

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.

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- 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

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