



Appendices

APPENDIX - I
BAR - ON - EQi : YV

BarOn EQ-i:YV

by Reuven Bar-On, Ph.D. & James D. A. Parker, Ph.D.

Name: _____ **Gender:** Male Female
(Circle One)

Birthdate: ____/____/____ **Age:** ____ **Today's Date:** ____/____/____
Month Day Year Month Day Year

Instructions: Read each sentence and choose the answer that best describes you. There are FOUR possible answers. 1 = Very Seldom True of Me; 2 = Seldom True of Me; 3 = Often True of Me; and 4 = Very Often True of Me. Tell us how you feel, think, or act MOST OF THE TIME IN MOST PLACES. Choose one, and only ONE answer for each sentence, and circle the number that matches your answer. For example, if your answer is "Seldom True of Me," you would circle the number 2 on the same line as the sentence. This is not a test; there are no "good" or "bad" answers. Please circle an answer for every sentence.

	Very Seldom True of Me	Seldom True of Me	Often True of Me	Very Often True of Me
1. I enjoy having fun.	1	2	3	4
2. I am good at understanding the way other people feel.	1	2	3	4
3. I can stay calm when I am upset.	1	2	3	4
4. I am happy.	1	2	3	4
5. I care what happens to other people.	1	2	3	4
6. It is hard to control my anger.	1	2	3	4
7. It is easy to tell people how I feel.	1	2	3	4
8. I like everyone I meet.	1	2	3	4
9. I feel sure of myself.	1	2	3	4
10. I usually know how other people are feeling.	1	2	3	4
11. I know how to keep calm.	1	2	3	4
12. I try to use different ways of answering hard questions.	1	2	3	4
13. I think that most things I do will turn out okay.	1	2	3	4
14. I am able to respect others.	1	2	3	4
15. I get too upset about things.	1	2	3	4
16. It is easy for me to understand new things.	1	2	3	4
17. I can talk easily about my feelings.	1	2	3	4
18. I have good thoughts about everyone.	1	2	3	4
19. I hope for the best.	1	2	3	4
20. Having friends is important.	1	2	3	4
21. I fight with people.	1	2	3	4
22. I can understand hard questions.	1	2	3	4
23. I like to smile.	1	2	3	4
24. I try not to hurt other people's feelings.	1	2	3	4
25. I try to stick with a problem until I solve it.	1	2	3	4
26. I have a temper.	1	2	3	4
27. Nothing bothers me.	1	2	3	4
28. It is hard to talk about my deep feelings.	1	2	3	4
29. I know things will be okay.	1	2	3	4
30. I can come up with good answers to hard questions.	1	2	3	4

Items continued on back page...

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by Reuven Bar-On, Ph.D. & James D. A. Parker, Ph.D.

Instructions: Read each sentence and choose the answer that best describes you. There are FOUR possible answers. 1 = Very Seldom True of Me; 2 = Seldom True of Me; 3 = Often True of Me; and 4 = Very Often True of Me. Tell us how you feel, think, or act MOST OF THE TIME IN MOST PLACES. Choose one, and only ONE answer for each sentence, and circle the number that matches your answer. For example, if your answer is "Seldom True of Me," you would circle the number 2 on the same line as the sentence. This is not a test; there are no "good" or "bad" answers. Please circle an answer for each sentence.

	Very Seldom True of Me	Seldom True of Me	Often True of Me	Very Often True of Me
31. I can easily describe my feelings.	1	2	3	4
32. I know how to have a good time.	1	2	3	4
33. I must tell the truth.	1	2	3	4
34. I can come up with many ways of answering a hard question when I want to.	1	2	3	4
35. I get angry easily.	1	2	3	4
36. I like doing things for others.	1	2	3	4
37. I am not very happy.	1	2	3	4
38. I can easily use different ways of solving problems.	1	2	3	4
39. It takes a lot for me to get upset.	1	2	3	4
40. I feel good about myself.	1	2	3	4
41. I make friends easily.	1	2	3	4
42. I think I am the best in everything I do.	1	2	3	4
43. It is easy for me to tell people what I feel.	1	2	3	4
44. When answering hard questions, I try to think of many solutions.	1	2	3	4
45. I feel bad when other people have their feelings hurt.	1	2	3	4
46. When I am mad at someone, I stay mad for a long time.	1	2	3	4
47. I am happy with the kind of person I am.	1	2	3	4
48. I am good at solving problems.	1	2	3	4
49. It is hard for me to wait my turn.	1	2	3	4
50. I enjoy the things I do.	1	2	3	4
51. I like my friends.	1	2	3	4
52. I do not have bad days.	1	2	3	4
53. I have trouble telling others about my feelings.	1	2	3	4
54. I get upset easily.	1	2	3	4
55. I can tell when one of my close friends is unhappy.	1	2	3	4
56. I like my body.	1	2	3	4
57. Even if things get hard, I do not give up.	1	2	3	4
58. When I get angry, I act without thinking.	1	2	3	4
59. I know when people are upset, even when they say nothing.	1	2	3	4
60. I like the way I look.	1	2	3	4

