

S T C I - T <30>

Name/Code: _____

Age: |__|__|

Gender: O male O female

Instructions:

The following statements refer to your moods and mentality **in general**. Please try as much as possible to describe your **habitual** behavior patterns and attitudes by marking an X through one of the four alternatives. Please use the following scale:

- (1) strongly disagree
- (2) moderately disagree
- (3) moderately agree
- (4) strongly agree

For example:

I am an active person.(1) (2) (3) (4)

If you strongly agree with this statement, that is, if you are **in general** an active person, **mark an X through (4)**. If you strongly disagree, that is, if you are **habitually not** active **at all**, **mark an X through (1)**. If you have difficulty answering a question, pick the response that **most** applies.

Please answer *every* question, do not omit any.

-
- 1 Everyday life often gives me the occasion to laugh. (1) (2) (3) (4)
 - 2 I prefer people who communicate with deliberation and objectivity. (1) (2) (3) (4)
 - 3 I am a rather sad person. (1) (2) (3) (4)
 - 4 One of my principles is: "first work, then play." (1) (2) (3) (4)
 - 5 I am often sullen. (1) (2) (3) (4)
 - 6 I can easily unwind and enjoy the moment. (1) (2) (3) (4)
 - 7 I am a serious person. (1) (2) (3) (4)
 - 8 Many adversities of everyday life actually do have a positive side. (1) (2) (3) (4)
 - 9 I often smile. (1) (2) (3) (4)
 - 10 In everything I do, I always consider every possible effect and compare all pros and cons carefully. (1) (2) (3) (4)
 - 11 When friends try to cheer me up by joking or fooling around, I sometimes become more morose and grumpy. (1) (2) (3) (4)
 - 12 I am often in a joyous mood. (1) (2) (3) (4)
 - 13 There are many days on which I think, "I got up on the wrong side of the bed." (1) (2) (3) (4)
 - 14 In most situations, I initially see the serious aspect. (1) (2) (3) (4)
 - 15 I like to laugh and do it often. (1) (2) (3) (4)

(1) strongly disagree (2) moderately disagree (3) moderately agree (4) strongly agree

- 16 Even if there is no reason, I often feel ill-humored. (1) (2) (3) (4)
- 17 When I communicate with other people, I always try to have an objective and sober exchange of ideas. (1) (2) (3) (4)
- 18 I feel completely contented being with cheerful people. (1) (2) (3) (4)
- 19 I am often in a bad mood. (1) (2) (3) (4)
- 20 When I watch TV, I prefer informative reports to "shallow" programs. (1) (2) (3) (4)
- 21 I often feel despondent. (1) (2) (3) (4)
- 22 I try to spend my free time doing things as useful as possible. (1) (2) (3) (4)
- 23 I often feel so gloomy that nothing can make me laugh. (1) (2) (3) (4)
- 24 My everyday life is filled mainly with important things and matters. (1) (2) (3) (4)
- 25 Laughing has a contagious effect on me. (1) (2) (3) (4)
- 26 Some annoying circumstances are capable of spoiling my mood for quite a while. (1) (2) (3) (4)
- 27 I am a cheerful person. (1) (2) (3) (4)
- 28 Sometimes I am distressed for a very long time. (1) (2) (3) (4)
- 29 It is easy for me to spread good cheer. (1) (2) (3) (4)
- 30 When I am in contact with others, I often find that I have thought many things through more thoroughly than they. (1) (2) (3) (4)
-

Please check to see that you have answered *every* statement.

