

## APPENDIX - E

### BELL'S ADJUSTMENT INVENTORY (ADULT FORM)

#### DIRECTIONS

Are you interested in knowing more about your own personality? If you will answer **HONESTLY AND THOUGHTFULLY** all of the questions on the pages that follow, it will be possible for you to obtain a better understanding of yourself. These questions have been carefully selected and then given to a large number of persons. By comparing your answers with the answers of the group you will secure a more accurate notion of your own - characteristics. The value of this to you will be in proportion to the care and honesty with which you answer each question.

Your answers to the questions will be treated in the strictest confidence. Therefore, feel free to give candid replies. There are no **RIGHT OR WRONG** answers. Indicate your answer to each question by drawing a circle around the **YES**, **NO** or the **"?"**. Use the question mark only when you are certain that you cannot answer "Yes" or "No". There is no time limit, but work-rapidly.

If you are not employed now, answer the occupational questions with reference to the last position which you held. House-wives who are not employed outside the home should omit the questions referring to working conditions:

- |  | Yes | No  | ?   |
|--|-----|-----|-----|
| 1a. Does the place in which you live now in any way interfere with your obtaining the social life which you would like to enjoy? | ( ) | ( ) | ( ) |
| 2d. Do you have ups and downs in mood without apparent cause?  | ( ) | ( ) | ( ) |
| 3b. Are you troubled occasionally by a skin disease or skin eruption such as athlete's foot, carbuncles, or boils?               | ( ) | ( ) | ( ) |
| 4c. Do you feel self - conscious when you have to ask an employer for work?  | ( ) | ( ) | ( ) |
| 5e. Do you sometimes get badly flustered as 'Jittery' in your present job?   | ( ) | ( ) | ( ) |
| 6b. Have you had any trouble with your heart or kidneys or your lungs?   | ( ) | ( ) | ( ) |
| 7a. Do you feel that your present home environment allows you enough opportunity to develop your own personality?                | ( ) | ( ) | ( ) |

- 8c. Do you like to participate in festival gatherings and lively parties? ( ) ( ) ( )
- 9e. Do you think you made the wrong selection of your occupation? ( ) ( ) ( )
- 10d. Have you ever been extremely afraid of something which you knew could do you no harm? ( ) ( ) ( )
- 11a. Is any member of your present home very nervous? ( ) ( ) ( )
- 12e. Does your present work allow you time off each year for some vacation? ( ) ( ) ( )
- 13b. Have you ever been anemic (Lacking in red blood corpuscles)? ( ) ( ) ( )
- 14b. Do you worry too long over humiliating experiences? ( ) ( ) ( )
- 15c. Do you find it difficult to start a conversation with a stranger? ( ) ( ) ( )
- 16a. Did you disagree with your parents about the type of occupation you should enter? ( ) ( ) ( )
- 17c. Does it upset you considerably to have some one to ask you to speak when you have had no time to prepare your talk? ( ) ( ) ( )
- 18d. Does some particular useless thought keep coming into your mind to bother you? ( ) ( ) ( )
- 19b. Do you take cold rather easily from other people? ( ) ( ) ( )
- 20e. Do you think you must "play politics" to get promotion or an increase in pay/in your present job? ( ) ( ) ( )
- 21c. Do you keep in the background on social occasions? ( ) ( ) ( )
- 22a. Have you had unpleasant disagreements over such matters as religion, politics, or sex with persons whom you like? ( ) ( ) ( )
- 23d. Do you get upset easily? ( ) ( ) ( )
- 24b. Do you find it necessary to watch your health carefully? ( ) ( ) ( )

