

Please provide the following information by checking the appropriate response or filling in the blank.

Sex: Male _____ Female _____

Is English your first language? Yes _____ No _____

Age: _____

Country of Origin: _____

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ADULT TEMPERAMENT QUESTIONNAIRE (VERSION 1.3)

Directions

On the following pages you will find a series of statements that individuals can use to describe themselves. There are no correct or incorrect responses. All people are unique and different, and it is these differences which we are trying to learn about. Please read each statement carefully and give your best estimate of how well it describes you. Circle the appropriate number below to indicate how well a given statement describes you.

<u>circle #:</u>	<u>if the statement is:</u>
1	extremely untrue of you
2	quite untrue of you
3	slightly untrue of you
4	neither true nor false of you
5	slightly true of you
6	quite true of you
7	extremely true of you

If one of the statements does not apply to you (for example, if it involves driving a car and you don't drive), then circle "X" (not applicable). Check to make sure that you have answered every item.

1	2	3	4	5	6	7	X
extremely untrue	quite untrue	slightly untrue	neither true nor false	slightly true	quite true	extremely true	not applicable

2. I am often late for appointments.

1 2 3 4 5 6 7 X

5. It's often hard for me to alternate between two different tasks.

1 2 3 4 5 6 7 X

8. I often make plans that I do not follow through with.

1 2 3 4 5 6 7 X

11. Even when I feel energized, I can usually sit still without much trouble if it's necessary.

1 2 3 4 5 6 7 X

15. I can keep performing a task even when I would rather not do it.

1 2 3 4 5 6 7 X

26. It is easy for me to hold back my laughter in a situation when laughter wouldn't be appropriate.

1 2 3 4 5 6 7 X

27. I can make myself work on a difficult task even when I don't feel like trying.

1 2 3 4 5 6 7 X

29. When I am trying to focus my attention, I am easily distracted.

1 2 3 4 5 6 7 X

35. When interrupted or distracted, I usually can easily shift my attention back to whatever I was doing before.

1 2 3 4 5 6 7 X

40. It is very hard for me to focus my attention when I am distressed.

1 2 3 4 5 6 7 X

43. I can easily resist talking out of turn, even when I'm excited and want to express an idea.

1 2 3 4 5 6 7 X

47. If I think of something that needs to be done, I usually get right to work on it.

1 2 3 4 5 6 7 X

1	2	3	4	5	6	7	X
extremely untrue	quite untrue	slightly untrue	neither true nor false	slightly true	quite true	extremely true	not applicable

50. When I am happy and excited about an upcoming event, I have a hard time focusing my attention on tasks that require concentration.

1 2 3 4 5 6 7 X

53. I often have trouble resisting my cravings for food drink, etc.

1 2 3 4 5 6 7 X

55. I usually finish doing things before they are actually due (for example, paying bills, finishing homework, etc.).

1 2 3 4 5 6 7 X

60. When I'm excited about something, it's usually hard for me to resist jumping right into it before I've considered the possible consequences.

1 2 3 4 5 6 7 X

63. When I see an attractive item in a store, it's usually very hard for me to resist buying it.

1 2 3 4 5 6 7 X

72. When I am afraid of how a situation might turn out, I usually avoid dealing with it.

1 2 3 4 5 6 7 X

76. It is easy for me to inhibit fun behavior that would be inappropriate.

1 2 3 4 5 6 7 X

