disagree neither agree nor disagree agree strongly agree

I would be willing to describe myself as a pretty "strong" personailty .

strongly disagree disagree neither agree nor disagree agree strongly agree

I take a positive attitude toward myself.

strongly disagree disagree neither agree nor disagree agree strongly agree

I get over my anger at someone reasonably quickly.

strongly disagree disagree neither agree nor disagree agree strongly agree

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Below is a list of the ways you might have felt or behaved. Please indicate how often you have felt this way during the PREVIOUS TWO WEEKS.

I was bothered by things that don't usually bother me.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

I did not feel like eating; my appetite was poor.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

I felt that I could not shake off the blues, even with help from my family and friends.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

I felt that I was just as good as other people.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

I had trouble keeping my mind on what I was doing.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

I felt depressed.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

I felt that everything I did was an effort.

|  |  |  |
| --- | --- | --- |
| Rarely or none of the time | some or a little of the time | Occasionally or a moderate amount of time |
| Most or all of the time  I felt hopeful about the future.  Rarely or none of the time | some or a little of the time | Occasionally or a moderate amount of time |

Most or all of the time

I thought my life had been a failure.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

I felt fearful.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

My sleep was restless.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

I was happy.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

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I talked less than usual.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

I felt lonely.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

People were unfriendly.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

I enjoyed life.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

I had crying spells.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

I felt sad.

|  |  |  |
| --- | --- | --- |
| Rarely or none of the time | some or a little of the time | Occasionally or a moderate amount of time |
| Most or all of the time  I felt that people disliked me.  Rarely or none of the time | some or a little of the time | Occasionally or a moderate amount of time |

Most or all of the time

I could not "get going".

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

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Please the following statement, and indicate your your degree of agreement or disagreement with each.

I feel pleasant.

almost never sometimes often almost always

I feel nervous and restless.

almost never sometimes often almost always

I feel satisfied with myself.

almost never sometimes often almost always

I wish I could be as happy as others seems to be.

almost never sometimes often almost always

I feel like a failure.

almost never sometimes often almost always

I feel rested.

almost never sometimes often almost always

I am "calm, cool and collected".

almost never sometimes often almost always

I feel that difficulties are piling up so that I cannot overcome them.

almost never sometimes often almost always

I worry too much over something that really doesn't matter.

almost never sometimes often almost always

I am happy.

almost never sometimes often almost always

I have disturbing thoughts.

almost never sometimes often almost always

I lack self-confidence.

almost never sometimes often almost always

I feel secure.

almost never sometimes often almost always

I make decisions easily.

almost never sometimes often almost always

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I feel inadequate.

almost never sometimes often almost always

I am content.

almost never sometimes often almost always

Some unimportant thought runs through my mind and bothers me.

almost never sometimes often almost always

I take disappointments so keenly that I can't put them out of my mind.

almost never sometimes often almost always

I am a steady person.

almost never sometimes often almost always

I get in a state of tension or turmoil as I think over my recent concerns and interest.

almost never sometimes often almost always

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Instructions:On the next 12 pages you will find brief descriptions of 12 hypothetical situations. Each situation is followed by a series of questions. For each situation please try to imagine yourself in the situation as vividly as you can. If such a situation happened to you, what do

you think would have caused it or brought it about? What would it mean to you to be in this situation? When you are imagining yourself in the situation as vividly as you can, please answer the questions that follow the description to indicate what you are thinking within this imaginary situation.When you have answered all the questions for one situation you should go on to the next situation, until you have imagined yourself in all 12 situations. There are no right or wrong answers. Please try to answer every question as best you can.

First, imagine yourself in the following situation: A CLOSE FRIEND BEATS YOU OUT FOR THE OPPORTUNITY TO PARTICIPATE IN AN ACTIVITY THAT YOU HAD BEEN LOOKING FORWARD TO. When you have this situation in your mind as vividly as you can, please answer the following questions about what it is like to be in this situation.

1) Think about what you want and don't want in this situation. How certain are you that you will be able to influence things to make (or keep) situation the way you want it?

1 completely certain WILL NOT be able 2 3 4 5 completely uncertain

6 7 8 9 completely certain WILL be able

2) How certain are you that you will, or will not, be able to deal emotionally with what is happening in this situation however it turns out?

1 completely certain WILL NOT be able 2 3 4 5 completely uncertain

6 7 8 9 completely certain WILL be able

3) How important is what is happening in this situation to you?

1 not at all 2 3 4 5 moderately 6 7 8 9 extremely

4) Think about what you do and do not want in this situation. How consistent is the situation with what you want?

1 not at all 2 3 4 5 moderately 6 7 8 9 extremely

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Imagine yourself in the following situation: YOU RECEIVE A POSITIVE PERFORMANCE EVALUATION AT WORK. When you have this situation in your mind as vividly as you can, please answer the following questions about what it is like to be in this situation.

1) Think about what you want and don't want in this situation. How certain are you that you will be able to influence things to make(or keep) situation the way you want it?

1 completely certain WILL NOT be able 2 3 4 5 completely uncertain

6 7 8 9 completely certain WILL be able

2) How certain are you that you will, or will not, be able to deal emotionally with what is happening in this situation however it turns out?

1 completely certain WILL NOT be able 2 3 4 5 completely uncertain

6 7 8 9 completely certain WILL be able

3) How important is what is happening in this situation to you?

1 not at all 2 3 4 5 moderately 6 7 8 9 extremely

4) Think about what you do and do not want in this situation. How consistent is the situation with what you want?

1 not at all 2 3 4 5 moderately 6 7 8 9 extremely

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Imagine yourself in the following situation: A CLOSE FRIEND STEPS ASIDE SO THAT YOU CAN DO SOMETHING YOU'VE ALWAYS WANTED TO DOWhen you have this situation in your mind as vividly as you can, please answer the following questions about what it is like to be in this situation.

1) Think about what you want and don't want in this situation. How certain are you that you will be able to influence things to make(or keep) situation the way you want it?

1 completely certain WILL NOT be able 2 3 4 5 completely uncertain

6 7 8 9 completely certain WILL be able

2) How certain are you that you will, or will not, be able to deal emotionally with what is happening in this situation however it turns out?

1 completely certain WILL NOT be able 2 3 4 5 completely uncertain

6 7 8 9 completely certain WILL be able

3) How important is what is happening in this situation to you?

1 not at all 2 3 4 5 moderately 6 7 8 9 extremely

4) Think about what you do and do not want in this situation. How consistent is the situation with what you want?

1 not at all 2 3 4 5 moderately 6 7 8 9 extremely

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Imagine yourself in the following situation: YOU HEAR THAT A FRIEND HAS BEEN TELLING PEOPLE GOOD THINGS ABOUT YOU. When you have this situation in your mind as vividly as you can, please answer the following questions about what it is like to be in this situation.

1) Think about what you want and don't want in this situation. How certain are you that you will be able to influence things to make(or keep) situation the way you want it?

1 completely certain WILL NOT be able 2 3 4 5 completely uncertain

6 7 8 9 completely certain WILL be able

2) How certain are you that you will, or will not, be able to deal emotionally with what is happening in this situation however it turns out?

1 completely certain WILL NOT be able 2 3 4 5 completely uncertain

6 7 8 9 completely certain WILL be able

3) How important is what is happening in this situation to you?

1 not at all 2 3 4 5 moderately 6 7 8 9 extremely

4) Think about what you do and do not want in this situation. How consistent is the situation with what you want?

1 not at all 2 3 4 5 moderately 6 7 8 9 extremely

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Imagine yourself in the following situation: YOU DO VERY WELL ON AN IMPORTANT ASSIGNMENT. When you have this situation in your mind as vividly as you can, please answer the following questions about what it is like to be in this situation.

1) Think about what you want and don't want in this situation. How certain are you that you will be able to influence things to make(or keep) situation the way you want it?

1 completely certain WILL NOT be able 2 3 4 5 completely uncertain

6 7 8 9 completely certain WILL be able

2) How certain are you that you will, or will not, be able to deal emotionally with what is happening in this situation however it turns out?

1 completely certain WILL NOT be able 2 3 4 5 completely uncertain

6 7 8 9 completely certain WILL be able

3) How important is what is happening in this situation to you?

1 not at all 2 3 4 5 moderately 6 7 8 9 extremely

4) Think about what you do and do not want in this situation. How consistent is the situation with what you want?

1 not at all 2 3 4 5 moderately 6 7 8 9 extremely

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Imagine yourself in the following situation: YOU GIVE A PRESENTATION AT WORK AND YOUR COLLEAGUES REACT NEGATIVELY. When you have this situation in your mind as vividly as you can, please answer the following questions about what it is like to be in this situation.