- 25a. Has there ever been a divorce among any members of your immediate family? ( ) ( ) ( )
- 26e. Has your employer always treated you fairly? ( ) ( ) ( )
- 27b. Do you frequently come to your meals without really being hungry? ( ) ( ) ( )
- 28d. Are you often in a state of excitement? ( ) ( ) ( )
- 29c. Do you feel embarrassed if you have to ask permission to leave a group of people? ( ) ( ) ( )
- 30e. Do you think that you have to work too long hours on your present job? ( ) ( ) ( )
- 31a. Have any of the members of your present home made you unhappy by criticizing your personal appearance? ( ) ( ) ( )
- 32c. Do you find that you tend to have a few close friends rather than many casual acquaintances? ( ) ( ) ( )
- 33b. Have you had an illness from which you feel that you have not completely recovered? ( ) ( ) ( )
- 34d. Does criticism disturb you greatly? ( ) ( ) ( )
- 35a. Are you happy and contented in your present home environment? ( ) ( ) ( )
- 36e. Would you like to secure some other job than the one you now hold? ( ) ( ) ( )
- 37c. Are you often the center of favourable attention at a party? ( ) ( ) ( )
- 38b. Do you frequently have shooting pains in the head? ( ) ( ) ( )
- 39d. Are you troubled with the ideas that people are watching you on the street? ( ) ( ) ( )
- 40a. Do you feel a lack of affection and love in your present home? ( ) ( ) ( )
- 41e. Do you have considerable difficulty in knowing just where you stand with your present employer? ( ) ( ) ( )

- 42b. Do you suffer from sinusitis or any obstruction in your breathing? ( ) ( ) ( )
- 43d. Are you bothered by the feelings that people are reading your thoughts? ( ) ( ) ( )
- 44c. Do you make friends readily? ( ) ( ) ( )
- 45e. Do you feel that your present employer or boss holds a personal dislike or grudge towards you? ( ) ( ) ( )
- 46a. Do the person or persons with whom you now live understand you and sympathize you? ( ) ( ) ( )
- 47d. Do you day dream frequently? ( ) ( ) ( )
- 48b. Has any illness you have had resulted in a permanent injury to your health? ( ) ( ) ( )
- 49e. Do you have to work on your present job with certain people whom you dislike? ( ) ( ) ( )
- 50c. Do you hesitate to enter a room by yourself when a group of people are sitting around talking together? ( ) ( ) ( )
- 51a. Do you feel that your friends have happier home environments than you? ( ) ( ) ( )
- 52c. Do you often hesitate to speak out in a group least you say and do the wrong thing? ( ) ( ) ( )
- 53b. Do you have difficulty in getting rid of a cold? ( ) ( ) ( )
- 54d. Do ideas often run through your head so that you cannot sleep? ( ) ( ) ( )
- 55a. Does any person with whom you live now become angry at you very easily? ( ) ( ) ( )
- 56e. Are you getting enough pay on your present job to support those who are dependent upon you? ( ) ( ) ( )
- 57b. Are you troubled with too high or too low blood pressure? ( ) ( ) ( )
- 58d. Do you worry over possible misfortunates? ( ) ( ) ( )

- 59c. If you come late to a meeting would you rather stand or leave than take a front seat? ( ) ( ) ( )
- 60e. Is your present boss or employer an individual whom you feel you can always trust? ( ) ( ) ( )
- 61a. Are the members of your present home congenial and well suited to each other? ( ) ( ) ( )
- 62b. Are you subject to hay fever or asthma? ( ) ( ) ( )
- 63c. At a reception or a tea do you seek to meet the important persons present? ( ) ( ) ( )
- 64e. Do you feel that your employer is paying you a fair salary? ( ) ( ) ( )
- 65d. Are your feelings easily hurt? ( ) ( ) ( )
- 66b. Are you troubled much with constipation? ( ) ( ) ( )
- 67a. Do you dislike intensely certain people with whom you live now? ( ) ( ) ( )
- 68c. Are you sometimes the leader at social affairs? ( ) ( ) ( )
- 69e. Do you like all the people with whom you work on your present job? ( ) ( ) ( )
- 70d. Are you bothered by the feeling that things are not real? ( ) ( ) ( )
- 71a. Do you occasionally have conflicting moods of like and hate for members of your immediate family? ( ) ( ) ( )
- 72c. Do you feel very self-conscious in the presence of people whom you greatly admire but with whom you are not well acquainted? ( ) ( ) ( )
- 73b. Do you frequently experience nausea or vomiting or diarrhoea? ( ) ( ) ( )
- 74d. Do you blush easily? ( ) ( ) ( )
- 75a. Have the actions of any person with whom you now live frequently caused you to feel blue and depressed? ( ) ( ) ( )

