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## Psychometric evaluation (Personality test/Intelligence test)-reg:

2 messages

amala iqac &lt;amalaiqac@amalaims.org&gt;

7 June 2025 at 16:43

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Dear Students,

All concerned are hereby informed that, as part of the upcoming audit, a psychometric evaluation (Personality test/Intelligence test) will be conducted for the First Year MBBS students. This evaluation is a mandatory component of the accreditation process and is intended to assess the psychological well-being, adaptability, and stress management capacity of students in the medical curriculum.

**Kindly note that the data should remain confidential, and please ensure that all questions are answered.**

Link: <https://forms.gle/m34kkEB4Wn1SzfX6>

Best regards,  
Dr.Betsy Thomas



*Betsy*  
Dr. BETSY THOMAS  
MD, FRCOG, DNB, MICOG

AMALA INSTITUTE OF MEDICAL SCIENCES  
AMALA NAGAR, THRISSUR-680 555

1. I have read and understood this consent form and willingly agree to participate \*

Mark only one oval.

Yes

No

Personal Information

2. Name of the participant \*

\_\_\_\_\_

3. Roll No \*

\_\_\_\_\_

4. Mobile number \*

\_\_\_\_\_

5. Email ID \*

\_\_\_\_\_

6. Gender \*

Mark only one oval.

Male

Female

Prefer not to say

GENERAL INFORMATION



# PSYCHOMETRIC ANALYSIS AND PSYCHOLOGICAL TEST

All concerned are hereby informed that, as part of the upcoming audit, a psychometric evaluation will be conducted for the First Year MBBS students. This evaluation is a mandatory component to assess the psychological well-being, adaptability, and stress management capacity of students in the medical curriculum.

**Kindly note that the data should remain confidential, and please ensure that all questions are answered.**

Best regards,

Dr. Betsy Thomas

Principal & IQAC Chairman

AIMS, Thrissur-680555

\* Indicates required question

## CONSENT FORM

I, a MBBS student of Amala Institute of Medical Sciences, Thrissur, voluntarily consent to participate in the psychometric analysis conducted as part of the academic support and accreditation process. I understand that the assessment involves standardized questionnaires to evaluate learning styles, personality traits, and emotional well-being, and that it will be conducted under faculty supervision. I am aware that my participation is voluntary, and that all information provided will remain confidential



## 10. Occupation of father \*

Mark only one oval.

- Unemployed
- Unskilled
- Semi-skilled
- Skilled
- Clerical
- Shop
- Farm
- Semi-professional
- Professional

## 11. Occupation of Mother \*

Mark only one oval.

- Unemployed
- Unskilled
- Semi-skilled
- Skilled
- Clerical
- Shop
- Farm
- Semi-professional
- Professional

## 12. Per capita income of the family (annual income of family / no. of family members): \*

\_\_\_\_\_



## 7. Place of upbringing \*

Mark only one oval.

Rural

Urban

## 8. Educational qualification of father \*

Mark only one oval.

Illiterate

Primary school

Middle school

High school

Diploma or intermediate

Graduate

Professional degree

## 9. Educational qualification of mother \*

Mark only one oval.

Illiterate

Primary school

Middle school

High school

Diploma or intermediate

Graduate

Professional degree



17. Did you live with anyone who had a problem with alcohol or drugs? \*

Mark only one oval.

Yes

No

18. Did you live with anyone who has a mental illness? \*

Mark only one oval.

Yes

No

### The Personality Inventory for DSM-5 (PID-5)—Adult

**Instructions to the individual receiving care:** This is a list of things different people might say about themselves. We are interested in how you would describe yourself. There are no "right" or "wrong" answers. So you can describe yourself as honestly as possible, we will keep your responses confidential. We'd like you to take your time and read each statement carefully, selecting the response that best describes you. Kindly rate the answer according to the scoring criteria and transcribe the questions accordingly.