1) Think about what you want and don't want in this situation. How certain are you that you will be able to influence things to make(or keep) situation the way you want it?

1 completely certain WILL NOT be able 2 3 4 5 completely uncertain

6 7 8 9 completely certain WILL be able

2) How certain are you that you will, or will not, be able to deal emotionally with what is happening in this situation however it turns out?

1 completely certain WILL NOT be able 2 3 4 5 completely uncertain

6 7 8 9 completely certain WILL be able

3) How important is what is happening in this situation to you?

1 not at all 2 3 4 5 moderately 6 7 8 9 extremely

4) Think about what you do and do not want in this situation. How consistent is the situation with what you want?

1 not at all 2 3 4 5 moderately 6 7 8 9 extremely

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Imagine yourself in the following situation: YOU HAVE AN ARGUMENT WITH YOUR SPOUSE/SIGNIFICANT OTHER. When you have this situation in your mind as vividly as you can, please answer the following questions about what it is like to be in this situation.

1) Think about what you want and don't want in this situation. How certain are you that you will be able to influence things to make(or keep) situation the way you want it?

1 completely certain WILL NOT be able 2 3 4 5 completely uncertain

6 7 8 9 completely certain WILL be able

2) How certain are you that you will, or will not, be able to deal emotionally with what is happening in this situation however it turns out?

1 completely certain WILL NOT be able 2 3 4 5 completely uncertain

6 7 8 9 completely certain WILL be able

3) How important is what is happening in this situation to you?

1 not at all 2 3 4 5 moderately 6 7 8 9 extremely

4) Think about what you do and do not want in this situation. How consistent is the situation with what you want?

1 not at all 2 3 4 5 moderately 6 7 8 9 extremely

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Imagine yourself in the following situation: YOU RECEIVE A NEGATIVE PERFORMANCE EVALUATION AT WORK. When you have this situation in your mind as vividly as you can, please answer the following questions about what it is like to be in this situation.

1) Think about what you want and don't want in this situation. How certain are you that you will be able to influence things to make(or keep) situation the way you want it?

1 completely certain WILL NOT be able 2 3 4 5 completely uncertain

6 7 8 9 completely certain WILL be able

2) How certain are you that you will, or will not, be able to deal emotionally with what is happening in this situation however it turns out?

1 completely certain WILL NOT be able 2 3 4 5 completely uncertain

6 7 8 9 completely certain WILL be able

3) How important is what is happening in this situation to you?

1 not at all 2 3 4 5 moderately 6 7 8 9 extremely

4) Think about what you do and do not want in this situation. How consistent is the situation with what you want?

1 not at all 2 3 4 5 moderately 6 7 8 9 extremely

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Imagine yourself in the following situation: YOU GIVE A PRESENTATION AND YOUR COLLEAGUES REACT POSITIVELY. When you have this situation in your mind as vividly as you can, please answer the following questions about what it is like to be in this situation.

1) Think about what you want and don't want in this situation. How certain are you that you will be able to influence things to make(or keep) situation the way you want it?

1 completely certain WILL NOT be able 2 3 4 5 completely uncertain

6 7 8 9 completely certain WILL be able

2) How certain are you that you will, or will not, be able to deal emotionally with what is happening in this situation however it turns out?

1 completely certain WILL NOT be able 2 3 4 5 completely uncertain

6 7 8 9 completely certain WILL be able

3) How important is what is happening in this situation to you?

1 not at all 2 3 4 5 moderately 6 7 8 9 extremely

4) Think about what you do and do not want in this situation. How consistent is the situation with what you want?

1 not at all 2 3 4 5 moderately 6 7 8 9 extremely

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Imagine yourself in the following situation: YOU GO OUT ON A PLEASANT DATE WITH YOUR SPOUSE/SIGNIFICANT OTHER. When you have this situation in your mind as vividly as you can, please answer the following questions about what it is like to be in this situation.

1) Think about what you want and don't want in this situation. How certain are you that you will be able to influence things to make(or keep) situation the way you want it?

1 completely certain WILL NOT be able 2 3 4 5 completely uncertain

6 7 8 9 completely certain WILL be able

2) How certain are you that you will, or will not, be able to deal emotionally with what is happening in this situation however it turns out?

1 completely certain WILL NOT be able 2 3 4 5 completely uncertain

6 7 8 9 completely certain WILL be able

3) How important is what is happening in this situation to you?

1 not at all 2 3 4 5 moderately 6 7 8 9 extremely

4) Think about what you do and do not want in this situation. How consistent is the situation with what you want?

1 not at all 2 3 4 5 moderately 6 7 8 9 extremely

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Imagine yourself in the following situation: YOU DO VERY POORLY ON AN IMPORTANT ASSIGNMENT. When you have this situation in your mind as vividly as you can, please answer the following questions about what it is like to be in this situation.

1) Think about what you want and don't want in this situation. How certain are you that you will be able to influence things to make(or keep) situation the way you want it?

1 completely certain WILL NOT be able 2 3 4 5 completely uncertain

6 7 8 9 completely certain WILL be able

2) How certain are you that you will, or will not, be able to deal emotionally with what is happening in this situation however it turns out?

1 completely certain WILL NOT be able 2 3 4 5 completely uncertain

6 7 8 9 completely certain WILL be able

3) How important is what is happening in this situation to you?

1 not at all 2 3 4 5 moderately 6 7 8 9 extremely

4) Think about what you do and do not want in this situation. How consistent is the situation with what you want?

1 not at all 2 3 4 5 moderately 6 7 8 9 extremely

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Imagine yourself in the following situation: YOU HEAR THAT A FRIEND HAS BEEN TELLING PEOPLE BAD THINGS ABOUT YOU. When you have this situation in your mind as vividly as you can, please answer the following questions about what it is like to be in this situation.

1) Think about what you want and don't want in this situation. How certain are you that you will be able to influence things to make(or keep) situation the way you want it?

1 completely certain WILL NOT be able 2 3 4 5 completely uncertain

6 7 8 9 completely certain WILL be able

2) How certain are you that you will, or will not, be able to deal emotionally with what is happening in this situation however it turns out?

1 completely certain WILL NOT be able 2 3 4 5 completely uncertain

6 7 8 9 completely certain WILL be able

3) How important is what is happening in this situation to you?

1 not at all 2 3 4 5 moderately 6 7 8 9 extremely

4) Think about what you do and do not want in this situation. How consistent is the situation with what you want?

1 not at all 2 3 4 5 moderately 6 7 8 9 extremely

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Please read each statement and indicate your degree of agreement or disagreement with it.

The variety of human feelings makes life more interesting.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

I try to think good thoughts no matter how badly I feel.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

I don't have much energy when I am happy.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

People world be better off it they felt less and thought more.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

I usually don't have much energy when I'm sad.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

When I'm angry, I usually let myself feel that way.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

I don't think it's worth paying attention to your emotions or moods.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

I don't usually care much about what I'm feeling.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

Sometimes I can't tell what my feelings are.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

If I find myself getting mad, I try to calm myself down.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

I have lots of energy when I feel sad.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

I am rarely confused about how I feel.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

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Please Continue

I think about my mood constantly.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

I don't let my feelings interfere with what I am thinking.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

Feelings give direction to life.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

Although I am sometimes sad, I have a mostly optimistic outlook.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

When I am upset I realize that the "good things in life" are illusions.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

I believe in acting from the heart.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

I can never tell how I feel.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

When I am happy I realize how foolish most of my worries are.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

I believe it's healthy to feel whatever emotion you feel.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

The best way for me to handle my feelings is to experience them to the fullest.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

When I become upset I remind myself of all the pleasures in life.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

My beliefs and opinions always seem to change depending on how I feel.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

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Please Continue

I usually have lots of energy when I'm happy.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

I am often aware of my feelings on a matter.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

When I'm depressed, I can't help but think of bad thoughts.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

I am usually confused about how I feel.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

One should never be guided by emotions.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

If I'm in too good mood, I remind myself of reality to bring myself down.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

I never give in to my emotions.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

Although I am sometimes happy, I have a mostly pessimistic outlook.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

I feel at ease about my emotions.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

It's important to block out some feelings in order to preserve your sanity.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

I pay a lot of attention to how I feel.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

When I'm in a good mood, I'm optimistic about the future.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

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I can't make sense of my feelings.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

I don't pay much attention to my feelings.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

Whenever I'm in a bad mood I'm pessimistic about the future.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

I never worry about being in too good a mood.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

I often think about my feelings.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

I am usually very clear about my feelings.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

No matter how badly I feel, I try to think about pleasant things.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

Feelings are a weakness humans have.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

I usually know my feelings about a matter.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

It is usually a waste of time to think about your emotions.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

When I am happy I sometimes remind myself of everything that could go wrong.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

I almost always know exactly how I am feeling.

strongly disagree somewhat disagree neither agree nor disagree somewhat agree strongly agree

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Please read each statement and indicate your degree of agreement or disagreement with it.

