

APPENDICES

APPENDIX-A

TAYLOR'S MANIFEST ANXIETY SCALE

1. I do not line quickly	T	F
2. I am troubled by attacks of nausea	T	F
3. I believe I am no more nervous than most others	T	F
4. I have very few headaches	T	F
5. I cannot keep my mind on one thing	T	F
6. I work under a great deal of tension	T	F
7. I worry over money and business	T	F
8. I frequently notice my head shakes when I try to do something	T	F
9. I blush no more often than others	T	F
10. I have diarrhea once a month or more	T	F
11. I worry quite a bit over possible misfortune	T	F
12. I practically never bush	T	F
13. I am often afraid that I am going to blush	T	F
14. I have nightmares very few nights	T	F
15. My hands and feet are usually warm enough	T	F
16. I sweat very easily even on cool days	T	F
17. Sometimes when embarrassed, I break out in a sweat which arrays greatly	T	F
18. I hardly ever notice my heart pounding and I am seldom short of Short of breath	T	F
19. I feel hungry almost all the time	T	F
20. I am very seldom troubled by constipation	T	F
21. I have a great deal of stomach trouble	T	F

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|---|---|---|
| 22. I have had period in which I lost sleep over worry | T | F |
| 23. My sleep is fitful and disturbed | T | F |
| 24. I dream frequently about things that are best kept to myself | T | F |
| 25. I am easily embarrassed. | T | F |
| 26. I am more sensitive than most others | T | F |
| 27. I frequently find myself worrying about something | T | F |
| 28. I wish I could be as happy as others | T | F |
| 29. I am usually calm and not easily upset | T | F |
| 30. I cry easily | T | F |
| 31. I feel anxiety about something or someone | T | F |
| 32. I am happy most of the time | T | F |
| 33. It makes me nervous to have to wait | T | F |
| 34. I have periods of such great restlessness that
I cannot sit long in chair | T | F |
| 35. Sometime I become so excited that I find hard to get sleep | T | F |
| 36. I have sometimes felt that difficulties were piling up so high that
I could not overcome them. | T | F |
| 37. I must admit that I have at times been worried beyond reason over
something that easily did not matter | T | F |
| 38. I have very few fears compared to my friends | T | F |
| 39. I have been afraid of things or peoples that I could not hurt me | T | F |
| 40. I certainly feel useless at times | T | F |
| 41. I find it hard to keep my mind on a task or job | T | F |
| 42. I am usually self-conscious | T | F |
| 43. I am inclined to take things hard | T | F |
| 44. I am a highly strong person | T | F |
| 45. At Times I think I am no good at all | T | F |
| 46. Life is strain for me much of the time | T | F |

47. I am certainly lacking in self- confidence.	T	F
48. I sometimes feel that I am about to go to pieces.	T	F
49. I shrink from facing a crisis or difficulty	T	F
50. I am entirely self-confident	T	F

Description

The Taylor's Manifest Anxiety Scale consists of 50 statements. Each statement can be evaluated either 'True' or 'False' according to one's experience. This scale can be administered to any individual (adolescent and adult age group).

Procedure

The Anxiety scale was given to individual or groups which comprises 50 statements. They are asked answer all the questions to their at most truth whether 'True or 'False'.

Scoring

➤ **Scoring procedure for the Positive Statement:**

If the answer is 'True' for positive statements, it gets '0' mark.

If the answer is 'False' for positive statements, it gets '1' mark.

➤ **For the Negative statements, marks are awarded in the reverse.**

If the answer is 'True' for negative statements, it gets '1' mark.

If the answer is 'False' for negative statements, it gets '0' mark.

The maximum possible score is 50.

Item numbers of Positive Statements

1,3,4,9,12,14,15,18,20,29,32,38 and 50 (T-0, F-1)

Item numbers of Negative Statements

2,5,6,7,8,10,11,13,16,1,19,21,22,23,24,25,26,27,28,30,31,33,34,35,36,37,39,40,41,42,43,44,45,46,47,48 and 49 (T-1, F- 0).

