

Demographic Information:

Complete the following demographic information. Please note that all personal information will be kept completely confidential and none of the responses you provide will be connected to your name, or other identifying information.

Gender:

- Male**
- Female**

Age:

Education:

Semester:

Socio-economic status:

- Low**
- Middle**
- High**

Occupation:

Income:

Instructions:**Rank yourself for the following statements.**

Sr. no	Statements	Strongly disagree (1)	Disagree (2)	Neutral (3)	Agree (4)	Strongly agree (5)
1	I know why my emotions change.					
2	I easily recognize my emotions as I experience them.					
3	I can tell how people are feeling by listening to the tone of their voice.					
4	By looking at their face, I recognize the emotions people are experiencing.					
5	I seek out activities that make me happy.					
6	I have control over my emotions.					
7	I arrange events other enjoy.					
8	I help other people feel better when they are down.					
9	When I am in a positive mood, I am able to come up with new ideas.					
10	I use good moods to help myself keep trying in face of obstacles.					

Sr. No	Statement	Strongly disagree (1)	Disagree (2)	Neutral (3)	Agree (4)	Strongly agree (5)
1	In a difficult spot, I turn at once to what can be done to put things right.					
2	I influence where I can, rather than worrying about what I can't influence.					
3	I don't take criticism personally.					
4	I generally manage to keep things in perspective.					
5	I am calm in a crisis.					
6	I'm good at finding solutions to problems.					
7	I wouldn't describe myself as an anxious person.					
8	I don't tend to avoid conflict.					
9	I try to control events rather than being a victim of circumstances.					

10	I trust my intuition.					
11	I manage my stress levels well.					
12	I feel confident and secure in my position.					

	Statements	Strongly disagree (0)	Sometimes (1)	Considerable agree (2)	Strongly agree (3)
1	I found it hard to wind down.				
2	I was aware of dryness of my mouth.				
3	I couldn't seem to experience any positive feeling at all.				
4	I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion)				
5	I found it difficult to work up the initiative to do things.				
6	I tended to over-react to situations.				
7	I experienced trembling (e.g. in the hands).				
8	I felt that I was using a lot of nervous energy.				
9	I was worried about situations in which I might panic and make a fool of myself.				
10	I felt that I had nothing to look forward to.				
11	I found myself getting agitated.				
12	I found it difficult to relax.				
13	I felt down-hearted and blue				
14	I was intolerant of anything that kept me from getting on with what I was doing.				
15	I felt I was close to panic.				
16	I was unable to become enthusiastic about anything.				
17	I felt I wasn't worth much as a person.				
18	I felt that I was rather touchy.				
19	I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart missing a beat)				
20	I felt scared without any good reason.				
21	I felt that life was meaningless.				