I am not a worrier

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I like to have a lot of people around me

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I laugh easily

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I try to be courteous to everyone I meet

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I keep my belongings neat and clean

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I often feel inferior to others

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I don't consider myself especially "light-hearted"

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

When I'm under a great deal of stress, sometimes feel like I'm going to pieces

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I often get into arguments with my family and co-workers

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I'm pretty good at pacing myself so as to get things done on time

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

Once I find the right way to do something, I stick to it

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

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I rarely feel lonely or blue

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I really enjoy talking to people

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I am not a very methodical person

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

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I like to be where the action is

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I often feel tense and jittery

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I am intrigued by the patterns I find in art and nature

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I believe letting students controversial speakers can only confuse and mislead them

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I usually prefer to do things alone

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

Sometimes I feel completely worthless

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

Some people think I'm selfish and egotistical

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I rarely feel fearful or anxious

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I try to perform all the tasks assigned to me conscientiously

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I often feel as if I'm bursting with energy

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

Poetry has little or no effect on me

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

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I would rather cooperate with others than compete with them

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I often try new or foreign foods

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I am a cheerful, high-spirited person

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

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Please Continue

I have a clear set of goals and work toward them in an orderly fashion

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I seldom notice the moods or feelings that different environments produce

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I waste a lot of time before settling down to do work

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I tend to be cynical and skeptical of others' intentions

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

Too often, when things go wrong, I get discouraged and feel like giving up

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I am not a cheerful optimist

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I work hard to accomplish my goals

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I believe that most people will take advantage of you if you let them

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I am seldom sad or depressed

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

|  |  |  |  |
| --- | --- | --- | --- |
| My life is fast-paced |  | | |
| strongly disagree somewhat agree | disagree agree | somewhat disagree strongly agree | neither agree nor disagree |

I often feel helpless and want someone to solve my problems

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

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I believe we should look to our religious authorities for decisions on moral issues

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

When I make a commitment, I can always be counted on to follow through

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

Sometimes when I am reading poetry or looking at a work of art, I feel a chill or a wave of excitement

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

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Please Continue

Most people I know like me

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

At times I have been so ashamed I just want to hide

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I am a very active person

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I would rather go my own way than be a leader of others

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I have little interest in speculating on the nature of the universe or the human condition

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

Some people think of me as cold and calculating

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I have a lot of intellectual curiosity

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

Sometimes I'm not as dependable or reliable as I should be

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I'm hard-headed and tough-minded in my attitudes

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I often enjoy playing with theories or abstract ideas

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I am productive person who always gets the job done

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

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I generally try to be thoughtful and considerate

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I never seem to be able to get organized

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

If necessary, I am willing to manipulate people to get what I want

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I strive for excellence in everything I do

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

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Pre-Exam Survey, Exam 1, 2 and 3

The survey below is part of the Adjustment to College Life Study.

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Please complete the survey prior to your first Chemistry exam. The survey should take appoximiately 15 minutes to complete, and you will receive one SONA credit.

If you have questions or problems, please contact the research assistant, Liz Spitzer

[(elizabeth.g.spitzer@vanderbilt.edu),](mailto:spitzer@vanderbilt.edu) or the Principial Investigator, Dr. Leslie Kirby [(leslie.kirby@vanderbilt.edu).](mailto:kirby@vanderbilt.edu)

This study has multiple parts. We need to be able to link your responses, but also preserve your anonymity. Recall that you created an ID code that is unique to you, but anonymous to us. Remember your ID is the LAST four digits of your phone number, followed by your mother's middle initial (N if your mother does not have a middle name), followed by the DATE (01-31) of your birth DAY (NOT the month or year, just the date). Your ID should be a

7-character code (4 numbers, a letter, then 2 more numbers). It is critical that you follow these instructions to create this ID, and that you use it consistently on your surveys.

Enter your ID code here:

(Remember, this is NOT your VU ID)

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Below are a number of adjective clusters that describe different emotions or feelings. Each group adjectives is meant to get at a single basic feeling or emotion. Please indicate the extent to which you feel this way RIGHT NOW as you are preparing to take the Chemistry exam.

surprised --- astonished

not at all moderately extremely

*(Place a mark on the scale above)*

guilty --- culpable

not at all moderately extremely

*(Place a mark on the scale above)*

defeated --- resigned --- beaten

not at all moderately extremely

*(Place a mark on the scale above)*

relieved --- unburdened

not at all moderately extremely

*(Place a mark on the scale above)*

tranquil --- calm --- serene

not at all moderately extremely

*(Place a mark on the scale above)*

frustrated --- thwarted --- exasperated

not at all moderately extremely

*(Place a mark on the scale above)*

regretful --- remorseful --- sorry

not at all moderately extremely

*(Place a mark on the scale above)*

determined --- motivated --- persistent

not at all moderately extremely

*(Place a mark on the scale above)*

shy --- timid --- bashful

not at all moderately extremely

*(Place a mark on the scale above)*

grateful --- appreciative --- thankful

not at all moderately extremely

*(Place a mark on the scale above)*

interested --- engaged

not at all moderately extremely

*(Place a mark on the scale above)*

mad --- angry --- irate

not at all moderately extremely

*(Place a mark on the scale above)*

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hopeful --- optimistic

not at all moderately extremely

*(Place a mark on the scale above)*

bored\_detached\_uninterested

not at all moderately extremely

*(Place a mark on the scale above)*

nervous --- anxious --- apprehensive

not at all moderately extremely

*(Place a mark on the scale above)*

overwhelmed --- overloaded --- rattled

not at all moderately extremely

*(Place a mark on the scale above)*

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proud --- triumphant

not at all moderately extremely

*(Place a mark on the scale above)*

afraid --- frightened --- scared

not at all moderately extremely

*(Place a mark on the scale above)*

sad --- downhearted --- blue

not at all moderately extremely

*(Place a mark on the scale above)*

ashamed --- disgraced

not at all moderately extremely

*(Place a mark on the scale above)*

disgusted --- repulsed --- revolted

not at all moderately extremely

*(Place a mark on the scale above)*

irritated --- annoyed

not at all moderately extremely

*(Place a mark on the scale above)*

indebted --- obligated

not at all moderately extremely

*(Place a mark on the scale above)*

amused

not at all moderately extremely

*(Place a mark on the scale above)*

curious --- inquisitive

not at all moderately extremely

*(Place a mark on the scale above)*

joyful --- happy --- glad

not at all moderately extremely

*(Place a mark on the scale above)*

eager --- enthused --- excited

not at all moderately extremely

*(Place a mark on the scale above)*

embarrassed --- humiliated

not at all moderately extremely

*(Place a mark on the scale above)*

disappointed --- let down

not at all moderately extremely

*(Place a mark on the scale above)*

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satisfied --- content

not at all moderately extremely

*(Place a mark on the scale above)*

compassionate --- empathetic

not at all moderately extremely

*(Place a mark on the scale above)*

awed --- wondrous --- amazed

not at all moderately extremely

*(Place a mark on the scale above)*

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Think about your goals for your Chemistry course, and your upcoming exam. Given this, how satisfied would you be to receive ...

An A on the exam

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

An A- on the exam

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A B+ on the exam

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A B on the exam

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A B- on the exam

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A C+ on the exam

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A C on the exam

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A C- on the exam

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A D+ on the exam

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A D on the exam

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

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A D- on the exam

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

An F on the exam

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

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Think about your goals for your Chemistry course. Given this, how satisfied would you be to receive ...

An A in the course

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

An A- in the course

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A B+ in the course

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A B in the course

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A B- in the course

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A C+ in the course

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A C in the course

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A C- in the course

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A D+ in the course

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A D in the course

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

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A D- in the course

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

An F in the course

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

What grade do you think you'll receive on the upcoming exam?

A A- B+ B B- C+ C C- D+ D D- F

How confident are you that you'll receive AT LEAST that grade on the exam?

not confident at all a little confident somewhat confident confident extremely confident

What grade do you think you'll receive as your final grade for this course?

