

Instructions

- Please complete this questionnaire on your own and in quiet conditions.
- Please answer each statement below by putting a circle around the number that best reflects your degree of agreement or disagreement with that statement. *There are no right or wrong answers.*
- Work quickly, and don't think too long about the exact meaning of the statements.
- Try to answer as accurately as possible.
- You have seven possible responses, ranging from 1=Completely Disagree to 7=Completely Agree
- Many thanks for your time and interest

| | | DISAGREE COMPLETELY | | | | | AGREE COMPLETELY | |
|-----|---|------------------------|---|---|---|---|---------------------|---|
| 1. | I'm usually able to control other people | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. | Generally, I don't take notice of other people's emotions | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. | When I receive wonderful news, I find it difficult to calm down quickly | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. | I tend to see difficulties in every opportunity rather than opportunities in every difficulty | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5. | On the whole, I have a gloomy perspective on most things | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6. | I don't have a lot of happy memories | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7. | Understanding the needs and desires of others is not a problem for me | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8. | I generally believe that things will work out fine in my life | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9. | I often find it difficult to recognise what emotion I'm feeling | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10. | I'm not socially skilled | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 11. | I find it difficult to tell others that I love them even when I want to | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 12. | Others admire me for being relaxed | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 13. | I rarely think about old friends from the past | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 14. | Generally, I find it easy to tell others how much they really mean to me | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 15. | Generally, I must be under pressure to really work hard | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 16. | I tend to get involved in things I later wish I could get out of | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 17. | I'm able to "read" most people's feelings like an open book | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 18. | I'm usually able to influence the way other people feel | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 19. | I normally find it difficult to calm angry people down | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 20. | I find it difficult to take control of situations at home | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 21. | I generally hope for the best | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 22. | Others tell me that they admire me for my integrity | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 23. | I really don't like listening to my friends' problems | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 24. | I'm normally able to "get into someone's shoes" and experience their emotions | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 25. | I believe I'm full of personal weaknesses | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 26. | I find it difficult to give up things I know and like | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 27. | I always find ways to express my affection to others when I want to | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 28. | I feel that I have a number of good qualities | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 29. | I tend to rush into things without much planning | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 30. | I find it difficult to speak about my intimate feelings even to my closest friends | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 31. | I'm not able to do things as well as most people | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 32. | I'm never really sure what I'm feeling | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 33. | I'm usually able to express my emotions when I want to | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 34. | When I disagree with someone, I usually find it easy to say so | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 35. | I normally find it difficult to keep myself motivated | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 36. | I know how to snap out of my negative moods | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 37. | On the whole, I find it difficult to describe my feelings | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 38. | I find it difficult not to feel sad when someone tells me about something bad that happened to them | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 39. | When something surprises me, I find it difficult to get it out of my mind | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 40. | I often pause and think about my feelings | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 41. | I tend to see the glass as half-empty rather than as half-full | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 42. | I often find it difficult to see things from another person's viewpoint | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