NORMS

Scores	Anxiety
0 – 8	Normal anxiety
9 – 18	Significantly anxious
19 – 30	Highly anxious
31 and above	Anxiety level in very high and uncontrollable

APPENDIX - B

WORK AND SOCIAL ADJUSTMENT SCALE (WSAS)

People's problems sometimes affect their ability to do certain day-to-day tasks in their lives. To rate your problems look at each section and determine on the scale provided how much your problem impairs your ability to carry out the activity. This assessment is not intended to be a diagnosis. If you are concerned about your results in any way, please speak with a qualified health professional. If you're retired or choose not to have a job for reasons unrelated to your problem, tick here.

Name:

Date:

	0	1	2	3	4	5	6	7	8	
	Not at all	Slightly	Definitely	Markedly	Very Severely					Marks
1	Because of my (problem) my ability to work is impaired. 0 means not at all impaired and 8 means very severely impaired to the point I can't work.									
2	Because of my (problem) my home management (cleaning, tidying, shopping, cooking, looking after home or children, paying bills) is impaired.									
3	Because of my (problem) my social leisure activities (with other people e.g. parties, bars, clubs, outings, visits, dating, home entertaining) are impaired.									
4	Because of my (problem) my private leisure activities (done alone, such as reading, gardening, collecting, sewing, walking alone) are impaired									
5	Because of my (problem) my ability to form and maintain close relationships with others, including those I live with, is impaired									
Total WSAS Score										

The maximum score of the WSAS is 40, lower scores are better. Privacy - These results are intended as a guide to your health and are presented for educational purposes only. They are not intended to be a clinical diagnosis. If you are concerned in any way about your health, please consult with a qualified health professional.

“A WSAS score above 20 appears to suggest moderately severe or worse psychopathology. Scores between 10 and 20 are associated with significant functional impairment , but less severe clinical symptomatology. Scores below 10 appear to be associated with subclinical populations. Whether such a pattern will generalize to other disorders (apart from OCD and depression) remains to be tested.”

Mundt, J. C., I. M. Marks, et al. (2002). "The Work and Social Adjustment Scale: A simple measure of impairment in functioning." *Br. J. Psychiatry* 180:461-4.

Serenity Programme™ - serene.me.uk - Work and Social Adjustment Scale - WSAS

APPENDIX-C

SATISFACTION WITH LIFE SCALE

References

Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction with Life Scale. *Journal of Personality Assessment*, 49, 71-75.

Description of Measure:

A 5-item scale designed to measure global cognitive judgments of one's life satisfaction (not a measure of either positive or negative affect).

Participants indicate how much they agree or disagree with each of the 5 items using a 7-point scale that ranges from 7 strongly agree to 1 strongly disagree.

Scale:

Instructions: Below are five statements that you may agree or disagree with.

Using the 1 - 7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

Name:

Date:

	1	2	3	4	5	6	7	Marks
	Strongly agree	Agree	Slightly agree	Neither agree nor disagree	Slightly disagree	Disagree	Strongly disagree	
1	In most ways my life is close to my ideal.							
2	The conditions of my life are excellent							
3	I am satisfied with my life.							
4	So far I have gotten the important things I want in life.							
5	If I could live my life over, I would change almost nothing.							
Total Score of Satisfaction with Life								

Though scoring should be kept continuous (sum up scores on each item), here are some cut- offs to be used as benchmarks.

- ✍ 31 - 35 Extremely satisfied
- ✍ 26 - 30 Satisfied
- ✍ 21 - 25 Slightly satisfied
- ✍ 20 Neutral
- ✍ 15 - 19 Slightly dissatisfied
- ✍ 10 - 14 Dissatisfied
- ✍ 5 - 9 Extremely dissatisfied