A A- B+ B B- C+ C C- D+ D D- F

How confident are you that you'll receive AT LEAST that grade for the course?

not confident at all a little confident somewhat confident confident extremely confident

What is your current lab grade in Chemistry?

A A- B+ B B- C+ C C- D+ D D- F

What is your current homework grade in Chemistry?

A A- B+ B B- C+ C C- D+ D D- F

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Below are a number of questions about your thoughts regarding the upcoming Chemistry exam. Please answer each question by selecting the appropriate bubble.

How much do you care how well you do on the upcoming exam?

not at all moderately extremely much

To what extent are there negative aspects to the upcoming exam -- things you don't want, or are displeased about?

not at all moderately extremely much

To what extent are there positive aspects to the upcoming exam -- things you do want, or are pleased about?

not at all moderately extremely much

To what extent do you consider YOURSELF responsible for how you do on the upcoming exam?

not at all moderately extremely much

To what extent do you consider SOMEONE ELSE responsible for how you do on the upcoming exam?

not at all moderately extremely much

To what extent do you consider LUCK or CHANCE to be responsible for you do on the upcoming exam?

not at all moderately extremely much

How difficult do you expect the upcoming exam to be?

not at all moderately extremely much

How certain are you that you will be able to deal emotionally with how you do on the exam, no matter how it goes?

not at all moderately extremely much

In the past week, how many nights did you go out?

1 2 3 4 5 6 7

In the past week, approximately how many hours did you spend studying (not including time spent in class) ?

none 1-3 4-7 8-10 11-15 16-20 20 or more

In the past week, how many days have you felt sick (due to allergies, sinuses, cold, flu, mono, etc.) ?

1 2 3 4 5 6 7

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The questions in this scale ask you about your feelings and thoughts during the last week. 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. The best approach is to answer each question fairly quickly. That is, don't try to count the number of times you felt a particular way, but rather indicate what seems like a reasonable estimate.

In the last week, how often have you been upset because of something that happened unexpectedly?

never almost never sometimes fairly often very often

In the last week, how often have you felt that you were unable to control the important things in your life?

never almost never sometimes fairly often very often

In the last week, how often have you felt nervous and stressed?

never almost never sometimes fairly often very often

In the last week, how often have you dealt with irritating life hassles?

never almost never sometimes fairly often very often

In the last week, how often have you felt that things were going your way?

never almost never sometimes fairly often very often

In the last week, how often have you felt confident about your ability to handle your personal problems?

never almost never sometimes fairly often very often

In the last week, how often have you felt that things were going your way?

never almost never sometimes fairly often very often

In the last week, how often have you found that you could not cope with all the things you had to do?

never almost never sometimes fairly often very often

In the last week, how often have you been able to control irritations in your life?

never almost never sometimes fairly often very often

In the last week, how often have you felt that you were on top of things?

never almost never sometimes fairly often very often

In the last week, how often have you been angered because of things that happened that were outside of your control?

never almost never sometimes fairly often very often

In the last week, how often have you found yourself thinking about things that happened that were outside your control.

never almost never sometimes fairly often very often

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In the last week, how often have you been able to control the way you spend your time?

never almost never sometimes fairly often very often

In the last week, how often have you felt difficulties were piling up so high that you could not overcome them?

never almost never sometimes fairly often very often

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The next few questions ask about how things are going for you currently. Indicate the extent to which you agree or disagree.

In most ways my life is close to ideal.

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

The conditions of my life are excellent.

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I am satisfied with my life.

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

So far I have gotten the important things I want in life.

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

If I could live my life over, I would change almost nothing.

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly

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Post-Exam Survey, Exam 1, 2, and 3

Please complete the survey after you have received the grade on your first Chemistry exam. The survey should take appoximiately 15 minutes to complete, and you will receive one SONA credit

If you have questions or problems, please contact the research assistant, Liz Spitzer

[(elizabeth.g.spitzer@vanderbilt.edu),](mailto:spitzer@vanderbilt.edu) or the Principial Investigator, Dr. Leslie Kirby [(leslie.kirby@vanderbilt.edu).](mailto:kirby@vanderbilt.edu)

As you recall, this study has multiple parts. We need to be able to link your responses, but also preserve your anonymity. Recall that you created an ID code that is unique to you, but anonymous to us. Remember your ID is the LAST four digits of your phone number, followed by your mother's middle initial (N if your mother does not have a middle name), followed by the DATE (01-31) of your birth DAY (NOT the month or year, just the date). Your ID should be a 7-character code (4 numbers, a letter, then 2 more numbers).It is critical that you follow these instructions to create this ID, and that you use it consistently on your surveys.

Enter your ID code here:

(Remember, this is NOT your VU ID)

What grade did you receive on the Chemistry exam you

just took? (Please enter your numerical score, not a letter grade)

What letter grade do you believe your score corresponds to?

A A- B+ B B- C+ C C- D+ D D- F

How satisfied are you with your exam grade?

|  |  |  |  |
| --- | --- | --- | --- |
| Very Dissatisfied | Dissatisfied | Somewhat Dissatisfied | Neither Dissatisfied Nor Satisfied |
| Somewhat Satisfied | Satisfied | Very Satisfied |  |

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Think about your goals for your Chemistry course. Given this, how satisfied would you be to receive ...

An A in the course?

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

An A- in the course?

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A B+ in the course?

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A B in the course?

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A B- in the course?

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A C+ in the course?

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A C in the course?

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A C- in the course?

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A D+ in the course?

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A D in the course?

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

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A D- in the course?

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

An F in the course?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 100% satisfied | 90% satisfied | 80% satisfied | 70% satisfied | 60% satisfied |
| 50% satisfied | 40% satisfied | 30% satisfied | 20% satisfied | 10% satisfied |
| 0% satisfied |  |  |  |  |

What grade do you think you'll receive as your final grade for this course?

A A- B+ B B- C+ C C- D+ D D- F

How confident are you that you'll receive AT LEAST that grade for the course?

not confident at all a little confident somewhat confident confident extremely confident

How worried are you about your grades in general this semester (in all your classes, not just Chemistry)?

not at all worried a little worried somewhat worried worried extremely worried

How worried are you about your grade in Chemistry specifically?

not at all worried a little worried somewhat worried worried extremely worried

Do you consider yourself pre-med?

yes no considering it

How confident are you RIGHT NOW that you will be attending medical school after you graduate from Vanderbilt?

not at all confident a little confident somewhat confident confident very confident

How do you feel about your ability to meet the ACADEMIC demands of Vanderbilt, compared to your peers?

much less prepared less prepared about the same more prepared much more prepared

How do you feel about your ability to meet the SOCIAL demands of Vanderbilt, compared to your peers?

much less prepared less prepared about the same more prepared much more prepared

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Below are a number of questions about your thoughts regarding the Chemistry exam for which you just received your grade. Please answer each question by selecting the appropriate number.

How much do you care about how well you did on this exam?

not at all moderately extremely much

To what extent are there negative aspects to your performance on the exam -- things you don't want, or are displeased about?

not at all moderately extremely much

To what extent are there positive aspects to your performance on the exam -- things you do want, or are pleased about?

not at all moderately extremely much

To what extent do you consider YOURSELF responsible for how you did on this exam?

not at all moderately extremely much

To what extent do you consider SOMEONE ELSE responsible for how you did on this exam?

not at all moderately extremely much

To what extent do you consider LUCK or CHANCE to be responsible for how you did on this exam?

not at all moderately extremely much

How difficult did you find this exam to be?

not at all moderately extremely much

How certain are you that you will be able to deal emotionally with how well you did on the exam?

not at all moderately extremely much

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Please Continue

In the past week, how many days did you feel ill (due to cold, sinuses, allergies, mono, etc.)?

1 2 3 4 5 6 7

In the last TWO WEEKS how many visits have you made to Student Health due to being ill?

none 1 2-3 4-5 6-10 more than 10

In the past week, how many nights did you go out?