#### Scale

- Very False or Often False = 0
- Sometimes or Somewhat False =1
- Sometimes or Somewhat True = 2
- Very True or Often True =3



13. Parental marital status \*

*Mark only one oval.*

- Married
- Unmarried
- Divorced

14. Were you often insulted, humiliated, or made to feel afraid by an adult at home \*

*Mark only one oval.*

- Yes
- No

15. Were you often physically hurt or injured by an adult at home? \*

*Mark only one oval.*

- Yes
- No

16. Did you often see or hear a caregiver being physically hurt by another adult? \*

*Mark only one oval.*

- Yes
- No



22. I feel like I act totally on impulse. \*

*Mark only one oval.*

0

1

2

3

23. I often have ideas that are too unusual to explain to anyone. \*

*Mark only one oval.*

0

1

2

3

24. I lose track of conversations because other things catch my attention. \*

*Mark only one oval.*

0

1

2

3



19. I don't get as much pleasure out of things as others seem to. \*

*Mark only one oval.*

0

1

2

3

20. Plenty of people are out to get me. \*

*Mark only one oval.*

0

1

2

3

21. People would describe me as reckless. \*

*Mark only one oval.*

0

1

2

3



28. I prefer not to get too close to people. \*

Mark only one oval.

0

1

2

3

29. I often get into physical fights. \*

Mark only one oval.

0

1

2

3

30.

\*

I dread being without someone to love me.

Mark only one oval.

0

1

2

3



25. I avoid risky situations \*

Mark only one oval.

- 0
- 1
- 2
- 3

26. When it comes to my emotions, people tell me I'm a "cold fish". \*

Mark only one oval.

- 0
- 1
- 2
- 3

27. I change what I do depending on what others want. \*

Mark only one oval.

- 0
- 1
- 2
- 3



34. I usually do things on impulse without thinking about what might happen as a result. \*

*Mark only one oval.*

- 0  
 1  
 2  
 3

35. Even though I know better, I can't stop making rash decisions \*

*Mark only one oval.*

- 0  
 1  
 2  
 3

36. My emotions sometimes change for no good reason. \*

*Mark only one oval.*

- 0  
 1  
 2  
 3



31. Being rude and unfriendly is just a part of who I am \*

*Mark only one oval.*

0

1

2

3

32. \*

I do things to make sure people notice me.

*Mark only one oval.*

0

1

2

3

33. I usually do what others think I should do \*

*Mark only one oval.*

0

1

2

3



40. I always do things on the spur of the moment. \*

*Mark only one oval.*

0

1

2

3

41. Nothing seems to interest me very much. \*

*Mark only one oval.*

0

1

2

3

42. Other people seem to think my behavior is weird. \*

*Mark only one oval.*

0

1

2

3



37. I really don't care if I make other people suffer. \*

*Mark only one oval.*

0

1

2

3

38. I keep to myself. \*

*Mark only one oval.*

0

1

2

3

39. I often say things that others find odd or strange. \*

*Mark only one oval.*

0

1

2

3



46. I snap at people when they do little things that irritate me. \*

*Mark only one oval.*

0

1

2

3

47. I can't concentrate on anything. \*

*Mark only one oval.*

0

1

2

3

48. \*

I'm an energetic person.

*Mark only one oval.*

0

1

2

3



43. People have told me that I think about things in a really strange way. \*

*Mark only one oval.*

0

1

2

3

44. I almost never enjoy life. \*

*Mark only one oval.*

0

1

2

3

45. I often feel like nothing I do really matters \*

*Mark only one oval.*

0

1

2

3

52. I've been told that I spend too much time making sure things are exactly in place. \*

*Mark only one oval.*

0

1

2

3

53. I avoid risky sports and activities. \*

*Mark only one oval.*

0

1

2

3

54. I have trouble telling the difference between dreams and waking life \*

*Mark only one oval.*

0

1

2

3



49. Others see me as irresponsible. \*

Mark only one oval.

0

1

2

3

50. I can be mean when I need to be. \*

Mark only one oval.

0

1

2

3

51. My thoughts often go off in odd or unusual directions. \*

Mark only one oval.

