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DDOCILE OF ADADTATION TO LIEE

PROFILE OF ADAPTATION TO LIFE					(B) PERSONAL EXPERIENCES (
	(A) MO	OD SCALE					1	Answ 2	er choices 3	4	
DURING LAST WEEK, INCLUDING			VE YOU FEL	.T		DURING THE PAST MONTH, I'VE (Please answer each statement below)	Rarely	Some- times	Often	Almost Always	_
Please mark the answer f	or each q	uestion th	at best de	escribes h	ow V	Enjoyed talking with others					2
you felt this past week.	marr y	our answer	choices,	like this	· _	Felt trusting of people					2:
	1		wer choice	es		Found work useful and interesting					2:
DURING THE PAST WEEK, HAVE YOU FELT	Rarely	2 Some- times	3 Often	Almost Always		Enjoyed people I live with					24
Vigorous?					1	Found people accept me as I am					2!
Alert?					2	Been involved, interested in things					26
Full of pep?					3	Felt needed and useful					27
Happy?					4	Controlled my negative thinking and increased my positive thinking					21
Calm and relaxed?					5	Found things I've needed coming to					
Content?					6	me by "coincidence" or "chance"					29
Secure?					7				er choices		—
Confidence in yourself?					8	DURING THE PAST MONTH, I'VE FELT	<u> </u>	2	3 Some-	4	
Inner calm and peace?					9		Never	Rarely	times	Often	
		1				A lack of order around me					30
DUDING THE DAGE HEEK		2	ver choice	4		Dissatisfied with myself					31
DURING THE PAST WEEK, HAVE YOU FELT	Never	Rarely	Some- times	Often		Critical of others					32
Discouraged?					10	Annoyed, irritated					33
Uneasy?					11	An impulse to hurt someone					34
Unhappy?					12	Left out of things					35
On edge?					13	That people treated me unfairly					36
Gloomy?					14	Bothered by sloppiness around me					37
Blue?					15	Disappointed in people					38
Like crying?					. 16	Worried about debts					39
Worried?					17	Uncertain about who I really am					4(
					18	Unhappy about the work I do					41
Tense?						My family finds fault with me					42
Bored?	1 1	1 1	1 1	4 4	19	· • · · · · · · · · · · · · · · · · · ·	<u> </u>				

Annoyed, irritated?

No one seemed interested in how I

really feel inside

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(C) PHYSICAL HEALTH INVENTORY

(D) PERSONAL BELIEFS

Please mark one answer for each que					Answer choices				
Mark your answer like this:	or thi			IT IS MY OPINION THAT (Please answer each statement below)	Not Agree	Not Sure	Agree	Agree Strongly	
	1	Answer ch	oices 3	A person's soul or spirit continues after death				69	
DURING THE LAST MONTH, HAVE YOU	. Never	Some- times	Often	 People will be reborn to live again on earth				70	
Had headaches? (Past month)			44	Mental telepathy (ESP) is a reality				71	
Felt faint?			45	People have out of body experiences (astral travel)				72	
Felt hot, feverish?			46	There are spiritual or non-physical forces acting in today's world				73	
Had spells of dizziness? Had difficulty falling asleep?			47	Sooner or later people will treat you as you've treated others				74	
Had chest pains?			49	Spiritual or psychic healing is often as effective as medical treatment				75	
Noticed your heart beating fast?			50			() 1	
Had difficulty breathing?			51	Tale among to 1222 and 2 to the fit	76	Su	bj#	80	
Felt physically ill?			52	It's wrong to kill any living thing				<u> </u>	
Had back pains?			53	Problems in life are really opportunities to learn and grow				2	
Been bothered by itching?			54	People create their own reality by the kinds				, 	
Had coughing spells?			55	of thoughts they let themselves have		ļl	L	3	
Had neck or shoulder pains?			56		1	2	3	4	
Had pains in legs or arms?			57	IT IS MY OPINION THAT THE SOLUTIONS TO MAN'S PROBLEMS IN LIVING WILL BE FOUND IN	Not Agree	Not Sure	Agree	Agree Strongly	
Had trouble with your vision?			58	More money for scientific research	Agree	Jule		5trongry 4	
Felt exhausted, fatigued?			59	More formal education for people				5	
Waken from sleep feeling tired?			60	Redistributing the wealth				6	
Had a poor appetite?			61	A return to organized religion				7	
Been constipated (hard stools)?			62	Social reform through better laws				8	
Had an upset stomach?			63	Daily meditation				9	
Had nausea (sick to stomach)?			64	Spiritual reawakening (personal enlightment)				10	
Had indigestion?			65	Protecting the environment, natural resources				11	
Had stomach pain after eating?			66	riotecting the environment, natural resources		11	L	<u> </u>	
Had trouble digesting food?			67						
Had diarrhea (loose bowels)?			68						

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(E) LIFE STYLE

(E) LIFE STYLE (CONT'D)