1 2 3 4 5 6 7

In the past week, approximately how many hours did you spend studying (not including time spent in class) ?

none 1-3 4-7 8-10 11-15 16-20 20 or more

How often do you use substances to aid your studying? (caffeine, Aderall, Red Bull, NoDoz, etc.)

never only before big exams/projects once a week 2-3 times a week 4-5 times a week daily

Do you currently take prescription medications on a regular basis? If so, check all that apply.

anti-depressants anti-anxiety medication ADD or ADHD medication pain medication allergy medication sleep aid other

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Do you think that most other Vanderbilt students have attitudes and values similar to or different from your own?

very different somewhat different somewhat the same highly similar

Do you have a close friend in your Visions group? Yes No Do you have a close friend on your hall? Yes No How are things going with your roommate?

we can't stand each other we mostly avoid each other we hang out sometimes but aren't close we're very close friends and spend a lot of time together don't have a roommate

Do you plan to pledge a fraternity/sorority at

Vanderbilt?

yes no not sure

Are you currently in a romantic relationship?

yes, with someone from home yes, with someone from Vanderbilt no, but would like to be no, and not interested in a relationship right now

|  |  |  |  |
| --- | --- | --- | --- |
| What proportion of your friends do you estimate are |  |  | all from |
| from home versus from Vanderbilt? | all from home | half and half | Vanderbilt |

*(Place a mark on the scale above)*

In the past week, how often have you been in contact with your parents (via phone, Facebook, texting, email, IM, etc.)?

multiple times a day once a day two or three times a week weekly less than weekly haven't been in contact with them at all

In the past week, how often have you been in contact with your friends from home (via phone, Facebook, texting, email, IM, etc.)?

multiple times a day once a day two or three times a week weekly less than weekly haven't been in contact with them at all

How many close friends would you say you have?

none 1 or 2 3 to 5 6 to 9 10 or more

How many people do you know who you feel really understand what you're going through in your life right now?

none 1 or 2 3 to 5 6 to 9 10 or more

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Below are a number of adjective clusters that describe different emotions or feelings. Each group adjectives is meant to get at a single basic feeling or emotion. Please indicate the extent to which you feel this way RIGHT NOW as you think about the grade you received on your Chemistry exam.

surprised --- astonished

not at all moderately extremely

*(Place a mark on the scale above)*

guilty --- culpable

not at all moderately extremely

*(Place a mark on the scale above)*

defeated --- resigned --- beaten

not at all moderately extremely

*(Place a mark on the scale above)*

relieved --- unburdened

not at all moderately extremely

*(Place a mark on the scale above)*

tranquil --- calm --- serene

not at all moderately extremely

*(Place a mark on the scale above)*

frustrated --- thwarted --- exasperated

not at all moderately extremely

*(Place a mark on the scale above)*

regretful --- remorseful --- sorry

not at all moderately extremely

*(Place a mark on the scale above)*

determined --- motivated --- persistent

not at all moderately extremely

*(Place a mark on the scale above)*

shy --- timid --- bashful

not at all moderately extremely

*(Place a mark on the scale above)*

grateful --- appreciative --- thankful

not at all moderately extremely

*(Place a mark on the scale above)*

interested --- engaged

not at all moderately extremely

*(Place a mark on the scale above)*

mad --- angry --- irate

not at all moderately extremely

*(Place a mark on the scale above)*

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hopeful --- optimistic

not at all moderately extremely

*(Place a mark on the scale above)*

bored\_detached\_uninterested

not at all moderately extremely

*(Place a mark on the scale above)*

nervous --- anxious --- apprehensive

not at all moderately extremely

*(Place a mark on the scale above)*

overwhelmed --- overloaded --- rattled

not at all moderately extremely

*(Place a mark on the scale above)*

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proud --- triumphant

not at all moderately extremely

*(Place a mark on the scale above)*

afraid --- frightened --- scared

not at all moderately extremely

*(Place a mark on the scale above)*

sad --- downhearted --- blue

not at all moderately extremely

*(Place a mark on the scale above)*

ashamed --- disgraced

not at all moderately extremely

*(Place a mark on the scale above)*

disgusted --- repulsed --- revolted

not at all moderately extremely

*(Place a mark on the scale above)*

irritated --- annoyed

not at all moderately extremely

*(Place a mark on the scale above)*

indebted --- obligated

not at all moderately extremely

*(Place a mark on the scale above)*

amused

not at all moderately extremely

*(Place a mark on the scale above)*

curious --- inquisitive

not at all moderately extremely

*(Place a mark on the scale above)*

joyful --- happy --- glad

not at all moderately extremely

*(Place a mark on the scale above)*

eager --- enthused --- excited

not at all moderately extremely

*(Place a mark on the scale above)*

embarrassed --- humiliated

not at all moderately extremely

*(Place a mark on the scale above)*

disappointed --- let down

not at all moderately extremely

*(Place a mark on the scale above)*

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satisfied --- content

not at all moderately extremely

*(Place a mark on the scale above)*

compassionate --- empathetic

not at all moderately extremely

*(Place a mark on the scale above)*

awed --- wondrous --- amazed

not at all moderately extremely

*(Place a mark on the scale above)*

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The questions in this scale ask you about your feelings and thoughts since you received your Chemistry exam grade. 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. The best approach is to answer each question fairly quickly. That is, don't try to count the number of times you felt a particular way, but rather indicate what seems like a reasonable estimate.

In the last week, how often have you been upset because of something that happened unexpectedly?

never almost never sometimes fairly often very often

In the last week, how often have you felt that you were unable to control the important things in your life?

never almost never sometimes fairly often very often

In the last week, how often have you felt nervous and stressed?

never almost never sometimes fairly often very often

In the last week, how often have you dealt with irritating life hassles?

never almost never sometimes fairly often very often

In the last week, how often have you felt that things were going your way?

never almost never sometimes fairly often very often

In the last week, how often have you felt confident about your ability to handle your personal problems?

never almost never sometimes fairly often very often

In the last week, how often have you felt that things were going your way?

never almost never sometimes fairly often very often

In the last week, how often have you found that you could not cope with all the things you had to do?

never almost never sometimes fairly often very often

In the last week, how often have you been able to control irritations in your life?

never almost never sometimes fairly often very often

In the last week, how often have you felt that you were on top of things?

never almost never sometimes fairly often very often

In the last week, how often have you been angered because of things that happened that were outside of your control?

never almost never sometimes fairly often very often

In the last week, how often have you found yourself thinking about things that happened that were outside your control.

never almost never sometimes fairly often very often

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In the last week, how often have you been able to control the way you spend your time?

never almost never sometimes fairly often very often

In the last week, how often have you felt difficulties were piling up so high that you could not overcome them?

never almost never sometimes fairly often very often

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The next few questions ask about how things are going for you currently. Indicate the extent to which you agree or disagree.

In most ways my life is close to ideal.

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

The conditions of my life are excellent.

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I am satisfied with my life.

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

So far I have gotten the important things I want in life.

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

If I could live my life over, I would change almost nothing.

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

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Final Survey

This survey is part of the Adjustment to College Life Study.

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Please complete the questions below conserning your end-of-semester thoughts about your Chemistry course and adjustment to life at Vanderbilt.

The purpose of this survey is to get an end-of-semester assessment of your attitudes and preferences related to adjusting to college.

The survey must be completed by Thursday, December 8th at 4:00 pm in order for you to receive your final SONA credits for this study. This final survey is worth FOUR credits. It should take you about an hour to complete the survey.

Thank you!

This study has multiple parts. In addition to answering these questions, you will be completing a second survey in a couple of weeks, and then you will be answering a brief set of questions before and after each exam in Chemistry. You will also complete a final follow-up survey at the end of the semester. We need to be able to link your responses, but also preserve your anonymity. Note that you should NOT use your VUNET ID as this is not anonymous.Instead, you will create an ID that will be unique to you, but anonymous to us. To determine your ID, please write the LAST four digits of your phone number (so if your phone number was 123-4567 you would enter 4567), followed by your mother's middle initial (write N if your mother does not have a middle name), followed by the DATE (01-31) of your birth DAY (NOT the month or year, just the date). If your birthday were May 10 you would enter just 10. If you were born the 1st through the 9th of a month, please use a leading zero so that you end up with two digits ... so if you were born on May 9th, you went enter 09.Thus, you should end up with a 7-character code (4 numbers, a letter, then

2 more numbers).It is critical that you follow these instructions to create this ID, and that you use it consistently on your surveys.

Please enter your seven-digit ID for this study here:

(remember, this is NOT your VU ID)

What are your current plans, post-Vanderbilt?