0

1

2

3



58. To be honest, I'm just more important than other people \*

Mark only one oval.

0

1

2

3

59. I make up stories about things that happened that are totally untrue. \*

Mark only one oval.

0

1

2

3

60. People often talk about me doing things I don't remember at all. \*

Mark only one oval.

0

1

2

3



55. Sometimes I get this weird feeling that parts of my body feel like they're dead or not really me. \*

*Mark only one oval.*

0

1

2

3

56. I am easily angered. \*

*Mark only one oval.*

0

1

2

3

57. I have no limits when it comes to doing dangerous things. \*

*Mark only one oval.*

0

1

2

3



64. It is hard for me to stop an activity, even when it's time to do so. \*

*Mark only one oval.*

0

1

2

3

65. I'm not good at planning ahead. \*

*Mark only one oval.*

0

1

2

3

66. I do a lot of things that others consider risky. \*

*Mark only one oval.*

0

1

2

3



61. I do things so that people just have to admire me. \*

*Mark only one oval.*

0

1

2

3

62. It's weird, but sometimes ordinary objects seem to be a different shape than usual. \*

*Mark only one oval.*

0

1

2

3

63. I don't have very long-lasting emotional reactions to things. \*

*Mark only one oval.*

0

1

2

3



70. My thoughts often don't make sense to others. \*

*Mark only one oval.*

0

1

2

3

71. I often make up things about myself to help me get what I want. \*

*Mark only one oval.*

0

1

2

3

72. It doesn't really bother me to see other people get hurt. \*

*Mark only one oval.*

0

1

2

3



67. People tell me that I focus too much on minor details. \*

*Mark only one oval.*

0

1

2

3

68. I worry a lot about being alone \*

*Mark only one oval.*

0

1

2

3

69. I've missed out on things because I was busy trying to get something I was doing \*  
exactly right.

*Mark only one oval.*

0

1

2

3



76. I usually think before I act. \*

Mark only one oval.

0

1

2

3

77. I often see vivid dream-like images when I'm falling asleep or waking up. \*

Mark only one oval.

0

1

2

3

78. I keep approaching things the same way, even when it isn't working. \*

Mark only one oval.

0

1

2

3



73. People often look at me as if I'd said something really weird. \*

Mark only one oval.

0

1

2

3

74. People don't realize that I'm flattering them to get something. \*

Mark only one oval.

0

1

2

3

75. I'd rather be in a bad relationship than be alone. \*

Mark only one oval.

0

1

2

3



82. I can't stand being left alone, even for a few hours. \*

*Mark only one oval.*

0

1

2

3

83. I have outstanding qualities that few others possess. \*

*Mark only one oval.*

0

1

2

3

84. The future looks really hopeless to me. \*

*Mark only one oval.*

0

1

2

3



79. I'm very dissatisfied with myself. \*

*Mark only one oval.*

0

1

2

3

80. I have much stronger emotional reactions than almost everyone else. \*

*Mark only one oval.*

0

1

2

3

81. I do what other people tell me to do. \*

*Mark only one oval.*

0

1

2

3



88. Others seem to think I'm quite odd or unusual. \*

*Mark only one oval.*

- 0
- 1
- 2
- 3

89. My thoughts are strange and unpredictable. \*

*Mark only one oval.*

- 0
- 1
- 2
- 3

90. I don't care about other people's feelings. \*

*Mark only one oval.*

- 0
- 1
- 2
- 3



85. I like to take risks.

Mark only one oval.

0

1

2

3

86. I can't achieve goals because other things capture my attention. \*

Mark only one oval.

0

1

2

3

87. When I want to do something, I don't let the possibility that it might be risky stop me. \*

Mark only one oval.

