

Mindful Attention Awareness Scale (MAAS)—English version

Instructions: Below is a collection of statements about your everyday experience. Using the 1–6 scale below, please indicate how frequently or infrequently you currently have each experience. Please answer according to what really reflects your experience rather than what you think your experience should be. The accompanying 6-point scale was 1=almost always, 2=very frequently, 3=somewhat frequently, 4=somewhat infrequently, 5=very infrequently, and 6=almost never.

1. I could be experiencing some emotion and not be conscious of it until sometime later.
2. I break or spill things because of carelessness, not paying attention, or thinking of something else.
3. I find it difficult to stay focused on what's happening in the present.
4. I tend to walk quickly to get where I'm going without paying attention to what I experience along the way.
5. I tend not to notice feelings of physical tension or discomfort until they really grab my attention.
6. I forget a person's name almost as soon as I've been told it for the first time.
7. It seems I am "running on automatic" without much awareness of what I'm doing.
8. I rush through activities without being really attentive to them.
9. I get so focused on the goal I want to achieve that I lose touch with what I am doing right now to get there.
10. I do jobs or tasks automatically, without being aware of what I'm doing.
11. I find myself listening to someone with one ear, doing something else at the same time.
12. I drive places on "automatic pilot" and then wonder why I went there.
13. I find myself preoccupied with the future or the past.
14. I find myself doing things without paying attention.
15. I snack without being aware that I'm eating.

Reference

Brown, K. W., & Ryan, R. M. (2003). The benefits of being present: mindfulness and its role in psychological well-being. *Journal of personality and social psychology*, 84(4), 822-848.

正念注意觉知量表（MAAS）——Chinese version

指导语：以下是 15 个有关个人日常生活经验的描述。请根据每个陈述符合自己的程度做出判断，并选择对应的数字。其中 1=几乎没有，2=很少见，3=较不常见，4=较常见，5=很频繁，6=几乎总是。

- 1 坏心情产生时不应该回避而应该让它慢慢走掉。
- 2 我能集中注意完成当前任务，不管任务是简单还是复杂。
- 3 时时留意自己的躯体感觉、心理状态等。
- 4 我是个一路前行而很少关心沿途风景的人。
- 5 我说不出口理上的紧张和不适会伴随怎样的躯体感觉。
- 6 最近做事时容易走神。
- 7 有时候似乎是靠无意识做事，没注意到自己在干什么。
- 8 我很少关心自己的内心感受。
- 9 总能留下时间给自己，关照自己的心情。
- 10 我能说出周围事物怎样影响了自己的心情。
- 11 常常中手里做着一件事心里想着另一件事。
- 12 我随时能说出每时每刻的感受。
- 13 我活在未来和过去，而非当下。
- 14 我接纳自己的不完美。
- 15 即使是普通的饮食我也认真品评其味道。

计分方式

Items that require reverse scoring（反向计分）：4, 5, 6, 7, 8, 11, 13

参考文献

陈思佚, 崔红, 周仁来, & 贾艳艳. (2012). 正念注意觉知量表(MAAS)的修订及信效度检验.

中国临床心理学杂志(02), 148-151.

Optimism

Optimism scale 1= Strongly Disagree; 5= Strongly agree

1. I believe that I will accomplish the main goals of my life.
2. When I think about the future, I am positive.
3. More good than bad things happen to me.
4. I think everything will go wrong.
5. I see each challenge as an opportunity for success.
6. I find positive aspects even when things go wrong.
7. I see the positive side of things.
8. I am confident to overcome problems.
9. I am confident about the future.

Scoring formula

Reversed score: 4.

Reference

Coelho, G. L., Vilar, R., Hanel, P. H., Monteiro, R. P., Ribeiro, M. G., & Gouveia, V. V. (2018).

Optimism scale: Evidence of psychometric validity in two countries and correlations with personality. *Personality and Individual Differences*, 134, 245-251.

