



Appendices

Appendix 1

Informed Consent Form

Please read the following information and give your consent to be a part of the study.

The Researcher

I Zatun Nataqeen Haqaique, a psychologist, is conducting a research study and you are requested to participate in the study because your age group is appropriate for the present study and you come under the category of required participant group i.e. Adolescents.

The Study

The purpose of this study is to gain insight into your likes, dislikes, attitudes, interests, relationships and how you feel about certain situations. There are no right or wrong answers because everyone has a right to their own views. All you have to do is answer what is true for you.

The Process

Your participation in the study will involve the filling of questionnaires which may or may not have a time limit. The responses in the questionnaire will be used to analyse the results. Please note that findings from this study may be published and used in journals or article collections.

Risk

This study poses little to no risk to its participants. Confidentiality is maintained by not citing your actual name within the actual study. Your participation in the study is voluntary and you may choose to leave the study at any time. You may also request that any data collected from you not be used in the study.

Your participation will help the research since your views are important.

By signing below you agree that you have read and understood the above information, and would be interested in participating in this study.

Name: _____ **Date:** _____ **Signature:** _____

Thank you for agreeing to participate in this study.

Appendix 2

Information schedule

Date of Birth: _____

Age: _____

Gender: a. Male b. Female c. Other

Religion: a. Hindu b. Muslim c. Christian
d. Buddhist e. Sikh f. Other; Specify _____

College Name: _____

Year: a. 1st Year b. 2nd Year c. 3rd Year

Stream: a. Science b. Commerce c. Arts d. Other; Specify _____.

Decision about the choice of stream was made by/influenced by:

- a. Personal Interest b. Parental Advice c. Teacher's Advice
d. Relative's Advice e. Friend's Influence f. Career Opportunities

Do you have any backlogs from previous year papers?

- a. Yes b. No

If yes, specify how many: _____.

Family type: a. Nuclear b. Joint c. Extended

Family size: _____ members.

Number of siblings: _____.

Your Birth order: _____.

Fathers' education: _____ **Occupation:** _____

Fathers' income: _____ per month.

Mothers' education: _____ **Occupation:** _____

Mothers' income: _____ per month.

Family income: _____ per month.

Total Family Income per month:

- a. Up to 25,000
b. 25,000 - 50,000
c. 50,000 - 1,00,000
d. Above 1,00,000

Physical Health Status:

- a. Healthy b. Suffering from a Chronic Disease c. Congenital Conditions
d. Physical Disability e. Suffering from a life threatening Disease

Mental Health Status (Intervention Details):

- a. Attending Counselling b. Attending Therapy c. On Medication None

Check all that applies to you (if you have experienced any of these):

- a. Home Loss/ Significant Damage
b. Financial Loss
c. Physical Injury
d. Life was threatened
e. Death of Significant other
f. Prolonged Separation from Family

- g. Death in Close Family
- h. Any Other
- i. None

Appendix 3

Early Maladaptive Schemas Questionnaire

Instructions:

Listed below are statements that a person might use to describe him or herself. Each of the statement has 6 options namely- completely untrue of me, mostly untrue of me, slightly more true than untrue, moderately true of me, mostly true of me, and describes me perfectly. Please read each statement and decide how well it describes you. Please **tick on only one** of the option that is most appropriate for you. When you are not sure, base your answer on what you emotionally feel, not on what you think to be true. **There is no right or wrong answer. Please answer each item on the scale given.**

	Completely untrue of me	Mostly untrue of me	Slightly more true than untrue	Moderately true of me	Mostly true of me	Describe me perfectly
1. Most of the time, I haven't had someone to nurture me, share him/herself with me, or care deeply about everything that happens to me.						
2. In general, people have not been there to give me warmth, holding and affection.						
3. For much of my life, I haven't felt that I am special to someone.						
4. For the most part, I have not had someone who really listens to me, understand me, or is tuned into my true needs and feelings.						
5. I have rarely had a strong person to give me sound advice or direction when I'm not sure what to do.						
6. I find myself clinging to people I'm close to, because I'm afraid they'll leave me.						
7. I need other people so much that I worry about losing them.						
8. I worry that people I feel close to will leave me or abandon me.						
9. When I feel someone I care for pulling away from me I get desperate.						
10. Sometimes I am so worried about people leaving me that I drive them away.						
11. I feel that people will take advantage of me.						
12. I feel that I cannot let my guard down in the presence of other people, or else they will intentionally hurt me.						