0

1

2

3



94. I can be sneaky if it means getting what I want. \*

*Mark only one oval.*

0

1

2

3

95. Sometimes when I look at a familiar object, it's somehow like I'm seeing it for the first time. \*

*Mark only one oval.*

0

1

2

3

96. It is hard for me to shift from one activity to another. \*

*Mark only one oval.*

0

1

2

3



91. You need to step on some toes to get what you want in life. \*

*Mark only one oval.*

0

1

2

3

92. I love getting the attention of other people. \*

*Mark only one oval.*

0

1

2

3

93. I go out of my way to avoid any kind of group activity. \*

*Mark only one oval.*

0

1

2

3



100. I keep my distance from people. \*

*Mark only one oval.*

0

1

2

3

101. I often can't control what I think about. \*

*Mark only one oval.*

0

1

2

3

102. I don't get emotional. \*

*Mark only one oval.*

0

1

2

3



97. I worry a lot about terrible things that might happen. \*

Mark only one oval.

0

1

2

3

98. I have trouble changing how I'm doing something even if what I'm doing isn't going well. \*

Mark only one oval.

0

1

2

3

99. The world would be better off if I were dead. \*

Mark only one oval.

0

1

2

3



106. I have trouble pursuing specific goals even for short periods of time. \*

*Mark only one oval.*

- 0  
 1  
 2  
 3

107. I prefer to keep romance out of my life. \*

*Mark only one oval.*

- 0  
 1  
 2  
 3

108. I would never harm another person. \*

*Mark only one oval.*

- 0  
 1  
 2  
 3



103. I resent being told what to do, even by people in charge. \*

*Mark only one oval.*

0

1

2

3

104. I'm so ashamed by how I've let people down in lots of little ways. \*

*Mark only one oval.*

0

1

2

3

105. I avoid anything that might be even a little bit dangerous. \*

*Mark only one oval.*

0

1

2

3



112. I have some unusual abilities, like sometimes knowing exactly what someone is \*  
thinking.

*Mark only one oval.*

- 0  
 1  
 2  
 3

113. I get very nervous when I think about the future. \*

*Mark only one oval.*

- 0  
 1  
 2  
 3

114. I rarely worry about things. \*

*Mark only one oval.*

- 0  
 1  
 2  
 3



109. I don't show emotions strongly \*

*Mark only one oval.*

0

1

2

3

110. I have a very short temper. \*

*Mark only one oval.*

0

1

2

3

111. I often worry that something bad will happen due to mistakes I made in the past. \*

*Mark only one oval.*

0

1

2

3



118. I get fixated on certain things and can't stop. \*

*Mark only one oval.*

0

1

2

3

119. People tell me it's difficult to know what I'm feeling. \*

*Mark only one oval.*

0

1

2

3

120. I am a highly emotional person. \*

*Mark only one oval.*

0

1

2

3



115. I enjoy being in love. \*

Mark only one oval.

0

1

2

3

116. I prefer to play it safe rather than take unnecessary chances. \*

Mark only one oval.

0

1

2

3

117. I sometimes have heard things that others couldn't hear. \*

Mark only one oval.

0

1

2

3



124. I often have unusual experiences, such as sensing the presence of someone who isn't actually there. \*

*Mark only one oval.*

- 0
- 1
- 2
- 3

125. I'm good at making people do what I want them to do. \*

*Mark only one oval.*

- 0
- 1
- 2
- 3

126. I break off relationships if they start to get close. \*

*Mark only one oval.*

- 0
- 1
- 2
- 3



121. Others would take advantage of me if they could. \*

Mark only one oval.

0

1

2

3

122. I often feel like a failure. \*

Mark only one oval.

0

1

2

3

123. If something I do isn't absolutely perfect, it's simply not acceptable. \*

Mark only one oval.