乐观主义-悲观主义量表 1=非常不同意，5=非常同意

- 1.我对我的未来总是很乐观。
- 2.我的本性较乐观。
- 3.我总看到事情好的一面。
- 4.我相信，在每件不如意的事情都会有积极的一面。
- 5.我相信自己的未来会越来越好。
- 6.我几乎不敢期望事情会照着我的意愿变化。
- 7.我很少指望好事会发生在我身上。
- 8.我总是很倒霉。
- 9.照着我的方式事情不曾有好结果。
- 10.预期对我不利的事，最后总会变成现实。
- 11.我觉得前途渺茫。

计分方式

乐观主义 (optimism): 1-5

悲观主义 (pessimism): 6-11

参考文献

袁立新,林娜 & 江晓娜.(2007). 乐观主义-悲观主义量表的编制及信效度研究.《广东教育学院学报》(01),55-59.

Gratitude

The Gratitude Questionnaire (GQ-6)——English version

Instructions: Using the scale below as a guide, write a number beside each statement to indicate how much you agree with it. 1 = strongly disagree, 2 = disagree, 3 = slightly disagree, 4 = neutral, 5 = slightly agree, 6 = agree, 7 = strongly agree.

1. I have so much in life to be thankful for.
2. If I had to list everything that I felt grateful for, it would be a very long list.
3. When I look at the world, I don't see much to be grateful for.
4. I am grateful to a wide variety of people.
5. As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history.
6. Long amounts of time can go by before I feel grateful to something or someone.

Scoring formula

Items 3 and 6 are reverse scored.

Reference

McCullough, M. E., Emmons, R. A., & Tsang, J. A. (2002). The grateful disposition: a conceptual and empirical topography. *Journal of personality and social psychology*, 82(1), 112-127.

感恩量表——Chinese version

指导语：该部分题目无对错之分，请仔细阅读以下题目，在符合自己情况的选项下面画√。

①完全不同意 ②比较不同意 ③有点不同意 ④中立 ⑤有点同意 ⑥比较同意 ⑦完全同意

1. 我的生命里，有很多值得感恩的事。
2. 如果要我列出所有值得感恩的事物，这目录一定会很长。
3. 当我看这个世界时，我看不到很多值得感恩的事。
4. 我感激很多不同的人。
5. 当我年纪渐长，我觉得自己更懂得感谢构成我生命历史一部分的人物、事件和情况。
6. 光阴流逝了几许，我才懂得感谢一些人或事情。

计分方式

反向计分：3、6、

参考文献

董默.(2020).灾难亲历老人个体抗逆力持续性发展的社会工作介入研究(硕士学位论文,吉林大学).

Hope

Dispositional Hope Scale——English version

Instructions: Read each item carefully. Using the scale shown below, please select the number that best describes you and put that number in the blank provided. 1=definitely false, 2=mostly false, 3=mostly true, 4=definitely true

1. I can think of many ways to get out of a jam.
2. I energetically pursue my goals.
3. I feel tired most of the time.
4. There are lots of ways around any problem.
5. I am easily downed in an argument.
6. I can think of many ways to get the things in life that are most important to me.
7. I worry about my health.
8. Even when others get discouraged, I know I can find a way to solve the problem.
9. My past experiences have prepared me well for my future.
10. I've been pretty successful in life.
11. I usually find myself worrying about something.
12. I meet the goals that I set for myself.

Scoring formula

Items 3, 5, 7, and 11 were added as distracters to make the content of the scale less obvious. These items do not need to be counted towards the total score.

Reference

Snyder, C. R. (1995). Conceptualizing, measuring, and nurturing hope. *Journal of Counseling & Development*, 73(3), 355-360.

特质希望量表——Chinese version 1=完全不符合, 4=完全符合

- 1.我能想出很多办法让自己摆脱困境。
- 2.我会总是积极地追求自己的目标。
- 3.我常常感到疲惫。
- 4.任何一个问题都有很多种解决方法。
- 5.在争论中我很容易处于下风。
- 6.我能想出很多方法来得到生活中对我最重要的东西。
- 7.我为我的健康担心。

8.即使别人想要放弃，我仍然相信我能找出解决这个问题的方法。

9.我过去的经验对我以后达到目标很有帮助。

10.到目前为止我成功的时候比较多。

11.我常常发现自己在为某件事担心。

12.我通常能达成我给自己设定的目标。

计分方式

3、5、7、11 为干扰题，不计入总分。

参考文献

Sun, Q., Ng, K. M., & Wang, C. (2012). A validation study on a new Chinese version of the Dispositional Hope Scale. *Measurement and evaluation in counseling and development*, 45(2), 133-148.