| | | DISAGREE COMPLETELY | | | | | AGREE COMPLETELY | |
|-----|--|---------------------|---|---|---|---|------------------|---|
| 43. | I'm a follower, not a leader | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 44. | Those close to me often complain that I don't treat them right | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 45. | Many times, I can't figure out what emotion I'm feeling | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 46. | I couldn't affect other people's feelings even if I wanted to | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 47. | If I'm jealous of someone, I find it difficult not to behave badly towards them | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 48. | I get stressed by situations that others find comfortable | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 49. | I find it difficult to sympathize with other people's plights | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 50. | In the past, I have taken credit for someone else's input | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 51. | On the whole, I can cope with change effectively | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 52. | I don't seem to have any power at all over other people's feelings | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 53. | I have many reasons for not giving up easily | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 54. | I like putting effort even into things that are not really important | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 55. | I always take responsibility when I do something wrong | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 56. | I tend to change my mind frequently | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 57. | When I argue with someone, I can only see my point of view | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 58. | Things tend to turn out right in the end | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 59. | When I disagree with someone, I generally prefer to remain silent rather than make a scene | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 60. | If I wanted to, it would be easy for me to make someone feel bad | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 61. | I would describe myself as a calm person | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 62. | I often find it difficult to show my affection to those close to me | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 63. | There are many reasons to expect the worst in life | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 64. | I usually find it difficult to express myself clearly | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 65. | I don't mind frequently changing my daily routine | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 66. | Most people are better liked than I am | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 67. | Those close to me rarely complain about how I behave toward them | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 68. | I usually find it difficult to express my emotions the way I would like to | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 69. | Generally, I'm able to adapt to new environments | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 70. | I often find it difficult to adjust my life according to the circumstances | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 71. | I would describe myself as a good negotiator | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 72. | I can deal effectively with people | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 73. | On the whole, I'm a highly motivated person | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 74. | I have stolen things as a child | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 75. | On the whole, I'm pleased with my life | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 76. | I find it difficult to control myself when I'm extremely happy | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 77. | Sometimes, it feels like I'm producing a lot of good work effortlessly | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 78. | When I take a decision, I'm always sure it is the right one | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 79. | If I went on a blind date, the other person would be disappointed with my looks | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 80. | I normally find it difficult to adjust my behaviour according to the people I'm with | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 81. | On the whole, I'm able to identify myself with others | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 82. | I try to regulate pressures in order to control my stress levels | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 83. | I don't think I'm a useless person | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 84. | I usually find it difficult to regulate my emotions | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 85. | I can handle most difficulties in my life in a cool and composed manner | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 86. | If I wanted to, it would be easy for me to make someone angry | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 87. | On the whole, I like myself | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 88. | I believe I'm full of personal strengths | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 89. | I generally don't find life enjoyable | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 90. | I'm usually able to calm down quickly after I've got mad at someone | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 91. | I can remain calm even when I'm extremely happy | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 92. | Generally, I'm not good at consoling others when they feel bad | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 93. | I'm usually able to settle disputes | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 94. | I never put pleasure before business | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 95. | Imagining myself in someone else's position is not a problem for me | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 96. | I need a lot of self-control to keep myself out of trouble | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 97. | It is easy for me to find the right words to describe my feelings | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

| | | DISAGREE COMPLETELY | | | | | AGREE COMPLETELY | |
|------|--|---------------------|---|---|---|---|------------------|---|
| 98. | I expect that most of my life will be enjoyable | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 99. | I am an ordinary person | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 100. | I tend to get "carried away" easily | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 101. | I usually try to resist negative thoughts and think of positive alternatives | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 102. | I don't like planning ahead | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 103. | Just by looking at somebody, I can understand what he or she feels | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 104. | Life is beautiful | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 105. | I normally find it easy to calm down after I have been scared | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 106. | I want to be in command of things | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 107. | I usually find it difficult to change other people's opinions | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 108. | I'm generally good at social chit-chat | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 109. | Controlling my urges is not a big problem for me | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 110. | I really don't like my physical appearance | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 111. | I tend to speak well and clearly | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 112. | On the whole, I'm not satisfied with how I tackle stress | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 113. | Most of the time, I know exactly why I feel the way I do | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 114. | I find it difficult to calm down after I have been strongly surprised | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 115. | On the whole, I would describe myself as assertive | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 116. | On the whole, I'm not a happy person | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 117. | When someone offends me, I'm usually able to remain calm | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 118. | Most of the things I manage to do well seem to require a lot of effort | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 119. | I have never lied to spare someone else's feelings | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 120. | I find it difficult to bond well even with those close to me | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 121. | I consider all the advantages and disadvantages before making up my mind | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 122. | I don't know how to make others feel better when they need it | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 123. | I usually find it difficult to change my attitudes and views | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 124. | Others tell me that I rarely speak about how I feel | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 125. | On the whole, I'm satisfied with my close relationships | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 126. | I can identify an emotion from the moment it starts to develop in me | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 127. | On the whole, I like to put other people's interests above mine | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 128. | Most days, I feel great to be alive | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 129. | I tend to get a lot of pleasure just from doing something well | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 130. | It is very important to me to get along with all my close friends and family | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 131. | I frequently have happy thoughts | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 132. | I have many fierce arguments with those close to me | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 133. | Expressing my emotions with words is not a problem for me | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 134. | I find it difficult to take pleasure in life | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 135. | I'm usually able to influence other people | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 136. | When I'm under pressure, I tend to lose my cool | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 137. | I usually find it difficult to change my behaviour | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 138. | Others look up to me | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 139. | Others tell me that I get stressed very easily | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 140. | I'm usually able to find ways to control my emotions when I want to | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 141. | I believe that I would make a good salesperson | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 142. | I lose interest in what I do quite easily | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 143. | On the whole, I'm a creature of habit | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 144. | I would normally defend my opinions even if it meant arguing with important people | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 145. | I would describe myself as a flexible person | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 146. | Generally, I need a lot of incentives in order to do my best | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 147. | Even when I'm arguing with someone, I'm usually able to take their perspective | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 148. | On the whole, I'm able to deal with stress | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 149. | I try to avoid people who may stress me out | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 150. | I often indulge without considering all the consequences | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 151. | I tend to "back down" even if I know I'm right | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 152. | I find it difficult to take control of situations at work | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 153. | Some of my responses on this questionnaire are not 100% honest | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

