

MPaCT

NAME _____
DATE _____

OCCUPATION _____

BIRTHDATE _____

GENDER: Male / Female (circle one)

INSTRUCTIONS

Below are a number of statements used to describe how people may feel about themselves in general. Indicate how much you agree with each statement by filling in the circle of **JUST ONE NUMBER** from 0 to 6. You can fill in an in-between number (1, 3, or 5) if your best answer is in between descriptions (see example on right).

(Example)

- ①
- ② Somewhat Agree -
- ③
- ④ Agree -

NOTE 1: Answer how you would describe yourself generally **OVER THE LONG TERM**, not just how you have been over the past few days or weeks.

NOTE 2: Each item is important. Take your time and **READ ALL RESPONSE OPTIONS BEFORE ANSWERING**, so you can be as accurate as possible.

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HOW MUCH DO YOU AGREE WITH THE FOLLOWING STATEMENTS?

1. Working with numbers and basic math comes fairly easy for me.

- ① Disagree - numbers and basic math tend to be fairly difficult for me
- ①
- ② Somewhat Agree - I'm ok with basic math
- ③
- ④ Agree - I'm fairly good with basic math
- ⑤
- ⑥ Strongly Agree - I'm excellent with numbers and basic math

2. I enjoy being in groups or social gatherings.

- ① Disagree - I usually don't enjoy being in groups or social gatherings
- ①
- ② Somewhat Agree - I sometimes enjoy being in groups or social gatherings
- ③
- ④ Agree - I enjoy being in groups or social gatherings somewhat often
- ⑤
- ⑥ Strongly Agree - I enjoy being in groups and social gatherings very often

3. The way I think and do things tends to be fairly similar to most of the people around me (of similar age, & background/culture).

- ① Disagree - my ideas are often different than how others think
- ①
- ② Somewhat Agree - my ideas are sometimes similar and sometimes not
- ③
- ④ Agree - my ideas are often fairly similar to how others think
- ⑤
- ⑥ Strongly Agree - my ideas always seem similar to how most others around me think

4. Relationships and other life circumstances tend to be stable and in control in my life.

- ① Disagree - things often feel unstable or out of control in my life
- ①
- ② Somewhat Agree - things can feel unstable or out of control from time to time
- ③
- ④ Agree - things tend to be stable and in control fairly often
- ⑤
- ⑥ Strongly Agree - things are always stable in my life

5. I enjoy some creative things a fair amount (*like a work of art, unusual design, clever poem, or good story*).

- ① Disagree - such creative things are not that interesting or enjoyable for me
- ①
- ② Somewhat Agree - such creative things can be moderately enjoyable
- ③
- ④ Agree - such creative things can be fairly enjoyable for me
- ⑤
- ⑥ Strongly Agree - such creative things can be very enjoyable for me

6. Those everyday little rules and guidelines are there for a reason, and I usually try to follow them.

- ① Disagree - I often don't really follow them because they seem sort of silly or unnecessary
- ①
- ② Somewhat Agree - I follow them sometimes, but sometimes I don't because they seem unnecessary
- ③
- ④ Agree - I usually follow the rules and guidelines
- ⑤
- ⑥ Strongly Agree - I always follow rules and guidelines no matter how small

7. I believe I'm a fairly capable person.

- ① Disagree - I don't feel that capable; less than average
- ①
- ② Somewhat Agree - I'm somewhat capable
- ③
- ④ Agree - I'm a fairly capable person
- ⑤
- ⑥ Strongly Agree - I'm a very capable person; much more than average

8. I tend to be trusting of others, and fairly open with them.

- ① Disagree - I don't really trust others that much
- ①
- ② Somewhat Agree - I'm somewhat trusting, but it can take me a little while to open up with others
- ③
- ④ Agree - I'm fairly trusting and open
- ⑤
- ⑥ Strongly Agree - I'm very trusting and open with others

9. I don't mind attention and may say or do things that others notice.

- ① Disagree - I try to avoid doing things that call attention to myself
- ①
- ② Somewhat Agree - I may occasionally do things for others to notice, but not that often
- ③
- ④ Agree - I may often do or say things that others notice
- ⑤
- ⑥ Strongly Agree - I'm always doing things that others notice

10. I think there is too much concern about drugs people use to relax and have a good time.

- ① Disagree - I think it is a problem and I don't really believe in it
- ①
- ② Somewhat Agree - it's somewhat of a problem, but I try to be open-minded about it
- ③
- ④ Agree - it's not really a problem if the individual is responsible about it
- ⑤
- ⑥ Strongly Agree - I don't see it as a problem at all

11. I'm pretty independent and don't really look to other people for companionship or support.

- ① Disagree - I often look to others for companionship or support
- ①
- ② Somewhat Agree - I'm somewhat independent, but I do tend to look for companionship or support from others
- ③
- ④ Agree - I'm fairly independent and don't tend to look for that much from other people
- ⑤
- ⑥ Strongly Agree - I'm very independent and don't really need nor want that much from other people