Well-being

Global well being scale (GWB) ——English version

Instructions: 这部分问题是关于你的感觉和你的生活过得怎么样。请选择适合你的选项。

1.How have you been feeling in general? (During the past month)

In excellent spirits In very good spirits In good spirits mostly I have been up and down in
spirits a lot In low spirits mostly In very low spirits

2.Have you been bothered by nervousness or your “nerves”? (During the past month)

Extremely so -- to the point where I could not work or take care of things

Very much so Quite a bit Some -- enough to bother me

A little Not at all

3. Have you been in firm control of your behavior thoughts, emotions OR feelings? (During the past
month)

Yes, definitely so Yes, for the most part Generally so Not too well

No, and I am somewhat disturbed No, and I am very disturbed

4.Have you felt so sad, discouraged, hopeless, or had so many problems that you wondered if
anything was worthwhile? (During the past month)

Extremely so -- to the point that I have just about given up Very much so

Quite a bit Some-- enough to bother me A little bit Not at all

5. Have you been under or felt you were under any strain, stress, or pressure? (During the past month)

Yes -- almost more than I could bear or stand Yes-- quite a bit of pressure

Yes -- some - more than usual Yes -- some - but about usual

Yes- a little Not at all

6. How happy, satisfied, or pleased have you been with your personal life? (During the past month)

Extremely happy – could not have been more satisfied or pleased very happy

fairly happy satisfied – pleased somewhat dissatisfied very dissatisfied

7. Have you had any reason to wonder if you were losing your mind, or losing control over the way
you act, talk, think, feel, or of your memory? (During the past month)

not at all only a little some – but not enough to be concerned or worried about

Some and I have been a little concerned some and I am quite concerned

Yes. very much so and I am very concerned

8. Have you been anxious, worried, or upset? (During the past month)

Extremely so -- to the point of being sick or almost sick Very much so Quite a bit
some -- enough to bother me A little bit Not at all

9. Have you been waking up fresh and rested? (During the past month)

Every day Most every day Fairly often Less than half the time
Rarely None of the time

10. Have you been bothered by any illness, bodily disorder, pains, or fears about your health?
(During the past month)

All the time Most of the time A good bit of the time Some of the time
A little of the time None of the time

11. Has your daily life been full of things that were interesting to you? (During the past month)

All the time Most of the time A good bit of the time Some of the time
A little of the time None of the time

12. Have you felt downhearted and blue? (During the past month)

All of the time Most of the time A good bit of the time Some of the time
A little of the time None of the time

13. Have you been feeling emotionally stable and sure of yourself? (During the past month)

All of the time Most of the time A good bit of the time Some of the time
A little of the time None of the time

14. Have you felt tired, worn out, used-up, or exhausted? (During the past month)

All of the time Most of the time A good bit of the time Some of the time
A little of the time None of the time

15. How concerned or worried about your health have you been? (During the past month)

Not concerned at all 0 1 2 3 4 5 6 7 8 9 10 Very concerned

16. How relaxed or tense have you been? (During the past month)

Very relaxed 0 1 2 3 4 5 6 7 8 9 10 Very tense

17. How much energy, pep, or vitality have you felt? (During the past month)

No energy at all, listless 0 1 2 3 4 5 6 7 8 9 10 Very energetic, dynamic

18. How depressed or cheerful have you been? (During the past month)

Very depressed 0 1 2 3 4 5 6 7 8 9 10 Very cheerful

19. Have you had severe enough personal,
emotional, behavior, or mental problems

19. Have you had severe enough personal, emotional, behavior, or mental problems that you felt you needed help during the past year?

Yes, and I did seek professional help Yes, but I did not seek professional help

I have had (or have now) severe personal problems, but have not felt needed professional help

I have had very few personal problems of any serious concern

I have not been bothered at all by personal problems during the past year

20. Have you ever felt that you were going to have, or were close to having, a nervous breakdown?

Yes -- during the past year Yes -- more than a year ago No

21. Have you ever have a nervous breakdown?

Yes -- during the past year Yes -- more than a year ago No

22. Have you ever been a patient (or outpatient) at a mental hospital, a mental health ward of a hospital, or a mental health clinic, for any personal, emotional, behavior, or mental problem.