S T C I - T <30> p e e r

Name/Code: _____

your age: |_|_|

your gender: male female

Instructions:

In this questionnaire, you are asked to give a **description of a familiar person**. The following statements refer to his or her feelings, moods, and attitudes. Please try as much as possible to describe the **habitual behavior patterns and attitudes** of the person who gave you this paper by marking an X through one of the four alternatives. Please use the following scale:

- (1) strongly disagree
- (2) moderately disagree
- (3) moderately agree
- (4) strongly agree

For example:

_____ is an active person. (1) (2) (3) (4)

First, insert the person's name in the blank line (____) as you think about the statement. If this statement describes the person who gave you this questionnaire very much, that is, *if this person is in general an active person, mark an X through (4)*. If the description does not fit the person at all, that is, *if he or she is not active at all, mark an X through (1)*.

If you have difficulty answering a question, pick the response that *most* applies. In some cases, you are asked for the impression the person has made on you because we cannot always know the feelings, thoughts and attitudes of other people. Please answer every question; do not omit any.

Please give your estimate based on your immediate impression; do not think too long on any question. In order for your reply to remain *confidential*, place this questionnaire in the *envelope* that has been provided and *seal it tightly*.

-
- 1 Everyday life often gives _____ the occasion to laugh. (1) (2) (3) (4)
 - 2 _____ prefers people who communicate with deliberation and objectivity. (1) (2) (3) (4)
 - 3 _____ is a rather sad person. (1) (2) (3) (4)
 - 4 One of _____'s principles is: "First work, then play." (1) (2) (3) (4)
 - 5 _____ is often sullen. (1) (2) (3) (4)
 - 6 _____ can easily unwind and enjoy the moment. (1) (2) (3) (4)
 - 7 _____ is a serious person. (1) (2) (3) (4)
 - 8 _____ seems to think: "Many adversities of everyday life actually do have a positive side." (1) (2) (3) (4)
 - 9 _____ often smiles. (1) (2) (3) (4)
 - 10 In everything _____ does, he/she always considers every possible effect and compares all pros and cons carefully. (1) (2) (3) (4)

- 11 When friends try to cheer _____ up by joking or fooling around, he/she sometimes becomes more morose and grumpy. (1) (2) (3) (4)
- 12 _____ is often in a joyous mood. (1) (2) (3) (4)
- 13 There are many days on which _____ seems to think: "I got up on the wrong side of the bed." (1) (2) (3) (4)
- 14 In most situations, _____ initially sees the serious aspect. (1) (2) (3) (4)
- 15 _____ likes to laugh and does it often. (1) (2) (3) (4)
- 16 Even if there is no reason, _____ often feels ill-humored. (1) (2) (3) (4)
- 17 When _____ communicates with other people, he/she always tries to have an objective and sober exchange of ideas. (1) (2) (3) (4)
- 18 _____ seems to be completely contented being with cheerful people. (1) (2) (3) (4)
- 19 _____ is often in a bad mood. (1) (2) (3) (4)
- 20 When _____ watches TV, he/she prefers informative reports to "shallow" programs. (1) (2) (3) (4)
- 21 _____ often feels despondent. (1) (2) (3) (4)
- 22 _____ tries to spend his/her free time doing things as useful as possible. (1) (2) (3) (4)
- 23 _____ often seems to feel so gloomy that nothing can make him/her laugh. (1) (2) (3) (4)
- 24 _____'s everyday life is filled mainly with important things and matters. (1) (2) (3) (4)
- 25 Laughing has a contagious effect on _____. (1) (2) (3) (4)
- 26 Some annoying circumstances are capable of spoiling _____'s mood for quite a while. (1) (2) (3) (4)
- 27 _____ is a cheerful person. (1) (2) (3) (4)
- 28 Sometimes _____ is distressed for a very long time. (1) (2) (3) (4)
- 29 It is easy for _____ to spread good cheer. (1) (2) (3) (4)
- 30 When _____ is in contact with others, he/she often seems to find that he/she thought many things through more thoroughly than they. (1) (2) (3) (4)
-

Please check to see that you have answered **every** statement.

Finally, please indicate how **familiar** the person you described is to you:

I have known this person for about _____ years.

I am with this person for an average of about _____ hours per week.