- 76e. Have you frequently changed jobs during the last five years? ( ) ( ) ( )
- 77c. Do you ever cross the street to avoid meeting somebody? ( ) ( ) ( )
- 78b. Are you subject to tonsillitis or other throat ailments? ( ) ( ) ( )
- 79d. Do you often feel self-conscious because of your personal appearance? ( ) ( ) ( )
- 80e. Does your present job fatigue you greatly? ( ) ( ) ( )
- 81a. Is the home where you live now often in a state of turmoil and dissension? ( ) ( ) ( )
- 82d. Do you consider yourself rather a nervous person? ( ) ( ) ( )
- 83c. Do you greatly enjoy social dancing? ( ) ( ) ( )
- 84b. Are you subject to attacks of indigestion? ( ) ( ) ( )
- 85a. Did either of your parents frequently find fault with your conduct when you lived with them? ( ) ( ) ( )
- 86e. Do you feel that you have adequate opportunities to express your own ideas in your present job? ( ) ( ) ( )
- 87c. Do you find it very difficult to speak in public? ( ) ( ) ( )
- 88b. Do you feel tired most of the time? ( ) ( ) ( )
- 89e. Is the pay in your present work so low that you worry lot you be unable to meet your financial obligations? ( ) ( ) ( )
- 90d. Are you troubled with feelings of interiority? ( ) ( ) ( )
- 91a. Do the personal habits of some of the people with whom you now live irritate you? ( ) ( ) ( )
- 92d. Do you often fee just miserable? ( ) ( ) ( )

- 93b. Has it been necessary for you to have frequent medical attention? ( ) ( ) ( )
- 94c. Have you had a number of experiences in appearing before public gatherings? ( ) ( ) ( )
- 95e. Have you been able to get the promotion you desire your present job? ( ) ( ) ( )
- 96a. Does any member of your present home try to dominate you? ( ) ( ) ( )
- 97b. Do you often feel fatigued when you get up in the morning? ( ) ( ) ( )
- 98e. Do any of the people with whom you work have personal habits and characteristics which irritate you? ( ) ( ) ( )
- 99c. When you are a guest at an important dinner do you do without something rather than ask to have it passed you? ( ) ( ) ( )
- 100d. Does it frighten you to be alone in the dark? ( ) ( ) ( )
- 101a. Did your parents tend to supervise you too closely when you lived with them? ( ) ( ) ( )
- 102c. Have you found it easy to make friendly contact with members of the opposite sex? ( ) ( ) ( )
- 103b. Have you considerably underweight? ( ) ( ) ( )
- 104e. Does your present job force you to hurry a great deal? ( ) ( ) ( )
- 105d. Have you ever, when you were on a high place, been afraid that you might jump off? ( ) ( ) ( )
- 106a. Do you find it easy to get along with the person or persons with whom you live now? ( ) ( ) ( )
- 107c. Do you have difficulty in starting conversation with a person to whom you have just been introduced? ( ) ( ) ( )
- 108b. Do you frequently have spells of dizziness? ( ) ( ) ( )

- 109d. Are you often sorry for the things you do? ( ) ( ) ( )
- 110e. Does your present employer or boss take all the credit for a piece of work which you have done yourself? ( ) ( ) ( )
- 111c. Do you have frequent disagreements with the individual or individuals where you live now concerning the way things are to be done about? ( ) ( ) ( )
- 112d. Do you get discouraged easily? ( ) ( ) ( )
- 113b. Have you had considerable illness during the last ten years? ( ) ( ) ( )
- 114c. Have you had experience in making plans for directing the action of other people such as committee chairman, leader of group etc.? ( ) ( ) ( )
- 115e. Do you feel that you are a just a cog in an inhuman machine in your present job? ( ) ( ) ( )
- 116a. Does any person in the place you now live frequently object to the companions and friends with whom you like to associate? ( ) ( ) ( )
- 117b. Are you subject to attacks of influenza? ( ) ( ) ( )
- 118e. Does your present employer or boss praise you for work which you do well? ( ) ( ) ( )
- 119c. Would you feel very self-conscious if you had to volunteer an idea to start a discussion among a group of people? ( ) ( ) ( )
- 120d. Have you frequently been depressed because of the unkind things others have said about you? ( ) ( ) ( )
- 121a. Are any of the members of your present household very easily irritated? ( ) ( ) ( )
- 122b. Do you have many colds? ( ) ( ) ( )
- 123c. Are you troubled with shyness? ( ) ( ) ( )
- 124d. Are you easily frightened by lightening? ( ) ( ) ( )



