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S. O. S.

(A Measure of Day-to-Day Feelings)

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| NSTRUCTIONS: |
|---|
| On the following pages, you will find 30 questions about your feelings during the past week. Please answer every question, even though some might sound similar. Each question names a particular feeling that is common to people as they go through their everyday lives. Each question also has answer boxes that look like this: |
| Not At All A Lot |
| Please check the one box that shows how much you have felt that particular feeling in the last week. For example, you might check the last box if you had the feeling a lot. Or you might check the second box if you felt that way just a little bit. Or you could check off any of the other boxes. |
| n answering these questions, please be as honest as possible. Your answers will help us to better understand the emotions of everyday life. Also, your answers will be kept confidential. You should not write your name anywhere on the questionnaire. Your answers will only be identified by the number at the top and the date you write below. |
| Remember, please consider only your feelings in the past week. |
| TODAY'S DATE: Month Day Year |

IN THE PAST WEEK, have you felt:

| 1calm? | □ □ Not At All | | □ A Lot |
|--|-------------------|--|------------|
| 2strained? | □ □ Not At All | | □ A Lot |
| 3inadequate? | □ □ Not At All | | □ A Lot |
| 4overextended? | □ □ Not At All | | □ A Lot |
| 5confident? | □ □ Not At All | | □ A Lot |
| 6bored? | □ □ Not At All | | □ A Lot |
| 7no sense of getting ahead? | □ □ Not At All | | □ A Lot |
| 8swamped by your responsibilities? | □ □ Not At All | | □ A Lot |
| 9that the odds were against you? | □ □ Not At All | | □ A Lot |
| 0that there wasn't enough time to get to everything? | □ □ Not At All | | ☐ A Lot |
| 1generous? | □ □ Not At All | | □ A Lot |
| 2like you were rushed? | □ □ Not At All | | □ A Lot |
| 3like you couldn't cope? | □ □ Not At All | | □ A Lot |
| 4like you had a lot on your mind? | □ □ Not At All | | □ A Lot |
| 5like nothing was going right? | | | |

IN THE PAST WEEK, have you felt:

| 16carefree? | □ □ Not At All | | □ A Lot |
|---|-------------------|--|------------|
| 17powerless? | □ □ Not At All | | □ A Lot |
| 18overcommitted? | □ □ Not At All | | □ A Lot |
| 19like your life was "out of control"? | □ □ Not At All | | □ A Lot |
| 20like things kept piling up? | □ □ Not At All | | □ A Lot |
| 21like you could focus on the important things? | □ □ Not At All | | □ A Lot |
| 22like you had to make quick decisions? | □ □ Not At All | | □ A Lot |
| 23like asking "what else can go wrong?" | □ □ Not At All | | □ A Lot |
| 24like you didn't have time to breathe? | □ □ Not At All | | □ A Lot |
| 25like things couldn't get worse? | □ □ Not At All | | □ A Lot |
| 26peaceful? | □ □ Not At All | | □ A Lot |
| 27like there was no escape? | □ □ Not At All | | □ A Lot |
| 28like you were carrying a heavy load? | □ □ Not At All | | □ A Lot |
| 29like just giving up? | □ □ Not At All | | □ A Lot |
| 30like there was "too much to do, too little time"? | □ □ Not At All | | □ A Lot |

THANK YOU!On the next page, could you please tell us a little about yourself?