13. It is only a matter of time before someone betrays me.						
14. I am quite suspicious of other people's motives.						
15. I'm usually on the lookout for people's ulterior motives.						
16. I don't fit in.						
17. I'm fundamentally different from other people.						
18. I don't belong; I'm a loner.						
19. I feel alienated from other people.						
20. I always feel on the outside of groups.						
21. No man/woman I desire could love me once he/she saw my defects.						
22. No one I desire would want to stay close to me if he/she know the real me.						
23. I'm unworthy of the love, attention, and respect of others.						
24. I feel that I'm not loveable.						
25. I am too unacceptable in the very basic ways to reveal myself to other people.						
26. Almost nothing I do at work (or school) is as good as other people can do.						
27. I'm incompetent when it comes to achievement.						
28. Most other people are more capable than I am in areas of work and achievement.						
29. I'm not as talented as most people are at their work.						
30. I'm not as intelligent as most people when it comes to work (or school).						
31. I do not feel capable of getting by on my own in everyday life.						
32. I think of myself as a dependent person, when it comes to everyday functioning.						
33. I lack common sense.						
34. My judgement cannot be relied upon in everyday situations.						
35. I don't feel confident about my ability to solve everyday problems that come up.						
36. I can't seem to escape the feeling that something bad is about to happen.						
37. I feel that a disaster (natural, criminal, financial, or medical) could strike at any moment.						

38. I worry about being attacked.						
39. I worry that I'll lose all my money and become destitute.						
40. I worry that I'm developing a serious illness, even though; nothing serious has been diagnosed by a physician.						
41. I have not been able to separate myself from my parent (s) the way other people my age seem to.						
42. My parents and I tend to be over involved in each other's lives and problems.						
43. It is very difficult for my parent (s) and me to keep intimate details from each other without feeling betrayed or guilty.						
44. I often feel as if my parent (s) is living through me – I don't have a life of my own.						
45. I often feel that I do not have a separate identity from my parent(s) or partner.						
46. I think that if I do what I want, I'm only asking for trouble.						
47. I feel that I have no choice but to give in to other people's wishes, or else they will retaliate or reject me in some way.						
48. In relationships, I let the other person have the upper hand.						
49. I've always let others make choices for me, so I really don't know what I want for myself.						
50. I have a lot of trouble demanding that my rights be respected and that my feelings be taken into account.						
51. I'm the one who usually ends up taking care of the people I'm close to.						
52. I am a good person because I think of others more than myself.						
53. I'm so busy doing for the people that I care about that I have little time for myself.						
54. I've always been the one who listens to everyone else's problems.						
55. Other people see me as doing too much for others and not enough for myself.						
56. I am too self-conscious to show positive feelings to others (e.g. affection, showing i care).						
57. I find it embarrassing to express my feelings to others.						
58. I find it hard to be warm and spontaneous.						

59. I control myself so much that people think I am unemotional.						
60. People see me as upright emotionally.						
61. I must be the best at most of what I do; I can't accept second best.						
62. I try to do my best; I can't settle for "good enough".						
63. I must meet all my responsibilities.						
64. I feel there is constant pressure for me to achieve and get things done.						
65. I can't let myself off the hook easily or make excuses for my mistakes.						
66. I have a lot of trouble accepting "no" for an answer when I want something from other people.						
67. I'm special and shouldn't have to accept many of the restrictions placed on other people.						
68. I hate to be constrained or kept from doing what I want.						
69. I feel that I shouldn't have to follow the normal rules and conventions other people do.						
70. I feel that what I have to offer is of greater value than the contributions of others.						
71. I can't seem to discipline myself to complete routine or boring tasks.						
72. If I can't reach a goal, I become easily frustrated and give up.						
73. I have a very difficult time sacrificing immediate gratification to achieve a long-range goal.						
74. I can't force myself to do things I don't enjoy, even when I know it's for my own good.						
75. I have rarely been able to stick to my resolutions.						

Thank You.

Appendix 4

Personal Growth Initiative Scale

Instructions:

Given below is a list of statements that measures your development as a person. Each statement has 6 options namely - Disagree strongly, Disagree somewhat, Disagree a little, Agree a little, Agree somewhat and Agree strongly. Please read each statement and decide how well it describes you. Please **tick on only one** of the option which you think is appropriate for you. There are no right or wrong answers. **Please answer each and every statement.**

	Disagree Strongly	Disagree Somewhat	Disagree a Little	Agree a Little	Agree Somewhat	Agree Strongly
1. I set realistic goals for what I want to change about myself.						
2. I can tell when I am ready to make specific changes in myself.						
3. I know how to make a realistic plan in order to change myself.						
4. I take every opportunity to grow as it comes up.						
5. When I try to change myself, I make a realistic plan for my personal growth.						
6. I ask for help when I try to change myself						
7. I actively work to improve myself						
8. I figure out what I need to change about myself.						
9. I am constantly trying to grow as a person.						
10. I know how to set realistic goals to make changes in myself.						
11. I know when I need to make a specific change in myself.						
12. I use resources when I try to grow.						
13. I know steps I can take to make intentional changes in myself.						
14. I actively seek out help when I try to change myself.						
15. I look for opportunities to grow as a person						
16. I know when it's time to change specific things about myself.						

Thank you.