Yes -- during the past year Yes -- more than a year ago No

23. Have you ever seen a psychiatrist, psychologist, or psychoanalyst about any personal, emotional, behavior, or mental problem concerning yourself?

Yes -- during the past year Yes -- more than a year ago No

24. Have you talked with or had any connection with any of the following about some personal, emotional, behavior, mental problem, worries, or "nerves" CONCERNING YOURSELF DURING THE PAST YEAR?

a. Regular medical doctor (except for definite physical conditions or routine check-ups)

Yes No

b. Brain or nerve specialist

Yes No

c. Nurse (except for routine medical conditions)

Yes No

d. Lawyer (except for routine legal services)

Yes No

e. Police (except for simple traffic violations)

Yes No

f. Clergyman, minister, priest, rabbi, etc.

Yes No

g. Marriage Counselor

Yes No

h. Social Worker

Yes No

i. Other formal assistance

Yes – what kind? _____ No

25. Do you discuss your problems with any members of your family or friends?

Yes - and it helps a lot Yes - and it helps some Yes - but it does not help at all

No - I do not have anyone I can talk with about my problems No - no one cares to hear about my problems No - I do not care to talk about my problems with anyone No - I do not have any problems

Scoring formula

Reversed scored: 1, 3, 6, 7, 9, 11, 13, 15, 16。 Count the total score.

Reference

Fazio, A. F. (1977). A concurrent validation study of the NCHS General Well-Being Schedule.

总体幸福感量表——Chinese version

指导语：请您阅读下面的问题，如实地选择符合您情况的答案。

1. 你的总体感觉怎样（在过去的一个月里）？

（1）好极了 （2）精神很好 （3）精神不错 （4）精神时好时坏 （5）精神不好 （6）精神很不好

2. 你是否为自己的神经质或“神经病”感到烦恼（在过去的一个月里）？

（1）极端烦恼 （2）相当烦恼 （3）有些烦恼 （4）很少烦恼 （5）一点也不烦恼

3. 你是否一直牢牢地控制着自己的行为、思维、情感或感觉（在过去的一个月里）？

（1）绝对的 （2）大部分是的 （3）一般来说是的 （4）控制地不太好 （5）有些混乱 （6）非常混乱

4. 你是否由于悲哀、失去信心、失望或有许多麻烦而怀疑还有任何事情值得去做（在过去的一个月里）？

（1）极端怀疑 （2）非常怀疑 （3）相当怀疑 （4）有些怀疑 （5）略微怀疑 （6）一点也不怀疑

5. 你是否正在受到或曾经受到任何约束、刺激或压力（在过去的一个月里）？

（1）相当多 （2）不少 （3）有些 （4）不多 （5）没有

6. 你的生活是否幸福、满足或愉快（在过去的一个月里）？

（1）非常幸福 （2）相当幸福 （3）满足 （4）略有些不满足 （5）非常不满足

7. 你是否有理由怀疑自己曾经失去理智、或对行为、谈话、思维或记忆失去控制（在过去的一个月里）？

（1）一点也没有 （2）只有一点点 （3）有些，不严重 （4）有些，相当严重 （5）是的，非常严重

8. 你是否感到焦虑、担心或不安（在过去的一个月里）？

(1) 极端严重 (2) 非常严重 (3) 相当严重 (4) 有些 (5) 很少 (6) 无

9. 你睡觉之后是否感到头脑清晰和精力充沛 (在过去的一个月里)?

(1) 天天如此 (2) 几乎天天 (3) 相当频繁 (4) 不多 (5) 很少 (6) 无

10. 你是否因为疾病、身体的不适、疼痛或患病的恐惧而烦恼 (在过去的一个月里)?

(1) 所有的时间 (2) 大部分时间 (3) 很多时间 (4) 有时 (5) 偶尔 (6) 无

11. 你每天的生活中是否充满了让你感兴趣的事情 (在过去的一个月里)?

(1) 所有的时间 (2) 大部分时间 (3) 很多时间 (4) 有时 (5) 偶尔 (6) 无

12. 你是否感到沮丧和忧郁 (在过去的一个月里)?