Thank you for completing the questionnaire.



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BarOn EQ-i:YV Scoring Page

by Reuven Bar-On, Ph.D. & James D. A. Parker, Ph.D.

Name: _____ Gender: **Male** **Female**
(Circle One)

Birthdate: ____/____/____ Age: ____ Today's Date: ____/____/____
Month Day Year Month Day Year

Instructions: Transfer the circled numbers into the boxes across each row, as indicated at the top of the scoring grids. Each circled number will be copied once. To obtain raw scores for scales A, B, C, D, E, and G, add the numbers in each column and enter the sum in the box at the bottom of the column. See instructions below for scoring scale F.

Transfer each circled number below into the box that looks like this.

Transfer each circled number below into the box that looks like this.

Item #	A	B	C	D	E	F	G	Item #
1								1
2								2
3								3
4								4
5								5
6								6
7								7
8								8
9								9
10								10
11								11
12								12
13								13
14								14
15								15
16								16
17								17
18								18
19								19
20								20
21								21
22								22
23								23
24								24
25								25
26								26
27								27
28								28
29								29
30								30

Calculate "F": divide each of the scale totals (A to D) by the corresponding number beneath the column, calculate the difference provided, and write the result in the box marked "F."

(round to one decimal place)

$$\frac{\div 6}{\div 12} + \frac{\div 12}{\div 12} - \frac{\div 10}{\div 10}$$



(round to the nearest whole number)

Inconsistency Index

Copy the circled scores for the specified items into the appropriate boxes. For each pair of items, subtract the lower value from the higher value and write the difference in the box beneath. Sum the differences and write the total in the Inconsistency Index TOTAL box. Refer to the Inconsistency Index Guide to the right. If the Inconsistency Index Total is 10 or greater, there may be some inconsistency in the responses. The results should be interpreted with caution.

Raw Score	Item 56	Item 60	Item 7	Item 11	Item 2	Item 31	Item 30	Item 22	Item 17	Item 43	Item 20	Item 51	Item 26	Item 35	Item 38	Item 48	Item 40	Item 47	Item 55	Item 50
Absolute Difference																				

Inconsistency Index TOTAL

Inconsistency Index Guide

Is the Inconsistency Index TOTAL 10 or greater? ☐ yes ☐ no

BarOn EQ-i:YV Profile for Females

Name: _____ Gender: **Male** **Female** (Circle One)

Birthdate: ____/____/____ Age: ____ Today's Date: ____/____/____
Month Day Year Month Day Year

F1 = Females 7 to 9 years of age
F2 = Females 10 to 12 years of age
F3 = Females 13 to 15 years of age
F4 = Females 16 to 18 years of age

