

Revised Willoughby Questionnaire for Self-Administration

Instructions: The questions in this schedule are intended to indicate various emotional personality traits. It is not a test in any sense because there are no right nor wrong answers to any of the questions.

After each question you will find a row of numbers whose meaning is given below. All you have to do is to draw a ring around the number that describes you best.

0 means "No," "never," "not at all," etc.

1 means "Somewhat," "sometimes," "a little," etc.

2 means "About as often as not," "an average amount," etc.

3 means "Usually," "a good deal," "rather often," etc.

4 means "Practically always," "entirely," etc.

1. Do you get anxious if you have to speak or perform in any way in front of a group of strangers? – 0 1 2 3 4
2. Do you worry if you make a fool of yourself, or feel you have been made to look foolish? – 0 1 2 3 4
3. Are you afraid of falling when you are on a high place from which there is no real danger of falling – for example, looking down from a balcony on the tenth floor? – 0 1 2 3 4
4. Are you easily hurt by what other people do or say to you?
– 0 1 2 3 4
5. Do you keep in the background on social occasions? – 0 1 2 3 4
6. Do you have changes of mood that you cannot explain? – 0 1 2 3 4
7. Do you feel uncomfortable when you meet new people? – 0 1 2 3 4
8. Do you day-dream frequently, i.e., indulge in fantasies not involving concrete situations? – 0 1 2 3 4
9. Do you get discouraged easily, e.g., by failure or criticism? – 0 1 2 3 4
10. Do you say things in haste and then regret them? – 0 1 2 3 4
11. Are you ever disturbed by the mere presence of other people? – 0 1 2 3 4
12. Do you cry easily? – 0 1 2 3 4
13. Does it bother you to have people watch you work even when you do it well? – 0 1 2 3 4
14. Does criticism hurt you badly? – 0 1 2 3 4
15. Do you cross the street to avoid meeting someone? – 0 1 2 3 4
16. At a reception or tea do you go out of your way to avoid meeting the important person present? – 0 1 2 3 4

17. Do you often feel just miserable? – 0 1 2 3 4
18. Do you hesitate to volunteer in a discussion or debate with a group of people whom you know more or less? – 0 1 2 3 4
19. Do you have a sense of isolation, either when alone or among people? – 0 1 2 3 4
20. Are you self-conscious before 'superiors' (teachers, employers, authorities)? – 0 1 2 3 4
21. Do you lack confidence in your general ability to do things and to cope with situations? – 0 1 2 3 4
22. Are you self-conscious about your appearance even when you are well-dressed and groomed? – 0 1 2 3 4
23. Are you scared at the sight of blood, injuries, and destruction even though there is no danger to you? – 0 1 2 3 4
24. Do you feel that other people are better than you? – 0 1 2 3 4
25. Is it hard for you to make up your mind? – 0 1 2 3 4