QUESTION SECTION 2

Please note that in this section you are occasionally asked to ✎ write in your answer.

About you

What is your gender?

- MALE FEMALE

What is your natural hand for writing?

- RIGHT LEFT

Your marital status?

- Single
 Living together
 Married, no children in education
 Married with children in education
 Divorced/ Separated
 Widowed
 Other

How would you describe yourself ethnically?

- White – UK heritage
 White - other
 Pakistani
 Bangladeshi
 Indian
 Black – African heritage
 Black – Caribbean heritage
 Chinese
 Other

What is your total pre-tax annual income?

- Below £5000
 £5001-10000
 £10001-£15000
 £15001-£20,000
 £20001-£25000
 £25001-£30000
 £30001-£35000
 £35001-£40000
 £41001-£45000
 £45001-£50000
 Over £50000

How happy in your job are you?

On a scale of 1-7, where
1=Not at All Happy
4=Average
7=Very Happy
Please write in your score ✎

Is English your native language?

- YES NO

What is your year of birth?

✎ 19...

Your birth order? (e.g. 1st, 2nd child)

- 1st 2nd 3rd 4
 5th 6th

Your current occupation?

- Private sector, manufacturer
 Private sector, service company
 Armed forces
 Health Service
 Other public sector
 Voluntary sector/charities
 Academic/teaching
 Self-employed
 Not employed
 Other

What sort of family religious background do you have?

- Christian – Protestant
 Christian – Roman Catholic
 Christian – Other
 Muslim
 Hindu
 Jewish
 Buddhist
 Other belief system
 None at all

How religious are you?

On a scale of 1-7, where
1=Not Religious At All
4=Average
7=Very Religious
Please write in your score ✎

How good are you at your line of work?

On a scale of 1-7, where
1=Poor
4=Average
7=Very Good
Please write in your score ✎

What is your job title?

✎

Was your upbringing mainly in

- Large City Town Village Other

How many children have you had?

- None 1 2 3 4 5 5+

Your highest educational qualification?

- GCSE/O Level or similar
 A Level or similar
 BA/BSc or similar
 MA/MSc or similar
 MBA
 PhD
 Other

If you are currently in higher education, what subject are you studying?

✎

And with which religion would you say you most closely identify now?

- Christian – Protestant
 Christian – Catholic
 Christian – Other
 Muslim
 Hindu
 Jewish
 Buddhist
 Other belief system
 None at all

What are your political convictions?

On a scale of 1-7, where
1=Strongly Left Wing
4=Neither
7=Strongly Right wing
Please write in your score ✎

How many hours a month do you dedicate to voluntary public or civic work?

✎

Please note that, at present, the scoring of the TEIQue has to be done at our end (there is no charge for this). Directions for submitting TEIQue files for scoring:

- We can only handle SPSS files at present.
- Download and use the SPSS template from www.psychometriclab.com
- Correct all data entry errors before you submit your file
- Allow three working days for scoring.
- Email your file to k.petrides@ucl.ac.uk