A. Intrapersonal Scale
B. Interpersonal Scale
C. Stress Management Scale
D. Adaptability Scale

E. General Mood Scale
F. Total EQ
G. Positive Impression Scale

A					B				C				D				E				F				G				SS						
SS	F1	F2	F3	F4	F1	F2	F3	F4	F1	F2	F3	F4	F1	F2	F3	F4	F1	F2	F3	F4	F1	F2	F3	F4	F1	F2	F3	F4	SS						
130	23	23	23	21					47	43	46	48					40	39	38		71	71	71						190						
129			22									47									73	72	71						129						
128												47																		128					
127			22	23				48			46	47	46				40	39	38											127					
126	22																				72	71	70							126					
125		21	-	-							45	46	45	46										70				22	19	125					
124																	39	38	37	-			56	55	71	70	69			19	124				
123				21	22			47	48		44	45	44	45													69		20	19	123				
122	21																						55		70	69	68				122				
121		20				46	45					44	43	44			38	37	36	-			55								121				
120							46	47		43											56				69	68	67					120			
119			20	21			47				43		43					35	35				54	54			67				119				
118	26					47					42		42				37	36				56			68	67	66			21	19	18	118		
117		19					45				42		42								55		53					66				117			
116				20		46	46		46		41		41					35	34	34			55	53		67	66	65				116			
115			19								41		41				36				54		52					65				115			
114	19						44				40		40									54	52			66	65	64				114			
113		18				45	45		45			40					35	34	33	33				51					20			113			
112			18	19								39	40								53	53	51			65	64	63	64		18	17	112		
111						44	43				39	39														63						111			
110	18					44			44					39			34	33	32	32		52	52		50	64		62	63			110			
109		17		18							38		38										50				62						109		
108			17				43				38		38										51	49		63		61	62		19		108		
107						43		42			37		37				33	32	31	31		51		49			61				17	16	107		
106	17							43				37		37										48		62		60	61				106		
105		16		17			42				36		36					50	50						61	60						105			
104			16			42		41				36		36			32	31	30	30				48	47			59	60				104		
103								42					35							49					60	59				18			103		
102	16						41				35	35		35						49		47	46				58			16			102		
101		15		16		41		40					34				31	30	29	29			48			59	58		59			15	15	101	
100			15				40		41		34	34									48		46					57					100		
99													34				30					47		45		58	57		58				99		
98	15			15		40		39			33	33	33				29	28									56			17			98		
97		14					39						33						28			47	46	45	44		57	56		57		15		97	
96			14				39		40			32	32				29	28									55						96		
95											32			32					27			46		44	43		56	55		56			14	14	95
94	14			14			38	38				31	31						27				45					54					94		
93		13	13				38		39		31		31				28	27						42		55	54		55		16			93	
92							37					30	30						26			45	44	43			53	53					92		
91				13				37				30		30						26						54					14			91	
90	13					37		38									27	26				44	43	42	41		52	52	54			13		90	
89		12	12				36				29	29	29	29					25							53							13	89	
88								36											25				42	41	40		51	51	53					88	
87				12			36					28	28				26	25				43				52				15				87	
86	12						35		37			28		28					24				41		39		50	50	52			13			86
85		11	11					35				27	27				25		24			42		40			51							85	
84						35	34				27		27				24						40		38		49	49	51			12	12	84	
83				11					36			26	26						23					39			50							83	
82	11										26		26				24		23			41					48	48	50		14			82	
81		10	10			34	33	34				25	25					23				39		37		49					12			81	
80				10									25					22				40		38			47	47						80	
79								35			25	24					23		22				38		36		48			49			11		79
78	10					33	32	33					24	24				22					37				46	46					11	78	
77		9	9								24	23						21				39	37	35			47			48		13		77	
76				9			31		34				23				22	21		21				36				45	45			11			76
75						32		32			23	22		23							38	36		34			46			47				75	
74	9		8									22					21		20								44	44						74	
73		8		8		31	30		33		22	21		22				20		20			35	35			45	43		46			10	73	
72												21										37			33				43			12		10	72
71												20		21				20		19				34			44	42		45				71	
70	8		7			30	29				21							19		19			36	34		32			42			10		70	
69		7		7				32				19	20	20									33				43	41						69	
68								30				20					19		18				33		31			41	44					68	



BarOn EQ-i:YV Profile for Males

Name: _____

Gender: Male Female
(Circle One)

Birthdate: ____/____/____ Age: ____ Today's Date: ____/____/____
Month Day Year Month Day Year

M1 = Males 7 to 9 years of age
M2 = Males 10 to 12 years of age
M3 = Males 13 to 15 years of age
M4 = Males 16 to 18 years of age