- 125e. Did you enter your present job because you yourself really wanted to go into it? ( ) ( ) ( )
- 126b. Have you ever had a major surgical operation? ( ) ( ) ( )
- 127a. At home did your parents frequently object to the kind of companions you went around with? ( ) ( ) ( )
- 128c. Do you find it easy to ask others for help? ( ) ( ) ( )
- 129e. Do you get discouraged in your present work? ( ) ( ) ( )
- 130d. Do things often go wrong for you from no fault of your own?
- 131a. Would you like very much to move from the place where you now live so that you might have more personal independence? ( ) ( ) ( )
- 132c. When you want something from a person with whom you are not very well acquainted, would you prefer to write a note or letter to the individual than go and ask him or her personally? ( ) ( ) ( )
- 133b. Have you ever been seriously injured in any kind of an accident? ( ) ( ) ( )
- 134d. Do you dread the sight of a snake? ( ) ( ) ( )
- 135e. Do you feel that your work is supervised by too many different bosses? ( ) ( ) ( )
- 136b. Have you lost considerable weight recently? ( ) ( ) ( )
- 137a. Does the lack of money tend to make your present home life unhappy? ( ) ( ) ( )
- 138c. Would it be difficult for you to give an oral report before a group of people? ( ) ( ) ( )
- 139e. Is your present job very monotonous? ( ) ( ) ( )
- 140d. Are you easily moved to tears? ( ) ( ) ( )

- 141b. Do you frequently feel very tired toward the end of the day? ( ) ( ) ( )
- 142a. When you lived with your parents did either of them frequently criticize you unjustly? ( ) ( ) ( )
- 143d. Does the thought of an earth-quake or a fire frighten you? ( ) ( ) ( )
- 144c. Do you feel embarrassed when you have to enter a public assembly by yourself after everyone else has been seated? ( ) ( ) ( )
- 145e. Do you find that you have very little real interest in your present job? ( ) ( ) ( )
- 146b. Do you sometimes have difficulty getting to sleep even when there are no noises to disturb you? ( ) ( ) ( )
- 147a. Is there anyone at the place where you live now who insists on your obeying him or her regardless of whether or not the request is reasonable? ( ) ( ) ( )
- 148c. Did you ever take the lead to enliven a dull party? ( ) ( ) ( )
- 149e. Do you feel that your immediate superior or boss lacks sympathy and understanding in dealing with you as an employer? ( ) ( ) ( )
- 150d. Do you often feel alone even when you are with people? ( ) ( ) ( )
- 151a. As a youth did you ever have a strong desire to run away from home? ( ) ( ) ( )
- 152b. Do you have many headaches? ( ) ( ) ( )
- 153d. Have you even felt someone was hypnotizing you and making you act against your will? ( ) ( ) ( )

- 154c. Do you often have much difficulty  
in thining of an appropriate remarks  
to make in group conversation? ( ) ( ) ( )
- 155e. Do you sometimes feel that your  
employer does not show real  
appreciation of your attempts to  
do your job in superior manner? ( ) ( ) ( )
- 156b. Have you ever had scralet fever or diptheria? ( ) ( ) ( )
- 157a. Do yuou sometimes feel that you have been  
a disappointment to your parents? ( ) ( ) ( )
- 158c. Do you take responsibility for introducing  
people at a party? ( ) ( ) ( )
- 159e. Do you experience a fear of loosing your  
present job? ( ) ( ) ( )
- 160d. Do you frequently have spells of the blues? ( ) ( ) ( )