Why did you take Chemistry this semester? (check as many as apply)

to fulfill AXLE/liberal core requirement requirement for major or intended major part of pre-med requirements

all my friends are taking it really like chemistry

my advisor recommended it

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How difficult do you expect your second semester at Vanderbilt to be?

extremely easy fairly easy neither easy nor difficult fairly difficult extremely difficult impossible

How worried are you about your grades in general this semester (in all of your classes, not just Chemistry)?

not at all worried a lit worried somewhat worried worried extremely worried

How worried are you about your grade in Chemistry specifically?

not at all worried a lit worried somewhat worried worried extremely worried

How much effort do you think you will NEED to expend to do well in your courses next semester at Vanderbilt?

hardly any effort some effort a fair amount of effort a lot of effort

How much effort do you PLAN to expend on your courses next semester at Vanderbilt?

hardly any effort some effort a fair amount of effort a lot of effort

Do you consider yourself pre-med? yes no considering it

How confident are you RIGHT NOW that you will be attending medical school after you graduate from Vanderbilt?

not at all confident a little confident somewhat confident confident very confident

How sure are you that you made the right decision by coming to Vanderbilt?

not at all sure a little sure somewhat sure sure very sure

Do you think that most other Vanderbilt students have values and attitudes similar or different to your own?

very different somewhat different somewhat the same highly similar

Do you have a close friend in your Visions group? Yes No Do you have a close friend on your hall? Yes No How are things going with your roommate?

we can't stand each other we mostly avoid each other we hang out sometimes but aren't close we're very close friends and spend a lot of time together don't have a roommate

Are you currently in a romantic relationship?

yes, with someone from home yes, with someone from Vanderbilt no, but would like to be no, and not interested in a relationship right now

So far, what is the best thing about coming to Vanderbilt?

So far, what has been the most stressful thing about coming to Vanderbilt?

How do you feel about your ability to meet the ACADEMIC demands of Vanderbilt, compared to your peers?

much less prepared less prepared about the same more prepared much more prepared

How do you feel about your ability to meet the SOCIAL demands of Vanderbilt, compared to your peers?

much less prepared less prepared about the same more prepared much more prepared

Do you plan to pledge a fraternity or sorority at

Vanderbilt?

yes no not sure

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In the last week, how often have you been in contact with your parents (via phone, Facebook, texting, email, IM, etc.)?

multiple times a day once a day two or three times a week weekly less than weekly haven't been in contact with them at all

In the last week, how often have you been in contact with your friends from home (via phone, Facebook, texting, email, IM, etc.)?

multiple times a day once a day two or three times a week weekly less than weekly haven't been in contact with them at all

How many close friends would you say you have?

none 1 or 2 3 to 5 6 to 9 10 or more

How many relatives do you have that you feel close to?

none 1 or 2 3 to 5 6 to 9 10 or more

How many people do you know who you feel really understand what you're going through in your life right now?

none 1 or 2 3 to 5 6 to 9 10 or more

|  |  |  |  |
| --- | --- | --- | --- |
| What proportion of your friends do you estimate are |  |  | all from |
| from home versus from Vanderbilt? | all from home | half and half | Vanderbilt |

*(Place a mark on the scale above)*

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Please continue.

In the past week, how many nights did you go out with friends?

1 2 3 4 5 6 7

In the past week, approximately how many hours did you spend studying (not including time spent in class)?

none 1-3 4-7 8-10 11-15 16-20 more than 20

How often do you use substances to aid your studying (caffeine, Aderall, Red Bull, NoDoz, etc.)

never only before big exams/projects once a week 2-3 times a week 4-5 times a week daily

Do you currently take prescription medications on a regular basis? If so, check all that apply.

anti-depressants anti-anxiety medication ADD or ADHA medication pain medication allergy medication sleep aid other

How often do you check facebook?

never less than once a week once a week 2-3 times a week 4-5 times a week daily multiple times a day

How important is your overall grade point average (GPA)?

not important at all a little important somewhat important important very important more important than anything

How important to you is your grade in Chemistry?

not important at all a little important somewhat important important very important more important than anything

How important to you is your social life/life outside the classroom here at Vanderbilt?

not important at all a little important somewhat important important very important more important than anything

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Think about your goals for your Chemistry course. Given this, how satisfied would you be to receive ...

An A in the course

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

An A- in the course

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A B+ in the course

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A B in the course

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A B- in the course

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A C+ in the course

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A C in the course

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A C- in the course

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A D+ in the course

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

A D in the course

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

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A D- in the course

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

An F in the course

100% 90% 80% 70% 60% 50% 40% 30% 20%

10% 0%

What grade do you think you'll receive as your final grade for this course?

A A- B+ B B- C+ C C- D+ D D- F

How confident are you that you'll receive AT LEAST that grade for the course?

not confident at all a little confident somewhat confident confident extremely confident

What is your current lab grade in Chemistry?

A A- B+ B B- C+ C C- D+ D D- F

What is your current homework grade in Chemistry?

A A- B+ B B- C+ C C- D+ D D- F

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Below are a number of questions about your thoughts regarding your final grade in your

Chemistry course. Please answer each question by selecting the appropriate bubble.

How much do you care how well you do in this course?

not at all moderately extremely much

To what extent are there negative aspects to your performance in the course -- things you don't want, or are displeased about?

not at all moderately extremely much

To what extent are there positive aspects to your performance in this course -- things you do want, or are pleased about?

not at all moderately extremely much

To what extent do you consider YOURSELF responsible for how you do in the course?

not at all moderately extremely much

To what extent do you consider SOMEONE ELSE responsible for how you do in the course?

not at all moderately extremely much

To what extent do you consider LUCK or CHANCE to be responsible for you do in the course?

not at all moderately extremely much

How difficult have you found the course to be?

not at all moderately extremely much

How certain are you that you will be able to deal emotionally with how you do in the course?

not at all moderately extremely much

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Below are a number of adjective clusters that describe different emotions or feelings. Each group adjectives is meant to get at a single basic feeling or emotion. Please indicate the extent to which you feel this way NOW, as you think about your likely grade in your Chemisty course?

surprised --- astonished

not at all moderately extremely

*(Place a mark on the scale above)*

guilty --- culpable

not at all moderately extremely

*(Place a mark on the scale above)*

defeated --- resigned --- beaten

not at all moderately extremely

*(Place a mark on the scale above)*

relieved --- unburdened

not at all moderately extremely

*(Place a mark on the scale above)*

tranquil --- calm --- serene

not at all moderately extremely

*(Place a mark on the scale above)*

frustrated --- thwarted --- exasperated

not at all moderately extremely

*(Place a mark on the scale above)*

regretful --- remorseful --- sorry

not at all moderately extremely

*(Place a mark on the scale above)*

determined --- motivated --- persistent

not at all moderately extremely

*(Place a mark on the scale above)*

shy --- timid --- bashful

not at all moderately extremely

*(Place a mark on the scale above)*

grateful --- appreciative --- thankful

not at all moderately extremely

*(Place a mark on the scale above)*

interested --- engaged

not at all moderately extremely

*(Place a mark on the scale above)*

mad --- angry --- irate

not at all moderately extremely

*(Place a mark on the scale above)*

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hopeful --- optimistic

not at all moderately extremely

*(Place a mark on the scale above)*

bored\_detached\_uninterested

not at all moderately extremely

*(Place a mark on the scale above)*

nervous --- anxious --- apprehensive

not at all moderately extremely

*(Place a mark on the scale above)*

overwhelmed --- overloaded --- rattled

not at all moderately extremely

*(Place a mark on the scale above)*

proud --- triumphant

not at all moderately extremely

*(Place a mark on the scale above)*

afraid --- frightened --- scared

not at all moderately extremely

*(Place a mark on the scale above)*

sad --- downhearted --- blue

not at all moderately extremely

*(Place a mark on the scale above)*

ashamed --- disgraced

not at all moderately extremely

*(Place a mark on the scale above)*

disgusted --- repulsed --- revolted

not at all moderately extremely

*(Place a mark on the scale above)*

irritated --- annoyed

not at all moderately extremely

*(Place a mark on the scale above)*

indebted --- obligated

not at all moderately extremely

*(Place a mark on the scale above)*

amused

not at all moderately extremely

*(Place a mark on the scale above)*

curious --- inquisitive

not at all moderately extremely

*(Place a mark on the scale above)*

joyful --- happy --- glad

not at all moderately extremely

*(Place a mark on the scale above)*

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eager --- enthused --- excited

not at all moderately extremely

*(Place a mark on the scale above)*

embarrassed --- humiliated

not at all moderately extremely

*(Place a mark on the scale above)*

disappointed --- let down

not at all moderately extremely

*(Place a mark on the scale above)*

satisfied --- content

not at all moderately extremely

*(Place a mark on the scale above)*

compassionate --- empathetic

not at all moderately extremely

*(Place a mark on the scale above)*

awed --- wondrous --- amazed

not at all moderately extremely

*(Place a mark on the scale above)*

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We are interested in how people respond when they confront difficult of stressful events in their lives. There are a lot of ways to try to deal with stress. The questionnaire asks you to indicate what you generally feel, when you experience stressful events. Obviously, different events bring out somewhat different responses, but think about what you usually do when you are under a lot of stress. Respond to each of the following items by using the response choices listed below. Please try to respond to each item separately in your mind from each other item. Choose your answers thoughtfully and make your answers as true FOR YOU as you can. Please answer every item. There are no "right" or "wrong" answers, so choose the most accurate answer for YOU -- not what you think most people would say or do. Indicate what

YOU USUALLY do when YOU experience a stressful event.