BACKGROUND INFORMATION

| Your AGE | : years | 3 | | | |
|-----------------|----------------|--------------------------|----------------|---------|---------------------------|
| Your SEX | : 🗆 | Male | ☐ Female | | |
| Your ETH | NIC BACKGRO | DUND: | | | |
| | | African-America | ın | | |
| | | Asian / Pacific Is | slander | | |
| | | Native American | ı | | |
| | | White | | | |
| | | Mixed / Other (p | lease specify: | |) |
| | Do you consid | der yourself Hisp | anic / Latino? | Yes | □ No |
| Your EDU | ICATION (highe | est <u>completed</u> lev | /el): | | |
| | ☐ Some Gra | mmar School | | Finishe | ed Grammar School |
| | ☐ Some High | n School | | High S | School Diploma / G.E.D |
| | ☐ Some Coll | ege / A.A. Degre | е | Colleg | e Degree (B.A., B.S.) |
| | ☐ Masters D | egree | | Gradu | ate / Professional Degree |
| Your HOL | JSEHOLD INC | OME: | | | |
| | ☐ Less than | \$15,000 | | \$15,00 | 00 to \$24,999 |
| | □ \$25,000 to | \$39,999 | | \$40,00 | 00 to \$59,999 |
| | □ \$60,000 to | \$99,999 | | \$100,0 | 000 to \$149,999 |
| | □ \$150,000 t | to \$199,999 | | Over \$ | \$200,000 |
| The NUM | BER OF PEOP | LE IN YOUR HO | OUSEHOLD: | | |
| Your OCC | CUPATION: | | | | |
| Any COM | IMENTS? | | | | |
| | | | | | |

S. O. S. Scoring Instructions

- STEP 1: Ignore responses to Items #1, #6, #11, #16, #21, and #26. These are filler items.
- STEP 2: Assign a numerical score to each response. A "Not At All" response is scored as a "1", while an "A Lot" response is scored as a "5". A response between these extremes is assigned a numerical score according to its position; that is, a "2", "3", or "4". Note that Item #5 is reverse-keyed. For Item #5 only, a response of "Not At All" is scored as a "5", an "A Lot" response is scored "1", and in-between responses are scored accordingly.
- **STEP 3:** Enter the numerical scores in the appropriate column below:

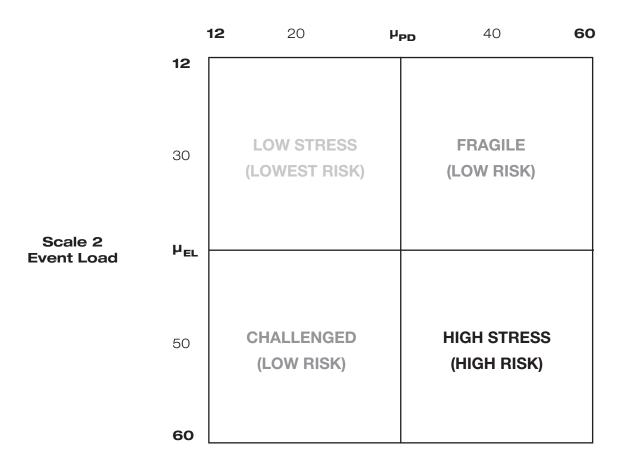
| SCA (Odd-Numb Item | ALE 1 bered Items) Score | SCA (Even-Numb Item | |
|--------------------------|--------------------------------|---------------------------|--|
| #3 | | #2 | |
| #5 (R) | | #4 | |
| #7 | | #8 | |
| #9 | | #10 | |
| #13 | | #12 | |
| #15 | | #14 | |
| #17 | | #18 | |
| #19 | | #20 | |
| #23 | | #22 | |
| #25 | | #24 | |
| #27 | | #28 | |
| #29 | | #30 | |

| STEP 4: | Add the scores in each column: | |
|---------|--------------------------------|--------------------|
| | TOTAL 1 = | TOTAL 2 = |
| | (Personal Vulnerability Scale) | (Event Load Scale) |

STEP 5: For CONTINUOUS SCORING: Add Total 1 and Total 2.

For **CATEGORICAL SCORING:** Use these totals to locate the appropriate diagnostic quadrant for the respondent on the grid below:

Scale 1
Personal Vulnerability



NOTE: In normative samples (combined n = 1518), mean values were $\mu_{PD} = 28$ and $\mu_{EL} = 38$. However, means might vary with the nature of the population under study.