12. When I do something, I like it to be done right (*done properly & correctly, or look neat & even*).

- ① Disagree - I'm typically not very particular about things
- ①
- ② Somewhat Agree - I can be somewhat particular about things
- ③
- ④ Agree - I can be fairly particular with how things look or how they're done
- ⑤
- ⑥ Strongly Agree - I can be very particular with how things look or the way they're done

13. When something seems interesting or important to me, it can be hard to stop thinking about it.

- ① Disagree - it's usually not difficult to stop thinking about such things
- ①
- ② Somewhat Agree - it can be somewhat difficult to stop thinking about such things
- ③
- ④ Agree - it can be fairly difficult to stop thinking about such things
- ⑤
- ⑥ Strongly Agree - it can be very difficult to stop thinking about such things

14. There are one or more everyday things that can make me fairly nervous or uncomfortable (such as heights, flying, animals/insects, blood/needles, the dark, the water, small spaces, bad weather, or other).

- ① Disagree - I rarely get uneasy or nervous with anything
- ①
- ② Somewhat Agree - I can get a little uneasy, but usually deal with them without that much difficulty
- ③
- ④ Agree - I can get fairly uneasy with some things, but can deal with them when I have to
- ⑤
- ⑥ Strongly Agree - I can get very uneasy with some things, and always avoid them if possible

15. I tend to be comfortable with the use of alcohol.

- ① Disagree - I don't really prefer alcohol or tolerate it that well
- ①
- ② Somewhat Agree - I enjoy alcohol a little
- ③
- ④ Agree - I enjoy alcohol a fair amount
- ⑤
- ⑥ Strongly Agree - I really enjoy the use of alcohol

16. I don't tend to worry too much about things in life.

- ① Disagree - I often worry about things in life
- ①
- ② Somewhat Agree - I tend to worry somewhat often
- ③
- ④ Agree - I may worry a little, but not too much
- ⑤
- ⑥ Strongly Agree - I never let myself worry about things

17. If I saw a dollar bill lying in the parking lot outside a restaurant, I would pick it up and return it to the business.

- ① Disagree - I'd pick it up and keep it without a second thought
- ①
- ② Somewhat Agree - I might pick it up and keep it for myself
- ③
- ④ Agree - I'd probably return it to the business
- ⑤
- ⑥ Strongly Agree - I'd absolutely return it to the business

18. I find reading to be fairly easy.

- ① Disagree - reading tends to be difficult for me
- ①
- ② Somewhat Agree - I'm an ok reader
- ③
- ④ Agree - I'm a fairly good reader
- ⑤
- ⑥ Strongly Agree - it's very easy for me; I'm an excellent reader

19. I tend to feel relaxed and comfortable around others.

- ① Disagree - I often feel somewhat tense or uncomfortable around others
- ①
- ② Somewhat Agree - I can get tense or uncomfortable around others at times
- ③
- ④ Agree - I'm often relaxed and comfortable around others
- ⑤
- ⑥ Strongly Agree - I always feel relaxed and comfortable around others

20. It's usually business first for me; I don't tend to put tasks or responsibilities off for long.

- ① Disagree - I often put things off or forget to do them
- ①
- ② Somewhat Agree - I tend to put things off from time to time
- ③
- ④ Agree - I usually get to things and don't put them off that long
- ⑤
- ⑥ Strongly Agree - I never put things off

21. Typically I tend to be fairly happy in life.

- ① Disagree - there are times I'm ok, but I'm typically not very happy in my life
- ①
- ② Somewhat Agree - I tend to be somewhat happy in my life
- ③
- ④ Agree - the occasional things can be upsetting, but I tend to be fairly happy in life
- ⑤
- ⑥ Strongly Agree - I tend to be very happy in life; I never get upset with anything

22. I tend to be comfortable with the use of recreational drugs.

- ① Disagree - I don't really enjoy them or tolerate them at all
- ①
- ② Somewhat Agree - I enjoy them somewhat
- ③
- ④ Agree - I enjoy them a fair amount
- ⑤
- ⑥ Strongly Agree - I really enjoy them

23. When something I'm involved in doesn't go right, I tend to feel some responsibility even when it's not fully my fault.

- ① Disagree - I typically don't feel responsibility when it's not fully my fault
- ①
- ② Somewhat Agree - I may feel some responsibility at times
- ③
- ④ Agree - I often feel some responsibility even when it's not fully my fault
- ⑤
- ⑥ Strongly Agree - I always feel fairly responsible for the outcome no matter what

24. I'm fairly careful in life and tend to take my time with what I say or do, or in making decisions.

- ① Disagree - I tend to do things or make decisions quickly or even impulsively
- ①
- ② Somewhat Agree - I don't generally take that much time to do things or make decisions
- ③
- ④ Agree - I'm fairly careful and may take some time to do things
- ⑤
- ⑥ Strongly Agree - I'm very careful and tend to really take my time doing things, or making decisions

25. I usually tell someone when I don't like something they did, or there's something they need to hear.

- ① Disagree - I usually don't tell someone when I'm not happy with something; I prefer to avoid conflict if at all possible
- ①
- ② Somewhat Agree - sometimes I tell people when I'm unhappy with something and sometimes I don't
- ③
- ④ Agree - I will often tell someone when I'm not happy with something
- ⑤
- ⑥ Strongly Agree - I almost always tell someone when I'm not happy, or there's something they need to hear