Please estimate how familiar you are with this person:

(1) (2) (3) (4) (5) (6) (7)
very slightly partly very
familiar familiar familiar

Thank you for your cooperation.

STCI - S <18>

Name (Code): _____

Age: |_|_|

Gender: male O female O

Instructions:

The following statements refer to your current mood and mental state. Please try as much as possible to describe your current feelings and state of mind by marking an X through one of the four alternatives. Please use the following scale:

- (1) strongly disagree
- (2) moderately disagree
- (3) moderately agree
- (4) strongly agree

For example:

I have an even temper. (1) (2) (3) (4)

If you strongly agree with this statement, that is, if you have an even temper at this moment, mark an X through (4). If you strongly disagree, that is, if you at present do not have an even temper at all, mark an X through (1).

If you have difficulty answering a question, pick the solution that most applies.

Please answer every question, do not omit any.

-
1. I feel gloomy. (1) (2) (3) (4)
 2. I am set for serious things. (1) (2) (3) (4)
 3. I am cheerful. (1) (2) (3) (4)
 4. I have important things on my mind. (1) (2) (3) (4)
 5. I am in a crabby mood. (1) (2) (3) (4)

 6. I am sad. (1) (2) (3) (4)
 7. I am ready to have some fun. (1) (2) (3) (4)
 8. I have a serious mental attitude. (1) (2) (3) (4)
 9. I could laugh at the drop of a hat. (1) (2) (3) (4)
 10. I am peeved. (1) (2) (3) (4)

 11. I'm walking on air. (1) (2) (3) (4)
 12. I regard my situation objectively and soberly. (1) (2) (3) (4)
 13. I am amused. (1) (2) (3) (4)
 14. I am in a serious frame of mind. (1) (2) (3) (4)
 15. I am in a thoughtful mood. (1) (2) (3) (4)

 16. I feel dejected. (1) (2) (3) (4)
 17. I am delighted. (1) (2) (3) (4)
 18. I feel grouchy. (1) (2) (3) (4)
-

Please check to see that you have answered every statement.

STCI - S <18> (d)

Name (Code): _____

Age: |_|_|

Gender: male O female O

Instructions:

The following statements refer to your mood and mental state of today . Please try as much as possible to describe the feelings you had and state of mind you were predominantly in today by marking an X through one of the four alternatives. Please use the following scale:

- (1) strongly disagree
- (2) moderately disagree
- (3) moderately agree
- (4) strongly agree

For example:

I had an even temper. (1) (2) (3) (4)

If you strongly agree with this statement, that is, if you predominantly had an even temper today, mark an X through (4) . If you strongly disagree , that is, if you did not have an even temper at all, mark an X through (1) .

If you have difficulty answering a question, pick the solution that most applies.

Please answer every question, do not omit any.

-
- 1. I felt gloomy. (1) (2) (3) (4)
 - 2. I was set for serious things. (1) (2) (3) (4)
 - 3. I was cheerful. (1) (2) (3) (4)
 - 4. I had important things on my mind. (1) (2) (3) (4)
 - 5. I was in a crabby mood. (1) (2) (3) (4)

 - 6. I was sad. (1) (2) (3) (4)
 - 7. I was ready to have some fun. (1) (2) (3) (4)
 - 8. I had a serious mental attitude. (1) (2) (3) (4)
 - 9. I could laugh at the drop of a hat. (1) (2) (3) (4)
 - 10. I was peeved. (1) (2) (3) (4)

 - 11. I was walking on air. (1) (2) (3) (4)
 - 12. I regarded my situation objectively and soberly. (1) (2) (3) (4)
 - 13. I was amused. (1) (2) (3) (4)
 - 14. I was in a serious frame of mind. (1) (2) (3) (4)
 - 15. I was in a thoughtful mood. (1) (2) (3) (4)

 - 16. I felt dejected. (1) (2) (3) (4)
 - 17. I was delighted. (1) (2) (3) (4)
 - 18. I felt grouchy. (1) (2) (3) (4)
-

Please check to see that you have answered every statement.