	τ -						T	Answer	choices		٦
		Answer	choices	s			1	2	3	4	
URING THE PAST MONTH, HOW OFTEN HAVE YOU Please answer each question below)	Rarely or Never	1-2 Times /Week	3-5 Times /Week	Each Day		DURING THE LAST MONTH, HAVE YOU	Never	1-2 times per month	1-2 times per week	Almost Daily	_
Spent time with a <u>close</u> friend?	Never	/ week	Meek		2	Gone to parties for social activities outside the home?					34
Shared personal problems with a friend?					13	Attended meetings of civic, or other organizations?					35
Washed the dishes?					4	Entertained friends in your home?					36
Done household cleaning?					15	Attended a religious service?					37
Prepared meals?					6	Spent time outdoors enjoying nature?					38
Washed clothes?					17	Played cards or other table games?					39
Done physical exercise?				-	8	Visited with the neighbors?					40
Taken part in active sports?					19	Done grocery shopping?					4]
Listened to music you enjoy?				-	20	Danced?					42
Taken time to be by yourself?					21	Read fiction for enjoyment?					13
Meditated?				-	22	Participated in a study group?					14
Enjoyed contact with animals?					23	Taken medication for headache?					45
Taken care of house plants?					24	Taken medication to help you sleep?					46
Eaten red meat (beef, pork)?					25	Takem medication for your stomach?					47
Eaten fish or poultry?					26	Takem medication for a cold or allergy?					48
Eaten sweets (candy, cake, pie, etc.)?					27	Taken tranquilizers?					49
Drunk soft drinks (Coke, etc.)?					28	Taken laxatives?					50
Eaten <u>fresh</u> fruits (apples, oranges, etc.)?					29	Used alcohol or nonprescription drugs?					51
Eaten natural foods (dried fruit, nuts, whole grains)?					30	Gotten high on alcohol or drugs?					52
Kept up with current events, (read news-		 				DURING THE LAST MONTH, HAS ALCOHOL OR DRUG USE CAUSED PROBLEMS					
paper, magazines, watch TV news)?					31	Between you and family members?					53
Read something about mystical, spiritual or psychic things?					32	With work (difficulty working well or going to work)?					54
Read something about personal psychological growth?					33	With your physical health?					55
						In your thinking clearly?			a. ner		56

(F) ARE YOU CURRENTLY LIVING WITH A PARENT, SPORELATIONSHIP? (1)No (If you marked "No", skip to start the start that the	Section G below)		P96-00788R00170021003(7)2 BAC	KGROUND
(2)Yes (If you marked "Yes", answer	the 8 questions below) Answer choices	57	MAJOR SOURCE OF INCOME?	5. SMOKE CIGARETTES?
DURING THE PAST MONTH, HAVE YOU AND YOUR SIGNIFICANT OTHER (spouse, parent, etc.)	Some- Almo		(Check only <u>one</u> answer) (1) Money earned from work I do now	(1) Not at all (2) Less than ½ pack per da
1. Shared personal feelings with each other?		58	(2) From spouse, relative, or friend (3) Investments or inheritance	(3) About ½ pack per day
2. Been able to talk it through when angry?		59	(4) Welfare or public assistance	(4) About 1 pack per day
3. Agreed about finances and budget?		60	(5) Retirement or social security	(5) Over 1½ pack per day
4. Spent enjoyable times together?		61	(6) Unemployment compensation	6. DRINK COFFEE?
5. Discussed important matters?		62	(7) Scholarship or student stipen	(1) None or rare cup
6. Felt close to each other?		63	· ·	
7. Agreed about social activities and friends?		64	(8) Alimony or child support (9) Veterans benefits	(3) 3-4 cups per day (4) 5 or more cups per day
8. Shared daily events that happened to			YOUR MARITAL STATUS (Check one)	7. WATCH TV? (1) None or rarely
each of you?			(1) Currently married	(2) Less than 1 hour per
(G) ARE THERE CHILDREN WHERE YOU LIVE? (Mark (1) No (If you marked "No", skip to (2) Yes (If you marked "Yes", answer	Section H below)	66	(2) Separated, divorced, or widowed (3) Never married	day (3)1-2 hours per day
(2) les (11 you marked les , answer			SEX (Check one)	(4) 3-4 hours per day
DURING THE LAST MONTH, HAVE YOU AND THE	Answer choices 1 2 3 4 Some- Almx	4	(1) Male	(5) 5+ hours per day
CHILD (REN)	Rarely times Often Alwa		(2)Female	8. AVERAGE HOURS OF SLEEP (1) 4-5 hours
1. Spent time talking with each other?		<u></u> 67	EDUCATION (Check one)	(2) 5-6 hours
2. Spent time doing things together?		68	(1) Less than high school	(3) 6-7 hours
3. Openly expressed feelings to each other?		69	(2) High school graduate	(4) 7-8 hours
4. Treated each other with respect?		70	(3) Some college	(5) 8 or more hours
5. Felt close to each other?		71	(4) College graduate (Type of degr	
6. Done things for each other?		72	(17, our reger graduate (17,pr or 1-3)	,
(H) DO YOU HAVE ENOUGH MONEY TO	1 Some- 3 4 Rarely times Usually Alwa		AGE 9-10	TODAY'S DATE: 17-22
Pay your bills? (Mark one)			HEIGHT feet in. 11-13	Month Day Year
Handle unexpected expenses? (Mark one)		73	WEIGHTpounds 14-16	
FROM WORKING, DID YOU EARN AN ADEQUATE AMOUNT	DF MONEY LAST MONTH? (Mark one)			76 Subj # 3
(1) Earned no money from working last mm (2) Earned enough to take care of my pe (3) Earned enough to partially support (4) Earned enough to adequately support	onth rsonal needs (spending money) a family		Thank you for completing the question appreciated. Please check back to mal questions unanswered.	