26. Things like geometry and the mechanical workings of things tend to be fairly easy for me to understand.

- ① Disagree - things like geometry or mechanical workings tend to be fairly difficult for me
- ①
- ② Somewhat Agree - I can sometimes understand or figure out how things go
- ③
- ④ Agree - I can often understand or figure out the workings of things
- ⑤
- ⑥ Strongly Agree - it comes very natural to me

27. I tend to feel positive about how others see or think about me as a person.

- ① Disagree - I usually worry about how others see me
- ①
- ② Somewhat Agree - sometimes I feel positive and sometimes I don't
- ③
- ④ Agree - I often feel positive about how others see me
- ⑤
- ⑥ Strongly Agree - I almost always feel positive about how others see or think about me

28. I have a tendency to do some things more than I really need to (e.g., clean, wash or straighten, check on things to make sure they're ok, count things, repeat or redo things, touch/feel things a certain way, keep things I don't really need).

- ① Disagree - I don't tend to do those types of things
- ①
- ② Somewhat Agree - I may have a little tendency towards such things, but not too much
- ③
- ④ Agree - I have some tendency towards such things, and they can be a little much at times
- ⑤
- ⑥ Strongly Agree - I have some habits like these and they can be fairly extreme

29. Even minor bodily pains or injuries tend to be bothersome to me.

- ① Disagree - I often don't even notice pains or injuries unless they are fairly severe
- ①
- ② Somewhat Agree - minor pains or injuries can be somewhat bothersome
- ③
- ④ Agree - minor pains or injuries tend to be fairly bothersome to me
- ⑤
- ⑥ Strongly Agree - minor pains or injuries tend to be very bothersome to me

30. I tend to be sensitive to the emotions other people feel, and can usually understand them.

- ① Disagree - it's usually difficult for me to understand how others are feeling
- ①
- ② Somewhat Agree - I can sometimes understand how others feel
- ③
- ④ Agree - I'm fairly sensitive to other peoples' emotions and can often understand how they feel
- ⑤
- ⑥ Strongly Agree - I'm very sensitive to other peoples' emotions and can really feel how they feel

31. I tend to feel relaxed and comfortable when speaking or performing in front of others.

- ① Disagree - I always get nervous when speaking or performing in front of others
- ①
- ② Somewhat Agree - I can get nervous when speaking or performing in front of others at times
- ③
- ④ Agree - I usually don't get that nervous when speaking or performing in front of others
- ⑤
- ⑥ Strongly Agree - I never get nervous when speaking or performing in front of others



Read the following instructions before continuing

For the remaining items, your answers should be made according to how you have been more recently.
Answer how you have felt on average, **OVER THE PAST 5-10 DAYS INCLUDING TODAY.**

32. THESE DAYS, I find myself feeling worrisome or nervous.

- ① Disagree - I feel relaxed and calm most of the time
- ①
- ② Somewhat Agree - I feel worrisome or nervous at times
- ③
- ④ Agree - I feel worrisome or nervous fairly frequently
- ⑤
- ⑥ Strongly Agree - I feel worrisome or nervous all the time

33. THESE DAYS, I tend to feel very happy and positive.

- ① Disagree - there are times I feel ok, but things are generally not very good
- ①
- ② Somewhat Agree - things are not real bad, but they could definitely be better
- ③
- ④ Agree - the occasional thing might be a problem, but things are mostly good
- ⑤
- ⑥ Strongly Agree - I feel very happy; everything in my life is great

34. THESE DAYS, I tend to feel tired, sluggish, or worn out.

- ① Disagree - I feel fairly alert and energetic through most of the day
- ①
- ② Somewhat Agree - I can get a little tired but I'm mostly ok through the day
- ③
- ④ Agree - I tend to feel somewhat tired or worn out during the day
- ⑤
- ⑥ Strongly Agree - I tend to feel very tired and worn out throughout the day

35. THESE DAYS, I tend to feel into things and motivated during the day.

- ① Disagree - I tend to feel out of it or unmotivated during the day
- ①
- ② Somewhat Agree - I tend to feel somewhat into things or motivated
- ③
- ④ Agree - I tend to feel fairly into things and motivated during the day
- ⑤
- ⑥ Strongly Agree - I tend to feel very into things and motivated during the day

36. THESE DAYS, I tend to feel sort of angry or resentful about some things.

- ① Disagree - I don't really feel angry or resentful about anything
- ①
- ② Somewhat Agree - I feel a little angry or resentful, but not that much
- ③
- ④ Agree - I tend to feel fairly angry or resentful about things
- ⑤
- ⑥ Strongly Agree - I tend to feel very angry or resentful about things

37. THESE DAYS, I find myself feeling confused about some things in my life.

- ① Disagree - I feel fairly clear and sure about most things in my life
- ①
- ② Somewhat Agree - I feel a little unclear about some things, but not too much
- ③
- ④ Agree - I feel somewhat unsure or unclear about things
- ⑤
- ⑥ Strongly Agree - I feel very confused