PEARLIN SELF-MASTERY SCALE

On a scale of 1 to 7 with 1 meaning "Strongly agree" and 7 meaning "Strongly disagree", how strongly do you agree or disagree with these statements about yourself?

[*Items 4 & 6 must be reverse-scored. Higher scores indicate a higher level of self-mastery]*

1. There is really no way I can solve some of the problems I have.
2. Sometimes I feel that I’m being pushed around in life.
3. I have little control over the things that happen to me.
4. I can do just about anything I really set my mind to.
5. I often feel helpless in dealing with the problems of life.
6. What happens to me in the future mostly depends on me.
7. There is little I can do to change many of the important things in my life.


KESSLER PSYCHOLOGICAL DISTRESS SCALE

The next questions are about how you have been feeling during the past 30 days.

[Scoring: 6-11 Likely Well; 12-19 likely mild to moderate mental health disorder; 20-30 likely severe disorder]

1a. About how often during the past 30 days did you feel nervous — would you say all of the time, most of the time, some of the time, a little of the time, or none of the time?
1b. During the past 30 days, about how often did you feel hopeless — all of the time, most of the time, some of the time, a little of the time, or none of the time?
1c. During the past 30 days, about how often did you feel restless or fidgety?
1d. How often did you feel so depressed that nothing could cheer you up?
1e. During the past 30 days, about how often did you feel that everything was an effort?
1f. During the past 30 days, about how often did you feel worthless?