

**How I Feel
with variable names**

With various
names. Brinley
9/7/78

FINAL

HOW I FEEL--TAPESCRIPT

We are interested in knowing how each of you feels about yourself as a teenager. I will be reading questions about the kinds of feelings you may have been having over the last several weeks. Also, I will ask questions about how you're doing with your friends, your family and in school. We have already handed out booklets with the words, "HOW I FEEL" on the cover. Your answers go in this booklet.

We are interested in how you've been feeling inside about yourself over the last several weeks. There are no right or wrong answers to the questions I will be reading. Everyone has different feelings and everyone's feelings change from time to time. We're interested in how you have been feeling generally over the last several weeks.

Over the next few minutes, I will be describing what we are going to do and then will give you a chance to practice on a few items before actually beginning.

I will be reading each statement twice; each time, I will start with the item number so you can always know which item we are working on. The answer sheet is arranged so that you can make a pencil mark to show just how much each statement is true for you. You may mark your answer right after the first time I read the item. If you want to think about it a little longer, you can wait until after I have read the item a second time. I will say the item number each time I make the statement so that you will know where we are on the answer sheet.

Now (PAUSE), I've just told you the general idea, but it is going to take a little practice for you to see just what we have in mind. The way to show your feelings is to decide whether the item I read is very, very much

the way you feel, not at all the way you feel, or somewhere in between. So, your answer may range all the way from "very, very much" to "Not at all." Mark one of the six places closest to how you really feel.

Let's do some for practice. Please open your booklet to the first page. At the top of the page you will see the letters, A, B, C, and D for the four practice items (SLIDE).¹

The first practice item is: (SLIDE)²

A. I like ice cream. (PAUSE ONE SECOND). A. I like ice cream.

Mark on the answer sheet by the letter A whether you like ice cream very, very much or not at all, or somewhere in between. To mark your answer, simply draw a line with your pencil in the space which best shows how you feel. For example, if you like ice cream very, very much, your answer sheet should look like this. (SLIDE).³

Let's try another one. (SLIDE)⁴

B. I feel happy. (PAUSE ONE SECOND) B. I feel happy.

If, over the past several weeks, you have felt happy very, very much you would answer on the left of the answer line, like this. (SLIDE).⁵ If, over the past several weeks you have felt a little happy, you might answer in a place more toward the middle, like this. (SLIDE).⁶ If you haven't felt very happy at all for the last several weeks you might answer in the place at the other end of the line by "not at all." (SLIDE)⁷ You may mark in any one of the six places to show how you feel. Are there any questions? (PAUSE)

Let's do two more practice items. I will do these two in just the way we will be doing all the items once we really get started. (SLIDE)⁸

C. I like little children. (PAUSE ONE SECOND)

C. I like little children. (PAUSE THREE SECONDS) (SLIDE)⁹

D. I Feel tired. (PAUSE ONE SECOND)

The items will be read pretty fast so you should mark your answer sheet soon after the item is read for the second time. Listen very carefully so that you

hear the item and can decide how to mark your answer sheet. Remember that we are interested in your feelings over the last several weeks. Do you have any questions? (PAUSE) Please use only the pencil we have given you. If you have a problem while we're doing the HOW I FEEL, just raise your hand and one of the proctors will help you.

We are now ready to begin. You should begin marking on your answer sheet by number 1. (PAUSE TWO SECONDS)

(PAUSE ONE SECOND AFTER FIRST GIVING THE ITEM. PAUSE THREE SECONDS BETWEEN ITEMS. A SLIDE WILL BE PRESENTED FOR EACH ITEM.)

- (10) *pechg016* Number 1. I feel strong and healthy. (PAUSE ONE SECOND). Number 1. I feel strong and healthy. How true has this been for you over the past several weeks, "very, very much," "not at all" or somewhere in between? Mark the place which shows best how you feel.
- (11) *psychx016* Number 2. I feel nervous. (PAUSE) Number 2. I feel nervous. Mark the place which best shows how you feel, "very, very much" or "not at all" or somewhere in between.
- (12) 3. (SAY "number three") I feel sad. (REPEAT NUMBER AND ITEM) *psychd016*
- (13) 4. I can change my plans or my mind if I get new information (REPEAT) *pechg026*
- (14) 5. I feel empty inside. (REPEAT) *psychb016*
- (15) 6. People hide from me what they really feel. (REPEAT) *psychz016*
- (16) 7. I have a tough time making up my mind. (REPEAT) *psycho016*
- (17) 8. Doing well in school is important to me. (REPEAT) *pechw016*
- (18) 9. I have serious personal problems. (REPEAT) *psychg016*
- (19) 10. I enjoy myself much of the time. (REPEAT) *pechp016*
- (20) 11. I feel under pressure. (REPEAT) *psychx026*
- (21) 12. I cry and don't know why. (REPEAT) *psychd026*
- (22) 13. I enjoy solving difficult problems. (REPEAT) *pechw026*
- (23) 14. There are times when I really feel bad inside. (REPEAT) *psychg026*