A. Intrapersonal Scale
B. Interpersonal Scale
C. Stress Management Scale
D. Adaptability Scale

E. General Mood Scale
F. Total EQ
G. Positive Impression Scale

A					B					C					D					E					F					G				
SS	M1	M2	M3	M4	M1	M2	M3	M4	M1	M2	M3	M4	M1	M2	M3	M4	M1	M2	M3	M4	M1	M2	M3	M4	M1	M2	M3	M4	SS					
130									48	48	48			40	40							75	75	72	71		24	24	21	21	30			
129									47			48			39	39						74	72							29				
128			22	22				48		47	47			40								73	71				23	21	20		28			
127			21						46			47										73									27			
126									46	46	46			40	38	38			56			72		70	69						26			
125						48	47			45			46		39							70									25			
124			21	21						45	45											71		69	68						24			
123			20			48				44			45		39	38	37	37		55			69				22	20	19		23			
122			21					47	46			44							56			70		68							22			
121						49						44	44						54				68		67						21			
120			20	20		47				43	43			38	37	36	36		56	55		69		67							20			
119			19					46	45			43	43						56				67		66						19			
118			20			47	46			42	42			37						53			68		66		21	19		15	18			
117												42	42			36	35	35		55	55	54			66		65			16	17			
116				19	19	46		45	44	41	41								52			67	65	65							16			
115			18					45				41	41		36				54	54	53				64						15			
114			19							40					35	34	34					66	64	61							14			
113				18		45		44				40							53	53		51			63		20	18		17	11			
112				18				44	43				40			35	34				52			63						17	11			
111			17							39	39		39				33	33		52		50	64		63	62					11			
110			18			44	43	43				39		34					52		51			62							10			
109					17				42	38	38		38		33							63		62	61						9			
108				17		43						38			32	32			51	51	50	49		61			19	17			8			
107			17	16				42	42			37	37		37							62		61	60					16	7			
106									41				37		32					50		48		60					16		6			
105				16		42				36	36		36			31	31		60		49		61		60	59					5			
104				16				41	41						32	31				49			59								4			
103			16	15					40	35	35	36	35						49		48	47	60		59	58	18	16			3			
102						41									31		30	30			48			58							2			
101				15				40	40				34	35	34				48			46	59		58	57			15		1			
100				15		40		39		34										47			58	57					15		100			
99			15	14				39				33	34	33		30	29	29			47				57						99			
98					14			39				33				29			47		46	45	57	56	56		17	15			98			
97						39						33	32							46				55	56						97			
96				14				38	38	32	32			29	28	28		46				56			55				14	96				
95			14	13				38					31			28				45	45	44		54	55				14		95			
94					13	38				31	31	32		28					45				55		54						94			
93								37	37				30		27	27	27			44	44	43		53	54			16	14		93			
92				13		37		37		30	30	31											54			53					92			
91			13	12				36					29		27				44	43				52							91			
90					12			36				29	30			26	26	26				43	42	53		53	52			13	90			
89						36		36		29									43					51					13		89			
88			12		12			35				28	29	28		26				42	42	41		52		52	51	15	13		88			
87									35						25	25	25						51	50							87			
86					11	35		35				27		27		25				41					51	50					86			
85								34		27		28				24					41	40	50	49						12	85			
84			11		11	34			34			26		26			24	24	41	40					50	49				12	84			
83				10				33	34			26		27		24					40	39		49	48			14	12		83			
82					10							25		25			23	23					40	39			49	48			82			
81						33							26					23						48	47						81			
80			10		10			32	33	33		25		24		23				38	39	38				48	47				80			
79				9									24	25			22	22				39			47	46					79			
78								32				24			23			22			38	37			45	47	46				78			
77									31	32	32		23				21			38	37			46				13	11		77			
76			9		9					23		24	22				21				37				44	46	45					76		
75				8		31	30					22				21		21		37	36	36		45							75			
74								31	31			22		23	21			20					44	43	45						74			
73						30						21					20			35	36	35				44		12	10	10	73			
72			8		8			29				21		22	20		20		36				43	42	44						72			
71				7					30	30			20				19			34	35					43					71			
70						29						21	19			19			35			34		42	41	43					70			
69			7					28				20	19				19									42					69			
68					7				29	29				18			18		34	33	34	33		41	40			11		9	68			
67				6		28				19	18	20			18		18								42	41			9	9	67			
66								27						17			18			32	33		40	39							66			
65			6		6	27	26	28	28	18	17	19	16			17	16	17	17	33	31	32	32	39	38	41	40	10	8	8	65			



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