(1) 所有的时间 (2) 大部分时间 (3) 很多时间 (4) 有时 (5) 偶尔 (6) 无

13. 你是否情绪稳定并能把握住自己 (在过去的一个月里)?

(1) 所有的时间 (2) 大部分时间 (3) 很多时间 (4) 有时 (5) 偶尔 (6) 无

14. 你是否感到疲劳、过累、无力或精疲力竭 (在过去的一个月里)?

(1) 所有的时间 (2) 大部分时间 (3) 很多时间 (4) 有时 (5) 偶尔 (6) 无

15. 你对自己的健康关心或担忧的程度如何 (在过去的一个月里)? (0 为不关心, 10 为非常关心, 关心程度依次递增, 请选择符合你情况的数字)

不关心 0 1 2 3 4 5 6 7 8 9 10 非常关心

16. 你感到放松或紧张的程度如何 (在过去的一个月里)? (0 为非常松弛, 10 为非常紧张, 程度依次递增, 请选择符合你情况的数字)

非常松弛 0 1 2 3 4 5 6 7 8 9 10 非常紧张

17. 你感觉自己的精力、精神和活力如何 (在过去的一个月里)? (0 为无精打采, 10 为精力充沛, 程度依次递增, 请选择符合你情况的数字)

无精打采 0 1 2 3 4 5 6 7 8 9 10 精力充沛

18. 你忧郁或快乐的程度如何 (在过去的一个月里)? (0 为非常忧郁, 10 为非常快乐, 程度依次递增, 请选择符合你情况的数字)

非常忧郁 0 1 2 3 4 5 6 7 8 9 10 非常快乐

19. 你是否由于严重的性格、情感、行为或精神问题而感到需要帮助(在过去的一年里)?

(1) 是的, 曾寻求帮助 (2) 是的, 但未寻求帮助 (3) 有严重的问题 (4) 几乎没有问题 (5) 没有问题

20. 你是否曾感到将要精神崩溃或接近于精神崩溃?

①是的, 在过去的一年里 ②是的, 在一年以前 ③无

21. 你是否曾有过精神崩溃?

(1) 是的, 在过去的一年里 (2) 是的, 在一年以前 (3) 无

22、你是否曾因为性格、情感、行为或精神问题在精神病院、综合医院精神病科病房或精神卫生诊所治疗?

(1) 是的, 在过去的一年里 (2) 是的, 在一年以前 (3) 无

23、你是否曾因为性格、情感、行为或精神问题求助于精神医生、心理学家?

(1) 是的, 在过去的一年里 (2) 是的, 在一年以前 (3) 无

24、你是否因为性格、情感、行为或精神问题求助于以下人员?

A. 普通医生(真正的躯体疾病或常规检查除外) 1 是 2 否

B. 脑科或神经外科专家 1 是 2 否

C. 护士(一般内科疾病除外) 1 是 2 否

D. 律师(常规的法律问题除外) 1 是 2 否

E. 警察(单纯的交通违章除外) 1 是 2 否

F. 牧师、神父等各种神职人员 1 是 2 否

G. 婚姻咨询专家 1 是 2 否

H. 社会工作者 1 是 2 否

I. 其它正式的帮助 1 是(种类) _____ 2 否

25、你是否曾与家庭成员或朋友谈论自己的问题?

(1) 是的, 很有帮助 (2) 是的, 有些帮助 (3) 是的, 但没有帮助 (4) 否, 没有人可与之谈论 (5) 否, 没有人愿意与我谈论 (6) 否, 不愿与人谈论 (7) 没有问题

计分方式

反向计分题目: 1、3、6、7、9、11、13、15、16。每一道题得分累加获得总得分, 总得分数越高, 幸福感程度越高。

参考文献

段建华.(1996).总体幸福感量表在我国大学生中的试用结果与分析. *中国临床心理学杂志* (01),56-57.

Student-Life Stress Inventory——English version

Subjects responded to the inventory by rating each item using a 5-point scale in Likert format with 1= never, 2 = seldom, 3 = occasionally, 4 = often, and 5 =most of the time.