0

1

2

3



130. I don't mind a little risk now and then. \*

*Mark only one oval.*

0

1

2

3

131. My behavior is often bold and grabs peoples' attention. \*

*Mark only one oval.*

0

1

2

3

132. I'm better than almost everyone else. \*

*Mark only one oval.*

0

1

2

3



127. I'm always worrying about something. \*

*Mark only one oval.*

0

1

2

3

128. I worry about almost everything. \*

*Mark only one oval.*

0

1

2

3

129. I like standing out in a crowd. \*

*Mark only one oval.*

0

1

2

3



136. I have trouble keeping my mind focused on what needs to be done. \*

*Mark only one oval.*

0

1

2

3

137. I talk about suicide a lot. \*

*Mark only one oval.*

0

1

2

3

138. I'm just not very interested in having sexual relationships. \*

*Mark only one oval.*

0

1

2

3



133. People complain about my need to have everything all arranged. \*

*Mark only one oval.*

0

1

2

3

134. I always make sure I get back at people who wrong me. \*

*Mark only one oval.*

0

1

2

3

135. I'm always on my guard for someone trying to trick or harm me. \*

*Mark only one oval.*

0

1

2

3



142. I almost never feel happy about my day-to-day activities \*

*Mark only one oval.*

0

1

2

3

143. Sweet-talking others helps me get what I want. \*

*Mark only one oval.*

0

1

2

3

144. Sometimes you need to exaggerate to get ahead. \*

*Mark only one oval.*

0

1

2

3



139. I get stuck on things a lot. \*

*Mark only one oval.*

0

1

2

3

140. I get emotional easily, often for very little reason \*

*Mark only one oval.*

0

1

2

3

141. Even though it drives other people crazy, I insist on absolute perfection in everything I do. \*

*Mark only one oval.*

0

1

2

3



148. I am a very anxious person. \*

*Mark only one oval.*

0

1

2

3

149. People are basically trustworthy. \*

*Mark only one oval.*

0

1

2

3

150. I am easily distracted. \*

*Mark only one oval.*

0

1

2

3



145. I fear being alone in life more than anything else. \*

Mark only one oval.

0

1

2

3

146. I get stuck on one way of doing things, even when it's clear it won't work. \*

Mark only one oval.

0

1

2

3

147. I'm often pretty careless with my own and others' things. \*

Mark only one oval.

0

1

2

3



154. I don't like spending time with others. \*

*Mark only one oval.*

0

1

2

3

155. I feel compelled to go on with things even when it makes little sense to do so. \*

*Mark only one oval.*

0

1

2

3

156. I never know where my emotions will go from moment to moment. \*

*Mark only one oval.*

0

1

2

3



151. It seems like I'm always getting a "raw deal" from others. \*

*Mark only one oval.*

0

1

2

3

152. I don't hesitate to cheat if it gets me ahead. \*

*Mark only one oval.*

0

1

2

3

153. I check things several times to make sure they are perfect. \*

*Mark only one oval.*

0

1

2

3



160. I try to tell the truth even when it's hard. \*

*Mark only one oval.*

- 0  
 1  
 2  
 3

161. I believe that some people can move things with their minds. \*

*Mark only one oval.*

- 0  
 1  
 2  
 3

162. I can't focus on things for very long. \*

*Mark only one oval.*

- 0  
 1  
 2  
 3



157. I have seen things that weren't really there. \*

Mark only one oval.

0

1

2

3

158. It is important to me that things are done in a certain way. \*

Mark only one oval.

0

1

2

3

159. I always expect the worst to happen. \*

Mark only one oval.

0

1

2

3



166. I'm useless as a person \*

*Mark only one oval.*

- 0  
 1  
 2  
 3

167. I'll do just about anything to keep someone from abandoning me. \*

*Mark only one oval.*

- 0  
 1  
 2  
 3

168. Sometimes I can influence other people just by sending my thoughts to them. \*

*Mark only one oval.*

- 0  
 1  
 2  
 3



163. I steer clear of romantic relationships. \*

Mark only one oval.

0

1

2

3

164. I'm not interested in making friends. \*

Mark only one oval.

0

1

2

3

165. I say as little as possible when dealing with people. \*

Mark only one oval.