- (24) 15. I enjoy being with members of my family (REPEAT) pechlØ76
- (25) 16. When I get angry, I stay angry. (REPEAT) pychaØ16
- (26) 17. I have faith in myself and other people. (REPEAT) pechhØ16
- (27) 18. I feel like I'm in another world. (REPEAT) psychtØ26
- (28) 19. People have turned against me. (REPEAT) psychzØ26
- (29) 20. I have many hobbies. (REPEAT) pechpØ26
- (30) 21. I live by strict rules and habits. (REPEAT) psychoØ26
- (31) 22. I like being the way I am. (REPEAT) pechgØ26
- (32) 23. I believe that things usually turn out for the best. (REPEAT) pechhØ26
- (33) 24. I need outside help with my problems. (REPEAT) psychgØ36
- (34) 25. I am a warm and friendly person. (REPEAT) pechlØ26
- (35) 26. I feel tense. (REPEAT) psychxØ36
- (36) 27. I feel hopeless. (REPEAT) psychdØ36
- (37) 28. If someone insults me, I am likely to hit them. (REPEAT) pychaØ26
- (38) 29. When I have questions in school, I know how to get the answers. (REPEAT) pechwØ36
- (39) 30. I sometimes hear strange things when I am alone. (REPEAT) psychtØ36

Please turn to page two of your booklet. (SLIDE)⁴⁰ The answer
to the next item goes at the top of this page. (PAUSE)

- (41) 31. I don't often trust people. (REPEAT) psychzØ36
- (42) 32. When things are not neat and orderly, I feel upset. (REPEAT) psychoØ36
- (43) 33. I have a sense of humor. (REPEAT) pechpØ36
- (44) 34. I believe people will generally do the right thing. (REPEAT) pechhØ36
- (45) 35. My hands sometimes shake. (REPEAT) psychxØ46
- (46) 36. I yell at people. (REPEAT) pychaØ36
- (47) 37. I'm good at what I do. (REPEAT) pechgØ36
- (48) 38. I feel like I am boiling inside. (REPEAT) pychaØ46

- (49) 39. When faced with a problem I can work it out. (REPEAT) *pechg046*
- (50) 40. I sometimes think the world is ending. (REPEAT) *psychb046*
- (51) 41. I like to do new things I haven't done before. (REPEAT) *pechp046*
- (52) 42. I worry about what others will do with what they know about me. (REPEAT) *psychz046*
- (53) 43. I enjoy being with kids my age. (REPEAT) *pechl036*
- (54) 44. If things are not just a certain way, I feel upset. (REPEAT) *psycho046*
- (55) 45. I work well under pressure. (REPEAT) *pechw046*
- (56) 46. I expect to be successful in life. (REPEAT) *psychq016*
- (57) 47. New situations make me tense. (REPEAT) *psychx056*
- (58) 48. I sometimes think people are following me. (REPEAT) *psychz056*
- (59) 49. I enjoy parties I go to. (REPEAT) *pechp056*
- (60) 50. I lose my temper. (REPEAT) *pycha056*

(PAUSE FIVE SECONDS HERE INSTEAD OF THREE)

Now I will read some body parts and I would like to know how satisfied you are with these parts of your body. Once again, mark your answer on the answer sheet somewhere from "very, very much" satisfied to "not at all" satisfied. For example, the first item is "height." If you are satisfied with how tall you are you would mark somewhere by "very, very much." If you would like to be taller or shorter you would mark somewhere by "not at all."

- (61) 51. Height (PAUSE) (REPEAT) *pbqqq016*
- (62) 52. Weight (REPEAT) *pbqqq026*
- (63) 53. Overall facial looks (REPEAT) *pbqqq036*
- (64) 54. Complexion (REPEAT) *pbqqq046*
- (65) 55. Chest (REPEAT) *pbqqq056*
- (66) 56. Stomach (REPEAT) *pbqqq066*
- (67) 57. Hips (REPEAT) *pbqqq076*

- (68) 58. Seat (REPEAT) pbq99086
 (69) 59. Sex organs (REPEAT) pbq99096
 (70) 60. Overall body appearance (REPEAT) pbq99106

(PAUSE FIVE SECONDS HERE INSTEAD OF THREE)

Please turn to page 3 of your booklet. (SLIDE)⁷¹ Your next answer will got at the top of this page. I'm now going to read some more feelings and I would like you to again mark your answer from "very, very much" to "not at all" on your answer sheet.

