How I Feel
with variable names
HOW I FEEL—TAPESCRPT

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) 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) 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) pychd 016

(13) 4. I can change my plans or my mind if I get new information (REPEAT) pechp 016

(14) 5. I feel empty inside. (REPEAT) pychb 016

(15) 6. People hide from me what they really feel. (REPEAT) pychz 016

(16) 7. I have a tough time making up my mind. (REPEAT) pycho 016

(17) 8. Doing well in school is important to me. (REPEAT) pechw 016

(18) 9. I have serious personal problems. (REPEAT) pychg 016

(19) 10. I enjoy myself much of the time. (REPEAT) pechp 016

(20) 11. I feel under pressure. (REPEAT) pychx 026

(21) 12. I cry and don't know why. (REPEAT) pychd 026

(22) 13. I enjoy solving difficult problems. (REPEAT) pechw 026

(23) 14. There are times when I really feel bad inside. (REPEAT) pychg 026
15. I enjoy being with members of my family. (REPEAT)

16. When I get angry, I stay angry. (REPEAT)

17. I have faith in myself and other people. (REPEAT)

18. I feel like I'm in another world. (REPEAT)

19. People have turned against me. (REPEAT)

20. I have many hobbies. (REPEAT)

21. I live by strict rules and habits. (REPEAT)

22. I like being the way I am. (REPEAT)

23. I believe that things usually turn out for the best. (REPEAT)

24. I need outside help with my problems. (REPEAT)

25. I am a warm and friendly person. (REPEAT)

26. I feel tense. (REPEAT)

27. I feel hopeless. (REPEAT)

28. If someone insults me, I am likely to hit them. (REPEAT)

29. When I have questions in school, I know how to get the answers. (REPEAT)

30. I sometimes hear strange things when I am alone. (REPEAT)

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

31. I don't often trust people. (REPEAT)

32. When things are not neat and orderly, I feel upset. (REPEAT)

33. I have a sense of humor. (REPEAT)

34. I believe people will generally do the right thing. (REPEAT)

35. My hands sometimes shake. (REPEAT)

36. I yell at people. (REPEAT)

37. I'm good at what I do. (REPEAT)

38. I feel like I am boiling inside. (REPEAT)
39. When faced with a problem I can work it out. (REPEAT) pechgØ46
40. I sometimes think the world is ending. (REPEAT) pychbØ46
41. I like to do new things I haven't done before. (REPEAT) pechpØ46
42. I worry about what others will do with what they know about me. (REPEAT)
   pychØ46Ø46
43. I enjoy being with kids my age. (REPEAT) pechlØ86
44. If things are not just a certain way, I feel upset. (REPEAT) pychoØ46
45. I work well under pressure. (REPEAT) pechwØ46
46. I expect to be successful in life. (REPEAT) pychqØ16
47. New situations make me tense. (REPEAT) pychxØ56
48. I sometimes think people are following me. (REPEAT) pychzØ56
49. I enjoy parties I go to. (REPEAT) pechpØ56
50. I lose my temper. (REPEAT) pychaØ56

(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."

51. Height (PAUSE) (REPEAT) pbqqqØ16
52. Weight (REPEAT) pbqqqØ26
53. Overall facial looks (REPEAT) pbqqqØ36
54. Complexion (REPEAT) pbqqqØ46
55. Chest (REPEAT) pbqqqØ56
56. Stomach (REPEAT) pbqqqØ66
57. Hips (REPEAT) pbqqqØ76
58. Seat (REPEAT) p6999086
59. Sex organs (REPEAT) p6999096
60. Overall body appearance (REPEAT) p6999106

(PAUSE FIVE SECONDS HERE INSTEAD OF THREE)

Please turn to page 3 of your booklet. (SLIDE) Your next answer will get 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.

61. It is important to me to have a close friend to confide in. (REPEAT) p ech05646
62. Something is wrong with my mind. (REPEAT) p y ch0466
63. I am a talented person. (REPEAT) p ech0566
64. I feel ashamed of myself. (REPEAT) p y ch0466
65. Having fun is important to me. (REPEAT) p ech0666
66. Weird, odd and strange things happen to me. (REPEAT) p y ch0566
67. I look forward to being an adult. (REPEAT) p y ch0266
68. Sometimes I think other people are out to get me. (REPEAT) p y ch0666
69. I find myself double-checking things. (REPEAT) p y ch0566
70. I expect to have good jobs later on. (REPEAT) p y ch0366
71. I feel upset. (REPEAT) p y ch0566
72. I can always be counted on to do a good job. (REPEAT) p echw0666
73. I feel tight inside. (REPEAT) p y chx0666
74. I feel angry. (REPEAT) p y ch0666
75. People think of me as understanding and sympathetic. (REPEAT) p ech0566
76. I sometimes hear voices or sounds others don't. (REPEAT) p y ch0666
77. Someday I hope to teach, help or care for youngsters. (REPEAT) p y ch0466
78. People talk behind my back. (REPEAT) p y ch076
(90) 79. When I fail at something, I try again. (REPEAT) 

80. I have upsetting thoughts that won't go away. (REPEAT) 

(PAUSE FIVE SECONDS INSTEAD OF THREE HERE)

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

(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)

(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.

(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)

(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.

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

(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 boyfriends if you are a girl.
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)

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) pechwØ76

(102) 90. I feel like a stranger much of the time. (REPEAT) pychbØ76

(103) 91. I startle easily. (REPEAT) pychxØ76

(104) 92. It's easy for me to relax and enjoy myself. (REPEAT) pechpØ76

(105) 93. I feel guilty. (REPEAT) pychdØ56

(106) 94. I like to share my feelings with others. (REPEAT) pechlØ66

(107) 95. I get into fights. (REPEAT) pychaØ76

(108) 96. I keep myself cleaner than I really need to. (REPEAT) pychóØ76

(109) 97. I am a worthwhile person. (REPEAT) pechgØ76

(110) 98. I have many personal troubles. (REPEAT) pychgØ66

(111) 99. I don't feel worth much. (REPEAT) pychdØ66

(112) 100. I make friends easily. (REPEAT) pychqØ56

(113) 101. I should talk to a doctor about my problems. (REPEAT) pychgØ76

(114) 102. People would be better off without me. (REPEAT) pychdØ76

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