STCI - S <18> (w)

Name (Code): _____

Age: |_|_|

Gender: male female

Instructions:

The following statements refer to your mood and mental state of the last week . Please try as much as possible to describe the feelings you had and state of mind you were predominantly in during the last week by marking an X through one of the four alternatives. Please use the following scale:

- (1) strongly disagree
- (2) moderately disagree
- (3) moderately agree
- (4) strongly agree

For example:

I had an even temper. (1) (2) (3) (4)

If you strongly agree with this statement, that is, if you predominantly had an even temper last week, mark an X through (4) . If you strongly disagree , that is, if you did not have an even temper at all, mark an X through (1) .

If you have difficulty answering a question, pick the solution that most applies.

Please answer every question, do not omit any.

-
1. I felt gloomy. (1) (2) (3) (4)
 2. I was set for serious things. (1) (2) (3) (4)
 3. I was cheerful. (1) (2) (3) (4)
 4. I had important things on my mind. (1) (2) (3) (4)
 5. I was in a crabby mood. (1) (2) (3) (4)

 6. I was sad. (1) (2) (3) (4)
 7. I was ready to have some fun. (1) (2) (3) (4)
 8. I had a serious mental attitude. (1) (2) (3) (4)
 9. I could laugh at the drop of a hat. (1) (2) (3) (4)
 10. I was peeved. (1) (2) (3) (4)

 11. I was walking on air. (1) (2) (3) (4)
 12. I regarded my situation objectively and soberly. (1) (2) (3) (4)
 13. I was amused. (1) (2) (3) (4)
 14. I was in a serious frame of mind. (1) (2) (3) (4)
 15. I was in a thoughtful mood. (1) (2) (3) (4)

 16. I felt dejected. (1) (2) (3) (4)
 17. I was delighted. (1) (2) (3) (4)
 18. I felt grouchy. (1) (2) (3) (4)
-

Please check to see that you have answered every statement.

STCI - S <18> (m)

Name (Code): _____

Age: |_|_|

Gender: male O female O

Instructions:

The following statements refer to your mood and mental state of the last month . Please try as much as possible to describe the feelings you had and state of mind you were predominantly in during the last month by marking an X through one of the four alternatives. Please use the following scale:

- (1) strongly disagree
- (2) moderately disagree
- (3) moderately agree
- (4) strongly agree

For example:

I had an even temper. (1) (2) (3) (4)

If you strongly agree with this statement, that is, if you predominantly had an even temper last month, mark an X through (4) . If you strongly disagree , that is, if you did not have an even temper at all, mark an X through (1) .

If you have difficulty answering a question, pick the solution that most applies.

Please answer every question, do not omit any.

-
1. I felt gloomy. (1) (2) (3) (4)
 2. I was set for serious things. (1) (2) (3) (4)
 3. I was cheerful. (1) (2) (3) (4)
 4. I had important things on my mind. (1) (2) (3) (4)
 5. I was in a crabby mood. (1) (2) (3) (4)

 6. I was sad. (1) (2) (3) (4)
 7. I was ready to have some fun. (1) (2) (3) (4)
 8. I had a serious mental attitude. (1) (2) (3) (4)
 9. I could laugh at the drop of a hat. (1) (2) (3) (4)
 10. I was peeved. (1) (2) (3) (4)

 11. I was walking on air. (1) (2) (3) (4)
 12. I regarded my situation objectively and soberly. (1) (2) (3) (4)
 13. I was amused. (1) (2) (3) (4)
 14. I was in a serious frame of mind. (1) (2) (3) (4)
 15. I was in a thoughtful mood. (1) (2) (3) (4)

 16. I felt dejected. (1) (2) (3) (4)
 17. I was delighted. (1) (2) (3) (4)
 18. I felt grouchy. (1) (2) (3) (4)
-

Please check to see that you have answered every statement.