I try to grow as a person as a result of the experience.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I turn to work or other substitute activities to take my mind off things.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I try to keep my feelings from interfering with things too much.

|  |  |  |
| --- | --- | --- |
| I usually don't do this at all | I usually do this a little bit | I usually do this a medium amount |
| I usually do this a lot  I go off by myself to be alone.  I usually don't do this at all | I usually do this a little bit | I usually do this a medium amount |

I usually do this a lot

I tell myself that it isn't that big a deal.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I meditate to clear my head.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I wish the situation would go away or somehow be over with.

|  |  |  |
| --- | --- | --- |
| I usually don't do this at all | I usually do this a little bit | I usually do this a medium amount |
| I usually do this a lot  I tell myself I can deal with it.  I usually don't do this at all | I usually do this a little bit | I usually do this a medium amount |

I usually do this a lot

I think about how I've brought this on myself.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

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I get upset and let my emotions out.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I try to get advice from someone about what to do.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

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Please Continue

I say to myself "this isn't real."

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I put my trust in God.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I laugh about the situation.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I admit to myself that I can't deal with it, and quit trying.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I discuss my feelings with someone else.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I take drugs to make myself feel better.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I get used to the idea that it happened.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I get upset, and am really aware of it.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I seek God's help.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I make a plan of action.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I hope a miracle will happen.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

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Please Continue

I try to keep my feelings to myself.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I make jokes about it.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I accept that this has happened and can't be changed.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I keep myself busy so I won't have to think about what is going on.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I avoid being with people in general.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I criticize or lecture myself.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I tell myself that other things are more important to me.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I tell myself that I can keep going.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I meditate to get focus.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I just give up trying to reach my goal.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I take additional action to try to get rid of the problem.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

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Please Continue

I drink alcohol, in order to think about it less.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I refuse to believe that it has happened.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I let out my feelings.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I try to see it in a different light, to make it seem more positive.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I try to come up with a strategy about what to do.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I try to lose myself for a while by using drugs.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I kid around about it.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I give up the attempt to get what I want.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I look for something good in what's happening.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I pretend that it hasn't really happened.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I go to the movies or watch TV, to think about it less.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

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I accept the reality of the fact that it happened.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I ask people who have had similar experiences what they did.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I wish that I could change the way that things are going.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I keep others from knowing how bad things are.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I try to get as far away from other people as I can.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I blame myself for what's happening.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I feel a lot of emotional distress and I find myself expressing those feelings a lot.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I take direct action to get around the problem.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I try to find comfort in my religion.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I make fun of the situation.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I reduce the amount of effort I'm putting into solving the problem.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

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Please Continue

I tell myself that it doesn't matter that much to me.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I tell myself that I can handle it, no matter how bad it gets.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I use meditation to gain perspective.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I talk to someone about how I feel.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I use alcohol to help me get through it.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I learn to live with it.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I act as though it hasn't even happened.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I learn something from the experience.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I pray more than usual.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

I meditate to relax.

|  |  |  |
| --- | --- | --- |
| I usually don't do this at all | I usually do this a little bit | I usually do this a medium amount |
| I usually do this a lot  I tell myself I can deal with it.  I usually don't do this at all | I usually do this a little bit | I usually do this a medium amount |

I usually do this a lot

I tell myself it's not that bad.

I usually don't do this at all I usually do this a little bit I usually do this a medium amount

I usually do this a lot

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Please read each statement and indicate the extent to which you agree or disagree.

On the whole, I am satisfied with myself.

strongly disagree disagree neither agree nor disagree agree strongly agree

At times, I think I am no good at all.

strongly disagree disagree neither agree nor disagree agree strongly agree

I feel that I have a number of good qualities.

strongly disagree disagree neither agree nor disagree agree strongly agree

I am able to do things as well as most other people.

strongly disagree disagree neither agree nor disagree agree strongly agree

I feel I do not have much to be proud of.

strongly disagree disagree neither agree nor disagree agree strongly agree

I certainly feel useless at times.

strongly disagree disagree neither agree nor disagree agree strongly agree

I feel that I'm a person of worth, at least on an equal plane with others.

strongly disagree disagree neither agree nor disagree agree strongly agree

I wish I could have more respect for myself.

strongly disagree disagree neither agree nor disagree agree strongly agree

All in all, I am inclined to feel that I am a failure.

strongly disagree disagree neither agree nor disagree agree strongly agree

I take a positive attitude toward myself.

strongly disagree disagree neither agree nor disagree agree strongly agree

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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. The best approach is to answer each question fairly quickly. That is, don't try to count the number of times you felt a particular way, but rather indicate what seems like a reasonable estimate.

In the last month, how often have you been upset because of something that happened unexpectedly?

never almost never sometimes fairly often very often

In the last month, how often have you felt that you were unable to control the important things in your life?

never almost never sometimes fairly often very often

In the last month, how often have you felt nervous and stressed?

never almost never sometimes fairly often very often

In the last month, how often have you dealt with irritating life hassles?

never almost never sometimes fairly often very often

In the last month, how often have you felt that things were going your way?

never almost never sometimes fairly often very often

In the last month, how often have you felt confident about your ability to handle your personal problems?

never almost never sometimes fairly often very often

In the last month, how often have you felt that things were going your way?

never almost never sometimes fairly often very often

In the last month, how often have you found that you could not cope with all the things you had to do?

never almost never sometimes fairly often very often

In the last month, how often have you been able to control irritations in your life?

never almost never sometimes fairly often very often

In the last montj, how often have you felt that you were on top of things?

never almost never sometimes fairly often very often

In the last month, how often have you been angered because of things that happened that were outside of your control?

never almost never sometimes fairly often very often

In the last month, how often have you found yourself thinking about things that happened that were outside your control.

never almost never sometimes fairly often very often

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In the last month, how often have you been able to control the way you spend your time?

never almost never sometimes fairly often very often

In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

never almost never sometimes fairly often very often

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The next few questions ask about how things are going for you currently. Indicate the extent to which you agree or disagree.

In most ways my life is close to ideal.

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

The conditions of my life are excellent.

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

I am satisfied with my life.

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

So far I have gotten the important things I want in life.

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

If I could live my life over, I would change almost nothing.

strongly disagree disagree somewhat disagree neither agree nor disagree somewhat agree agree strongly agree

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The folllowing questions ask for your views about your health and how you feel about life in general. If you are unsure about how to answer anything, try and think about your overall health and give the best answer you can. Do not spend too much time answering, as your immediate response is likely to be the most accurate.

In general, would you say your health is:

excellent very good good fair poor

Compared to 3 months ago, how would you rate your health in general now?

much better than 3 months ago somewhat better than 3 months ago about the same somewhat worse now that 3 months ago much worse now than 3 months ago

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The following questions are about activites you might do during a typical day. Does your health limit you in these activites? If so, how much?

Vigorous activities, such as running, lifting heavy objects, participating in strenuous sports

Yes, limited a lot Yes, limited a little No, not limited at all

Moderate activities, such as moving a table, pushing a vacuum, bowling or playing golf

Yes, limited a lot Yes, limited a little No, not limited at all

Lifting or carrying groceries

Yes, limited a lot Yes, limited a little No, not limited at all

Climbing several flights of stairs

Yes, limited a lot Yes, limited a little No, not limited at all

Climbing one flight of stairs

Yes, limited a lot Yes, limited a little No, not limited at all

Bending kneeling or stooping

Yes, limited a lot Yes, limited a little No, not limited at all

Walking more than a mile

Yes, limited a lot Yes, limited a little No, not limited at all

Walking half a mile

Yes, limited a lot Yes, limited a little No, not limited at all

Walking 100 yards

Yes, limited a lot Yes, limited a little No, not limited at all

Bathing and dressing yourself

Yes, limited a lot Yes, limited a little No, not limited at all

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During the past 2 weeks, how much time have you had any of the following problems with your work or other regular daily activies as a result of your physical health?

