

0 = Never
1 = Almost Never
2 = Sometimes
3 = Fairly Often
4 = Very Often

Week

0	0
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9

4 = Very Often

4

3

2

1

0

Very Often

Fairly Often

Sometimes

Almost Never

Never

1. In the last month, how often have you felt that you were unable to control the important things in your life?

Statement	0	1	2	3	4
2. In the last month, how often have you felt confident about your ability to handle your personal problems?	0	1	2	3	4
3. In the last month, how often have you felt that things were going your way?	0	1	2	3	4
4. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	0	1	2	3	4

3. In the last month, how often have you felt that things were going your way?

0 1 2 3 4

4. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

0 1 2 3 4