STCI - S <18> (y)

Name (Code): _____

Age: |__|__|

Gender: male O female O

Instructions:

The following statements refer to your mood and mental state of the last year . Please try as much as possible to describe the feelings you had and state of mind you were predominantly in during the last year by marking an X through one of the four alternatives. Please use the following scale:

- (1) strongly disagree
- (2) moderately disagree
- (3) moderately agree
- (4) strongly agree

For example:

I had an even temper. (1) (2) (3) (4)

If you strongly agree with this statement, that is, if you predominantly had an even temper last year, mark an X through (4) . If you strongly disagree , that is, if you did not have an even temper at all, mark an X through (1) .

If you have difficulty answering a question, pick the solution that most applies.

Please answer every question, do not omit any.

-
1. I felt gloomy. (1) (2) (3) (4)
 2. I was set for serious things. (1) (2) (3) (4)
 3. I was cheerful. (1) (2) (3) (4)
 4. I had important things on my mind. (1) (2) (3) (4)
 5. I was in a crabby mood. (1) (2) (3) (4)

 6. I was sad. (1) (2) (3) (4)
 7. I was ready to have some fun. (1) (2) (3) (4)
 8. I had a serious mental attitude. (1) (2) (3) (4)
 9. I could laugh at the drop of a hat. (1) (2) (3) (4)
 10. I was peeved. (1) (2) (3) (4)

 11. I was walking on air. (1) (2) (3) (4)
 12. I regarded my situation objectively and soberly. (1) (2) (3) (4)
 13. I was amused. (1) (2) (3) (4)
 14. I was in a serious frame of mind. (1) (2) (3) (4)
 15. I was in a thoughtful mood. (1) (2) (3) (4)

 16. I felt dejected. (1) (2) (3) (4)
 17. I was delighted. (1) (2) (3) (4)
 18. I felt grouchy. (1) (2) (3) (4)
-

Please check to see that you have answered every statement.

STCI - S <18> (t)

Name (Code): _____

Age: |__|__|

Gender: male O female O

Instructions:

The following statements refer to your mood and mental state in general . Please try as much as possible to describe your habitual feelings and state of mind by marking an X through one of the four alternatives. Please use the following scale:

- (1) strongly disagree
- (2) moderately disagree
- (3) moderately agree
- (4) strongly agree

For example:

I have an even temper. (1) (2) (3) (4)

If you strongly agree with this statement, that is, if you generally have an even temper, mark an X through (4) . If you strongly disagree , that is, if you generally do not have an even temper at all, mark an X through (1) .

If you have difficulty answering a question, pick the solution that most applies.

Please answer every question, do not omit any.

-
1. I feel gloomy. (1) (2) (3) (4)
 2. I am set for serious things. (1) (2) (3) (4)
 3. I am cheerful. (1) (2) (3) (4)
 4. I have important things on my mind. (1) (2) (3) (4)
 5. I am in a crabby mood. (1) (2) (3) (4)

 6. I am sad. (1) (2) (3) (4)
 7. I am ready to have some fun. (1) (2) (3) (4)
 8. I have a serious mental attitude. (1) (2) (3) (4)
 9. I could laugh at the drop of a hat. (1) (2) (3) (4)
 10. I am peeved. (1) (2) (3) (4)

 11. I'm walking on air. (1) (2) (3) (4)
 12. I regard my situation objectively and soberly. (1) (2) (3) (4)
 13. I am amused. (1) (2) (3) (4)
 14. I am in a serious frame of mind. (1) (2) (3) (4)
 15. I am in a thoughtful mood. (1) (2) (3) (4)

 16. I feel dejected. (1) (2) (3) (4)
 17. I am delighted. (1) (2) (3) (4)
 18. I feel grouchy. (1) (2) (3) (4)
-

Please check to see that you have answered every statement.