Cut down on the amount of time you spent on work or other activities

all of the time most of the time some of the time a little of the time none of the time

Accomplished less than you would like

all of the time most of the time some of the time a little of the time none of the time

Were limited in the kind of work or other activities

all of the time most of the time some of the time a little of the time none of the time

Had difficultly performing the work or other activites (eg it took more effort)

all of the time most of the time some of the time a little of the time none of the time

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During the past 2 weeks, how much time have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)?

Cut down on the amount of time you spent on work or other activities

all of the time most of the time some of the time a little of the time none of the time

Accomplished less than you would like

all of the time most of the time some of the time a little of the time none of the time

Didn't do work or other activities as carefully as usual

all of the time most of the time some of the time a little of the time none of the time

During the past 2 weeks, to what extent have your physical health or emotional problems interfered with your normal social activities wih family, neighbors, or groups?

Not at all Slightly Moderately Quite a bit Extremely

How much bodily pain have you had during the past 2 weeks?

None Very mild Mild Moderate Severe Very Severe

During the past 2 weeks, how much did pain interfere with your normal work (including both outside the home and housework)?

Not at all Slightly Moderately Quite a bit Extremely

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These questions are about how you feel and how things have been with you during the past 2 weeks. For each question please give one answer that comes closest to the way you have been feeling. How much time during the last 2 weeks:

Did you feel full of life?

All of the time Most of the time A good bit of the time Some of the time

A little of the time None of the time

Have you been a very nervous person?

All of the time Most of the time A good bit of the time Some of the time

A little of the time None of the time

Have you felt so down in the dumps that nothing would cheer you up?

All of the time Most of the time A good bit of the time Some of the time

A little of the time None of the time

Have you felt calm and peaceful?

All of the time Most of the time A good bit of the time Some of the time

A little of the time None of the time

Did you have a lot of energy?

All of the time Most of the time A good bit of the time Some of the time

A little of the time None of the time

Have you felt downhearted and low?

All of the time Most of the time A good bit of the time Some of the time

A little of the time None of the time

Did you feel worn out?

All of the time Most of the time A good bit of the time Some of the time

A little of the time None of the time

Have you been a happy person?

All of the time Most of the time A good bit of the time Some of the time

A little of the time None of the time

Did you feel tired?

All of the time Most of the time A good bit of the time Some of the time

A little of the time None of the time

During the past 2 weeks, how much of the time has your physical health or emotional problems interefered with your social activities (like visiting friends, relatives etc.)?

All of the time Most of the time Some of the time A little of the time None of the time

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How TRUE or FALSE is each of the following statements for you?

I seem to get ill more easily than other people

Definitely true Mostly true Not sure Mostly false Definitely false

I am as healthy as anybody I know

Definitely true Mostly true Not sure Mostly false Definitely false

I expect my health to get worse

Definitely true Mostly true Not sure Mostly false Definitely false

My health is excellent

Definitely true Mostly true Not sure Mostly false Definitely false

Prior to coming to Vanderbilt, approximately how many

of hours of sleep did you get per night?

In the past two weeks, approximately how many of hours of sleep have you gotten per night?

In the past week, how many days did you feel ill (due to cold, sinuses, allergies, mono, etc.)?

1 2 3 4 5 6 7

In the last TWO WEEKS how many visits have you made to Student Health due to being ill?

none 1 2-3

4-5 6-10 more than 10

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Below is a list of the ways you might have felt or behaved. Please indicate how often you have felt this way during the past week.

I was bothered by things that don't usually bother me.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

I did not feel like eating; my appetite was poor

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

I felt that I could not shake off the blues, even with help from my family and friends.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

I felt that I was just as good as other people.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

I had trouble keeping my min on what I was doing.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

I felt depressed.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

I felt that everything I did was an effort.

|  |  |  |
| --- | --- | --- |
| Rarely or none of the time | some or a little of the time | Occasionally or a moderate amount of time |
| Most or all of the time  I felt hopeful about the future.  Rarely or none of the time | some or a little of the time | Occasionally or a moderate amount of time |

Most or all of the time

I thought my life had been a failure/

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

I felt fearful.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

My sleep was restless.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

I was happy.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

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I talked less than usual.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

I felt lonely.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

People were unfriendly.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

I enjoyed life.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

I had crying spells.

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

I felt sad.

|  |  |  |
| --- | --- | --- |
| Rarely or none of the time | some or a little of the time | Occasionally or a moderate amount of time |
| Most or all of the time  I felt that people disliked me.  Rarely or none of the time | some or a little of the time | Occasionally or a moderate amount of time |

Most or all of the time

I could not "get going".

Rarely or none of the time some or a little of the time Occasionally or a moderate amount of time

Most or all of the time

Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?

not at all somewhat extremely

Some people are generally not very happy. Although they are not depresses, they never seem as happy as they might be. To what extent does this characterization describe you?

not at all somewhat extremely

In general, I consider myself

Not a very happy person A somewhat happy person A very happy person

Compared to most of my peers, I consider myself

less happy equally as happy more happy

When I'm walking, I deliberately notice the sensations of my moving body.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

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I'm good at finding words to describe my feelings.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

I critize myself for having irrational or inappropriate emotions.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

I perceive my feelings and emotions without having to react to them.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

When I do thing, my mind wanders off and I'm easily distracted.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

When I take a shower or bath, I stay alert to the sensations of water on my body.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

I can easily put my beliefs, opinions, and expectations into words.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

I don't pay attention to what I'm doing because I'm daydreaming, worrying, or otherwise distracted.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

I watch my feelings without getting lost in them.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

I tell myself I shouldn't be feeling the way I'm feeling.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

I notice how foods and drinks affect my thoughts, bodily sensations, and emotions.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

It's hard for me to find the words to describe what I'm thinking.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

I am easily distracted.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

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I believe some of my thoughts are abnormal or bad and I shouldn't think that way.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

I pay attention to sensations, such as the wind in my hair or sun on my face.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

I have trouble thikning of the right words to express how I feel about things.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

I make judgments about whether my thoughts are good or bad.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

I find it difficult to stay focused on what's happening in the present.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

When I have distressing thoughts or images, I "step back" and am aware of the thought or image without getting taken over by it.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

I pay attention to sounds, such as clocks ticking, birds churping, or cars passing.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

In difficult situations, I can pause without immediately reacting.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

When I have a sensation in my body, it's difficut for me to describe it because I can't find the right words.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

It seems I am "runing on automatic" without much awareness of what I'm doing.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

When I have distressing thoughts or images, I feel calm soon after.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

I tell myself that I shouldnt be thinking the way I'm thinking.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

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I notice the smells nad aromas of things.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

Even when I'm feeling terribly upset, I can find a way to put it into words.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

I rush through activies without being attentive to them.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

When I have distressing thoughts or images, I am able just to notice them without reacting.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

I think some of my emotions are bad or inappropriate and I shouldn't feel them.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

I notice visual elements in art or nature, such as colors, shapes, textures, or patterns of lights and shadows.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

My natural tendency is to put my experiences into words.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

When I have distressing thoughts or images, I just notice them and let them go.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

I do jobs or tasks automatically without being aware of what I'm doing.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

When I have distressing thought or images, I judge myself as good or bad, depending what the thought/image is about.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

I pay attention to how my emotions affect my thoughts and behavior.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

I can usually describe how I feel at the mooment in considerable detail.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

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I find myself doing thing without paying attention.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

I disapprove of myself when I have irrational ideas.

Never or very rarely true of me Rarely true of me Sometimes true of me Often true of me

Very often or always true of me

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We would like to invite you to participate in a followup survey for this study in January. The purpose of the followup study will to get your reactions once you know your final grades from fall semester, and to discuss your plans for second semester.

In order to keep your identity confidential and your answers from the surveys this semester anonymous, please do not enter any personal information into this survey. Rather, if you would like to participate in the followup, please send an email to our research assistant, Liz Spitzer: [(elizabeth.g.spitzer@vanderbilt.edu),](mailto:spitzer@vanderbilt.edu) and indicate you'd like to participate. Do not include your study ID in the email.

Since most of you will not be participating in SONA next semester, rather than research credits, we'll be holding a lottery for an iTunes gift card. All participants who complete the followup survey will be entered into a drawing, and the winner will receive a $50 iTunes gift card.

The followup survey will be sent out the second week of January.

Thanks for your participation in our study. If you

have any final comments regarding the study, please enter them below:



1. This was an error in the survey creation. Every survey was supposed to have a question that asked participants to enter their ID, however this question was unintentionally left off of the baseline survey and all three of the post-exam surveys. [↑](#footnote-ref-2)