I . STRESSORS:

A. As a student (frustrations):

1. I have experienced frustrations due to delays in reaching my goals.
2. I have experienced daily hassles which affected me in reaching my goals.
3. I have experienced lack of resources (money for auto, books, etc.).
4. I have experienced failures in accomplishing the goals that I set.
5. I have not been accepted socially (became a social outcast).
6. I have experienced dating frustrations.
7. I feel I was denied opportunities in spite of my qualifications.

B. I have experienced conflicts which were:

8. Produced by two or more desirable alternatives.
9. Produced by two or more undesirable alternatives.
10. Produced when a goal had both positive and negative alternatives.

C. I experienced pressures:

11. As a result of competition (on grades, work, relationships with spouse and/or friends).
12. Due to deadlines (papers due, payments to be made, etc.).
13. Due to an overload (attempting too many things at one time).
14. Due to interpersonal relationships (family and/or friends, expectations, work responsibilities).

D. I have experienced (changes)

15. Rapid unpleasant changes.
16. Too many changes occurring at the same time.
17. Change which disrupted my life and/or goals.

E. As a person (self-imposed):

18. I like to compete and win.
19. I like to be noticed and be loved by all.
20. I worry a lot about everything and everybody.
21. I have a tendency to procrastinate (put off things that have to be done).
22. I feel I must find a perfect solution to the problems I undertake.
23. I worry and get anxious about taking tests.

II . REACTIONS TO STRESSORS:

F. During stressful situations, I have experienced the following (physiological):

24. Sweating (sweaty palms, etc.).
25. Stuttering (not being able to speak clearly).
26. Trembling (being nervous, biting fingernails, etc.).
27. Rapid movements (moving quickly, from place to place).
28. Exhaustion (worn out, burned out).
29. Irritable bowels, peptic ulcers, etc.
30. Asthma, bronchial spasm, hyperventilation.
31. Backaches, muscle tightness (cramps), teeth-grinding.
32. Hives, skin itching, allergies.

33. Migraine headaches, hypertension, rapid heartbeat.

34. Arthritis, over-all pains.

35. Viruses, colds, flu.

36. Weight loss (can't eat).

37. Weight gain (eat a lot).

G. When under stressful situations, I have experienced (emotional):

38. Fear, anxiety, worry.

39. Anger.

40. Guilt.

41. Grief, depression.

H. When under stressful situations, I have (behavioral):

42. Cried.

43. Abused others (verbally and/or physically).

44. Abused self (used drugs, etc.).

45. Smoked excessively.

46. Was irritable towards others.

47. Attempted suicide.

48. Used defense mechanisms.

49. Separated myself from others.

I. With reference to stressful situations, I have (cognitive appraisal):

50. Thought about and analyzed how stressful the situations were.

51. Thought and analyzed whether the strategies I used were most effective.

Scoring method

LIFE STRESSORS:1-23

REACTIONS TO STRESSORS:24-51

Reference

Gadzella, B. M. (1994). Student-life stress inventory: Identification of and reactions to stressors. *Psychological reports*, 74(2), 395-402.

Student-Life Stress Inventory——Chinese version

学生生活应激问卷 51 题 评估压力源及应激反应

SLSI 共 51 个条目, 包含五个压力类别(挫折、冲突、压力、变化和自我强加)和四类压力反应(生理反应、情绪反应、行为反应、认知反应)。采用 1(从无)~5(总是)分 5 级评分。总评分范围 51~255 分, 总评分越高表明所面临的压力及压力反应越大。

指导语: 本问卷主要是为了调查你生活中压力的来源以及你对压力所做出的反应。因此, 你的回答没有对错、好坏之分。请你认真阅读每一道题, 根据自己进来三个月的情况, 选择最符合自己的实际情况的选项。1=从不, 2=很少, 3=偶尔, 4=经常, 5=总是。

一、作为一名学生:

1.我曾因迟迟达不到我的目标而体验过挫折感。

2.我曾因日常争吵影响我达到目标而体验过挫折感。

3.我替因缺乏经济来源(生活费用, 买书等)而体验过挫折感。

4.在实现自己确立的目标时, 我曾失败过。

5.我是一个被社会排斥的人。

6.在与异性约会时, 我感到不知所措。

7.尽管我够资格，我也曾被机会拒绝。

二、我曾体验过：

8.由于面对两个或两个以上都渴望得到的对象而产生的冲突。

9.由于面对两个或两个以上不想得到的对象而产生的冲突。

10.当选择一个既有有利的，又有弊端的目标时而产生的冲突。

三、我曾因如下原因面感到压力：

11.竞争（在学业，工作，与朋友的关系方面）。

12.最后期限（交作业等）。

13.试图同时承担很多事情。

14.由于人际关系（家庭、朋友、期望和工作责任）。

四、我曾经历过如下的变化：

15.突然发生的不愉快变化。

16.同时面对太多变化。

17.影响我的生活或妨碍我达到目标的变化。

五、作为一个人：

18.我喜欢竞争，并期望取胜。

19.我喜欢得到所有人关注和爱。

20.我对任何人和任何事都很担心。

21.我办事拖拉。

22.我认为，我必须完美地解决我所面临的问题。

23.考试时，我感到焦虑，担心。

六、在紧张状态下，我有过如下的生理反应：

24.两手出汗。

25.说话结巴。

26.发抖，咬指甲等。

27.快速来回走动。

28.疲劳。

29.肠胃反应，消化性溃疡。

30.气喘，支气管痉挛，呼吸急促。

31.背疼，肌肉紧张，磨牙。

32.皮疹，皮肤瘙痒，过敏的症状。

33.周期性偏头痛，血压高，心跳过速。

34.关节炎，全身疼。

35.病季节性感染，感冒，流感。

36.由于不能进食体重减轻。

37.由于过度进食体重增加。

七、在紧张状态下，我有过以下情绪方面的体验：

38.害怕，焦虑，烦恼。

39.愤怒。

40.内疚。

41.忧伤，抑郁。

八、在紧张状态下，我曾有以下的行为：

42.哭闹。

43.欺辱他人（骂人或打人）。

44.自辱（如吸毒）。

45.大量吸烟。

46.迁怒于他人。

47.企图自杀。

48.使用自我心理防御机制。

49.与他人隔绝。

九、对于紧张状态我曾：

50.思考并分析我所处紧张状态的情况。

51.思考并分析我所使用的策略是否有效。

计分方式

一至五（共 23 个题）评估了压力源。

六至九（共 28 个题）评估了压力反应。

Reference

王欣,王向东,王海洋. (1998). 不同年级大学生生活应激比较研究. *健康心理学杂志*, 6(4), 411-413.

The 20-item Simplified Coping Style Questionnaire, which is based on the Ways of Coping Questionnaire (WCQ) by Folkman and Lazarus (1985), was developed and revised by Xie (1998) to be suitable for use in Chinese populations.

Simplified Coping Style Questionnaire (Chinese version)

指导语：当你在生活中经受到挫折打击，或遇到困难时可能采取的态度和方法。0=不采取，1=偶尔采取，2=有时采取，3=经常采取。

- 1.通过工作学习或一些其他活动解脱
- 2.与人交谈，倾诉内心烦恼
- 3.尽量看到事物好的一面
- 4.改变自己的想法，重新发现生活中什么重要
- 5.不把问题看得太严重
- 6.坚持自己的立场，为自己想得到的斗争
- 7.找出几种不同的解决问题的方法
- 8.向亲戚朋友或同学寻求建议
- 9.改变原来的一些做法或自己的一些问题
- 10.借鉴他人处理类似困难情景的办法
- 11.寻求业余爱好，积极参加文体活动
- 12.尽量克制自己的失望、悔恨、悲伤和愤怒
- 13.试图休息或休假、暂时把问题（烦恼）抛开
- 14.通过吸烟、喝酒、服药和吃东西来解除烦恼
- 15.认为时间会改变现状，唯一要做的是等待
- 16.试图忘记整个事情
- 17.依靠别人解决问题
- 18.接受现实，因为没有其它办法
- 19.幻想可能会发生某种奇迹改变现状
- 20.自己安慰自己

Scoring method (计分方式)

positive coping style (积极应对): 1-12

negative coping style (消极应对): 13-20

Reference

Folkman, S., & Lazarus, R. S. (1985). If it changes it must be a process: study of emotion and coping during three stages of a college examination. *Journal of personality and social psychology*, 48(1), 150-170.

解亚宁.(1998).简易应对方式量表信度和效度的初步研究. *中国临床心理学杂志*, 2, 53-54.