

## SIPP-SV personality questionnaire

This questionnaire consists of a series of statements about you. These statements refer to the **last 3 months**. By reporting to what extent you agree or disagree with each statement, you are describing how you have been over the **last 3 months**. You can do this by marking the box which best describes how you have been.

	Fully disagree	Partly disagree	Partly agree	Fully agree
Statement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

For example:

A mark in the first box means that you **fully disagree** with the statement.

	Fully disagree	Partly disagree	Partly agree	Fully agree
Statement	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

A mark in the third box means that you **partly agree** with the statement.

	Fully disagree	Partly disagree	Partly agree	Fully agree
Statement	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

### NOTE:

- ◆ The questionnaire deals with the last 3 months.
- ◆ Your own opinion counts, not that of others.
- ◆ It's important to read the question carefully but don't think too long: your first impression is usually the best.
- ◆ There is only one answer per statement possible.
- ◆ Please don't skip any questions.

	To what extent do you agree with the following statements, judging from <b>the last 3 months?</b>	Fully disagree	Partly disagree	Partly agree	Fully agree
1	Sometimes I get so overwhelmed that I can't control my reactions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	I can easily accept people the way they are, even when they are different	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	I strongly believe that life is worth living	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	Overall I feel that my activities are enjoyable to me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	I can work with people on a joint project in spite of personal differences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	I rarely meet someone with whom I dare to share my thoughts and feelings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	If I have agreed on a course of action with others, I tend to keep to my agreement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	When upset by someone I often feel like hurting him or her	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	I usually have adequate control over my feelings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	Sometimes I get so angry, that I feel like hitting or kicking people around me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	To what extent do you agree with the following statements, judging from <b>the last 3 months?</b>	Fully disagree	Partly disagree	Partly agree	Fully agree
11	It is hard for me to respect people who have ideas that are different from mine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	I often see no reason to continue living	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	Some people think of me as a rude person	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	It is hard for me to show affection to other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	It is hard for me to get attached to someone else	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	I am someone who does not always keep to the rules, especially when it is easy to ignore them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	I strongly believe that I am just as worthy as other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	I tend to think of myself as a loner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19	I often fail to get a job done because I didn't try hard enough	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20	Sometimes I am not as reliable as I perhaps should be	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	To what extent do you agree with the following statements, judging from <b>the last 3 months?</b>	Fully disagree	Partly disagree	Partly agree	Fully agree
21	I frequently say things I regret later	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22	I lose control sometimes to the extent that people are frightened of me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23	I often comment adversely on others' beliefs or actions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24	It is hard for me to really enjoy doing things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25	It is hard for me to cooperate unless others submit to my way of doing things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	To what extent do you agree with the following statements, judging from <b><u>the last 3 months?</u></b>	Fully disagree	Partly disagree	Partly agree	Fully agree
26	Even among good friends, I do not show much of myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27	I have a tendency to start things and then give up on them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28	I have such strong feelings that I easily lose control of them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29	Often I do not succeed to pay my debts promptly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30	It is often hard for me to go along with people with different values	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31	I often feel that my life is meaningless	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32	I seem to lack the sense of responsibility necessary to meet my obligations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33	I often fail to do things that I am supposed to do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34	Others have told me that I should try harder to avoid losing control over my feelings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35	I often feel that I am not as worthy as other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	To what extent do you agree with the following statements, judging from <b><u>the last 3 months?</u></b>	Fully disagree	Partly disagree	Partly agree	Fully agree
36	I believe that most people do not like to go along with me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37	Sometimes it seems that everything in me somehow blocks the capacity to have fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
38	At work I get easily irritated about other people's ways of doing things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
39	It is hard for me to feel loved by people I have become close to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
40	One of my problems is that I cannot easily let myself have a good time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
41	I often cannot help expressing my moods inappropriately	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
42	I seem to do things that I regret more often than other people do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
43	It is hard for me to control my aggression towards others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
44	I can demonstrate my affection for others without too much discomfort	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
45	It is hard for me to enjoy lasting relationships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	To what extent do you agree with the following statements, judging from <b><u>the last 3 months?</u></b>	Fully disagree	Partly disagree	Partly agree	Fully agree
46	Some people have criticized me because of insufficient sense of responsibility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
47	Sometimes it is hard for me not to become aggressive towards others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
48	The way I feel or behave is often very unpredictable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
49	It is hard for me to express affection to others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
50	One of my problems is that I find it hard to really believe that others love me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	To what extent do you agree with the following statements, judging from <b>the last 3 months?</b>	Fully disagree	Partly disagree	Partly agree	Fully agree
51	Unfortunately, I am not as hard-working as I would like to be	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
52	Other people have complained about me being not fully reliable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
53	I often overreact to minor problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
54	I often act impulsively even though I know I will regret it later on	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
55	I am often confused about what kind of person I really am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
56	When I try to understand myself, I often get more confused than I was before	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
57	I usually have a low opinion of myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
58	I regularly get into disputes with others at work or home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
59	I have been able to form lasting friendships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
60	Although I regret it, I have to admit that I am not as sincere as I should be	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>