- (72) 61. It is important to me to have a close friend to confide in. (REPEAT) pechl046
 (73) 62. Something is wrong with my mind. (REPEAT) psychg046
 (74) 63. I am a talented person. (REPEAT) pechw056
 (75) 64. I feel ashamed of myself. (REPEAT) psychd046
 (76) 65. Having fun is important to me. (REPEAT) pechr066
 (77) 66. Weird, odd and strange things happen to me. (REPEAT) psycht056
 (78) 67. I look foward to being an adult. (REPEAT) psychq026
 (79) 68. Sometimes I think other people are out to get me. (REPEAT) psychz066
 (80) 69. I find myself double-checking things. (REPEAT) psycho056
 (81) 70. I expect to have good jobs later on. (REPEAT) psychq036
 (82) 71. I feel upset. (REPEAT) psychg056
 (83) 72. I can always be counted on to do a good job. (REPEAT) pechw066
 (84) 73. I feel tight inside. (REPEAT) psychx066
 (85) 74. I feel angry. (REPEAT) pycha066
 (86) 75. People think of me as understanding and sympathetic. (REPEAT) pechl056
 (87) 76. I sometimes hear voices or sounds others don't. (REPEAT) psycht066
 (88) 77. Someday I hope to teach, help or care for youngsters. (REPEAT) psychq046
 (89) 78. People talk behind my back. (REPEAT) psychz076

- (90) 79. When I fail at something, I try again. (REPEAT) *pechg 066*
- (91) 80. I have upsetting thoughts that won't go away. (REPEAT) *psycho 066*

(PAUSE FIVE SECOND INSTEAD OF THREE HERE)

I'm now going to ask you some questions about how you feel about how you're doing in school.

- psnqq 016*
- (92) 81. How do your teachers think you're doing in school? Respond between "very, very well" to "not well at all." (REPEAT NUMBER AND ITEM)

- pstqq 016*
- (93) 82. How satisfied are you with your teacher's opinion of how you're doing? Respond between "very, very much" to "not at all." (REPEAT NUMBER AND ITEM)

The next set of questions deals with the way things are going at home.

- psnqq 026*
- (94) 83. How do your parents think you're doing at home? Respond between "very, very well" to "not well at all." (REPEAT NUMBER AND ITEM)

- pstqq 026*
- (95) 84. How satisfied are you with your parents' opinion of how you're doing? Respond between "very, very much" to "not at all." (REPEAT)

Now I'm going to ask some questions about how you get along with your friends.

- psnqq 036*
- (96) 85. How well-liked are you by your friends? Respond between "very, very much" to "not at all." (REPEAT NUMBER AND ITEM)

- pstqq 036*
- (97) 86. How satisfied are you with how well they like you? (REPEAT NUMBER AND ITEM)

Now I'm going to ask a similar set of questions about how you're doing with friends of the opposite sex—your girlfriends if you are a boy, your boy-friends if you are a girl.

psnqq Ø46

87. How well-liked are you by friends of the opposite sex? Respond between "very, very much" to "not at all." (REPEAT NUMBER AND ITEM)

pstqq Ø46

(99) 88. How satisfied are you with how well they like you? (REPEAT)

(PAUSE FIVE SECONDS INSTEAD OF THREE HERE)

Please turn to page 4, the last page of your booklet. (SLIDE)¹⁰⁰

We're going to finish with a few more items about the way you feel about yourself. Remember, your responses are between "very, very much" to "not at all."

- (101) 89. I like to do the best work that I can. (REPEAT) pechw Ø76
- (102) 90. I feel like a stranger much of the time. (REPEAT) psychb Ø76
- (103) 91. I startle easily. (REPEAT) psychx Ø76
- (104) 92. It's easy for me to relax and enjoy myself. (REPEAT) pechp Ø76
- (105) 93. I feel guilty. (REPEAT) psychd Ø56
- (106) 94. I like to share my feelings with others. (REPEAT) pechl Ø66
- (107) 95. I get into fights. (REPEAT) psycha Ø76
- (108) 96. I keep myself cleaner than I really need to. (REPEAT) psycho Ø76
- (109) 97. I am a worthwhile person. (REPEAT) pechg Ø76
- (110) 98. I have many personal troubles. (REPEAT) psychg Ø66
- (111) 99. I don't feel worth much. (REPEAT) psychd Ø66
- (112) 100. I make friends easily. (REPEAT) psychq Ø56
- (113) 101. I should talk to a doctor about my problems. (REPEAT) psychg Ø76
- (114) 102. People would be better off without me. (REPEAT) psychd Ø76

This is the end of the "HOW I FEEL." How did you feel about it?