0

1

2

3



172. Sometimes I feel "controlled" by thoughts that belong to someone else. \*

*Mark only one oval.*

- 0
- 1
- 2
- 3

173. I really live life to the fullest. \*

*Mark only one oval.*

- 0
- 1
- 2
- 3

174. I make promises that I don't really intend to keep. \*

*Mark only one oval.*

- 0
- 1
- 2
- 3



169. Life looks pretty bleak to me. \*

Mark only one oval.

0

1

2

3

170. I think about things in odd ways that don't make sense to most people. \*

Mark only one oval.

0

1

2

3

171. I don't care if my actions hurt others. \*

Mark only one oval.

0

1

2

3



178. I often forget to pay my bills. \*

*Mark only one oval.*

0

1

2

3

179. I don't like to get too close to people. \*

*Mark only one oval.*

0

1

2

3

180. I'm good at conning people. \*

*Mark only one oval.*

0

1

2

3



175. Nothing seems to make me feel good. \*

*Mark only one oval.*

0

1

2

3

176. I get irritated easily by all sorts of things. \*

*Mark only one oval.*

0

1

2

3

177. I do what I want regardless of how unsafe it might be. \*

*Mark only one oval.*

0

1

2

3



184. It's no big deal if I hurt other peoples' feelings. \*

*Mark only one oval.*

0

1

2

3

185. I never show emotions to others. \*

*Mark only one oval.*

0

1

2

3

186. I often feel just miserable \*

*Mark only one oval.*

0

1

2

3



181. Everything seems pointless to me. \*

Mark only one oval.

0

1

2

3

182. I never take risks. \*

Mark only one oval.

0

1

2

3

183. I get emotional over every little thing. \*

Mark only one oval.

0

1

2

3



190. I've been told more than once that I have a number of odd quirks or habits. \*

*Mark only one oval.*

0

1

2

3

191. I like being a person who gets noticed. \*

*Mark only one oval.*

0

1

2

3

192. I'm always fearful or on edge about bad things that might happen. \*

*Mark only one oval.*

0

1

2

3



187. I have no worth as a person. \*

Mark only one oval.

0

1

2

3

188. I am usually pretty hostile \*

Mark only one oval.

0

1

2

3

189. I've skipped town to avoid responsibilities. \*

Mark only one oval.

0

1

2

3



196. I know I'll commit suicide sooner or later. \*

*Mark only one oval.*

0

1

2

3

197. I've achieved far more than almost anyone I know. \*

*Mark only one oval.*

0

1

2

3

198. I can certainly turn on the charm if I need to get my way. \*

*Mark only one oval.*

0

1

2

3



193. I never want to be alone. \*

Mark only one oval.

0

1

2

3

194. I keep trying to make things perfect, even when I've gotten them as good as they're likely to get. \*

Mark only one oval.

0

1

2

3

195. I rarely feel that people I know are trying to take advantage of me. \*

Mark only one oval.

0

1

2

3



202. I don't react much to things that seem to make others emotional. \*

*Mark only one oval.*

0

1

2

3

203. I have several habits that others find eccentric or strange. \*

*Mark only one oval.*

0

1

2

3

204. I avoid social events. \*

*Mark only one oval.*

0

1

2

3



199. My emotions are unpredictable. \*

Mark only one oval.

0

1

2

3

200. I don't deal with people unless I have to. \*

Mark only one oval.

0

1

2

3

201. I don't care about other peoples' problems. \*

Mark only one oval.

0

1

2

3



208. I suspect that even my so-called "friends" betray me a lot. \*

*Mark only one oval.*

0

1

2

3

209. I crave attention. \*

*Mark only one oval.*

0

1

2

3

210. Sometimes I think someone else is removing thoughts from my head. \*

*Mark only one oval.*

0

1

2

3



205. I deserve special treatment. \*

*Mark only one oval.*

- 0  
 1  
 2  
 3

206. It makes me really angry when people insult me in even a minor way. \*

*Mark only one oval.*

- 0  
 1  
 2  
 3

207. I rarely get enthusiastic about anything. \*

*Mark only one oval.*

- 0  
 1  
 2  
 3



214. I simply won't put up with things being out of their proper places. \*

*Mark only one oval.*

0

1

2

3

215. I often have to deal with people who are less important than me. \*

*Mark only one oval.*

0

1

2

3

216. I sometimes hit people to remind them who's in charge. \*

*Mark only one oval.*

0

1

2

3



211. I have periods in which I feel disconnected from the world or from myself. \*

*Mark only one oval.*

0

1

2

3

212. I often see unusual connections between things that most people miss. \*

*Mark only one oval.*

0

1

2

3

213. I don't think about getting hurt when I'm doing things that might be dangerous. \*

*Mark only one oval.*

0

1

2

3



220. I try to do what others want me to do. \*

*Mark only one oval.*

0

1

2

3

221. I prefer being alone to having a close romantic partner. \*

*Mark only one oval.*

0

1

2

3

222. I am very impulsive. \*

*Mark only one oval.*

0

1

2

3



217. I get pulled off-task by even minor distractions. \*

*Mark only one oval.*

0

1

2

3

218. I enjoy making people in control look stupid. \*

*Mark only one oval.*

0

1

2

3

219. I just skip appointments or meetings if I'm not in the mood. \*

*Mark only one oval.*

0

1

2

3



226. Most of the time I don't see the point in being friendly. \*

*Mark only one oval.*

- 0  
 1  
 2  
 3

227. I've had some really weird experiences that are very difficult to explain. \*

*Mark only one oval.*

- 0  
 1  
 2  
 3

228. I follow through on commitments. \*

*Mark only one oval.*

- 0  
 1  
 2  
 3



223. I often have thoughts that make sense to me but that other people say are strange. \*

Mark only one oval.

0

1

2

3

224. I use people to get what I want. \*

Mark only one oval.

0

1

2

3

225. I don't see the point in feeling guilty about things I've done that have hurt other people \*

Mark only one oval.

0

1

2

3



232. Lying comes easily to me. \*

*Mark only one oval.*

0

1

2

3

233. I hate to take chances \*

*Mark only one oval.*

0

1

2

3

234. I'm nasty and short to anybody who deserves it \*

*Mark only one oval.*

0

1

2

3



229. I like to draw attention to myself. \*

Mark only one oval.

0

1

2

3

230. I feel guilty much of the time. \*

Mark only one oval.

0

1

2

3

231. I often "zone out" and then suddenly come to and realize that a lot of time has passed. \*

Mark only one oval.

0

1

2

3



238. I have a strict way of doing things. \*

Mark only one oval.

- 0
- 1
- 2
- 3

### The Schutte Self Report Emotional Intelligence Test (SSEIT)

**Instructions:** Indicate the extent to which each item applies to you using the scale in the five columns to the right of each item.

**Scale:**

- 1 = Strongly Disagree
- 2 = Disagree
- 3 = Neither Agree nor Disagree
- 4 = Agree
- 5 = Strongly Agree



235. Things around me often feel unreal, or more real than usual. \*

*Mark only one oval.*

0

1

2

3

236. I'll stretch the truth if it's to my advantage. \*

*Mark only one oval.*

0

1

2

3

237. It is easy for me to take advantage of others. \*

*Mark only one oval.*

0

1

2

3



242. Other people find it easy to confide in me \*

*Mark only one oval.*

- 1  
 2  
 3  
 4  
 5

243. I find it hard to understand the non-verbal messages of other people \*

*Mark only one oval.*

- 5  
 4  
 3  
 2  
 1

244. Some of the major events of my life have led me to re-evaluate what is important \*  
and not important

*Mark only one oval.*

- 1  
 2  
 3  
 4  
 5



239. I know when to speak about my personal problems to others \*

Mark only one oval.

 1 2 3 4 5

240. When I am faced with obstacles, I remember times I faced similar obstacles and \*  
overcame them

Mark only one oval.

 1 2 3 4 5

241. I expect that I will do well on most things I try \*

Mark only one oval.

 1 2 3 4 5

248. I expect good things to happen \*

*Mark only one oval.*

1

2

3

4

5

249. I like to share my emotions with others \*

*Mark only one oval.*

1

2

3

4

5

250. When I experience a positive emotion, I know how to make it last \*

*Mark only one oval.*

1

2

3

4

5



245. When my mood changes, I see new possibilities \*

Mark only one oval.

 1 2 3 4 5

246. Emotions are one of the things that make my life worth living \*

Mark only one oval.

 1 2 3 4 5

247. I am aware of my emotions as I experience them \*

Mark only one oval.

 1 2 3 4 5

254. I present myself in a way that makes a good impression on others \*

*Mark only one oval.*

 1 2 3 4 5

255. When I am in a positive mood, solving problems is easy for me \*

*Mark only one oval.*

 1 2 3 4 5

256. By looking at their facial expressions, I recognize the emotions people are experiencing \*

*Mark only one oval.*

 1 2 3 4 5

251. I arrange events others enjoy \*

Mark only one oval.

1

2

3

4

5

252. I seek out activities that make me happy \*

Mark only one oval.

1

2

3

4

5

253. I am aware of the non-verbal messages I send to others \*

Mark only one oval.

1

2

3

4

5



260. I easily recognize my emotions as I experience them \*

*Mark only one oval.*

1

2

3

4

5

261. I motivate myself by imagining a good outcome to tasks I take on \*

*Mark only one oval.*

1

2

3

4

5

262. I compliment others when they have done something well \*

*Mark only one oval.*

1

2

3

4

5



257. I know why my emotions change \*

Mark only one oval.

1

2

3

4

5

258. When I am in a positive mood, I am able to come up with new ideas \*

Mark only one oval.

1

2

3

4

5

259. I have control over my emotions \*

Mark only one oval.

1

2

3

4

5



266. When I feel a change in emotions, I tend to come up with new ideas \*

Mark only one oval.

- 1  
 2  
 3  
 4  
 5

267. When I am faced with a challenge, I give up because I believe I will fail \*

Mark only one oval.

- 5  
 4  
 3  
 2  
 1

268. I know what other people are feeling just by looking at them \*

Mark only one oval.

- 1  
 2  
 3  
 4  
 5



263. I am aware of the non-verbal messages other people send \*

Mark only one oval.

1

2

3

4

5

264. When another person tells me about an important event in his or her life, I almost feel as though I have experienced this event myself \*

Mark only one oval.

1

2

3

4

5

265. When I feel a change in emotions, I tend to come up with new ideas \*

Mark only one oval.

1

2

3

4

5



272. It is difficult for me to understand why people feel the way they do \*

Mark only one oval.

5

4

3

2

1

### WHO-5 Well-being Index

Please respond to each item by marking one box per row, regarding how you felt in the last two weeks.

Scale

- All of the time = 5
- Most of the time = 4
- More than half the time = 3
- Less than half the time = 2
- Some of the time = 1
- At no time = 0



269. I help other people feel better when they are down \*

Mark only one oval.

1

2

3

4

5

270. I use good moods to help myself keep trying in the face of obstacles \*

Mark only one oval.

1

2

3

4

5

271. I can tell how people are feeling by listening to the tone of their voice \*

Mark only one oval.

1

2

3

4

5



276. I woke up feeling fresh and rested. \*

Mark only one oval.

- 5
- 4
- 3
- 2
- 1
- 0

277. My daily life has been filled with things that interest me. \*

Mark only one oval.

- 5
- 4
- 3
- 2
- 1
- 0

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*Betsy*

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AMALA INSTITUTE OF MEDICAL SCIENCES  
AMALA NAGAR, THRISSUR-680 555



273. I have felt cheerful and in good spirits. \*

Mark only one oval.

- 5  
 4  
 3  
 2  
 1  
 0

274. I have felt calm and relaxed. \*

Mark only one oval.

- 5  
 4  
 3  
 2  
 1  
 0

275. I have felt active and vigorous. \*

Mark only one oval.

- 5  
 4  
 3  
 2  
 1  
 0

