

## Questions measuring Anxiety / Neuroticism

ITEMS	Yes	No
Are you inclined to get yourself all worked up over nothing?	<input type="checkbox"/>	<input type="checkbox"/>
Are you easily embarrassed in a social situation?	<input type="checkbox"/>	<input type="checkbox"/>
Is life often a strain for you?	<input type="checkbox"/>	<input type="checkbox"/>
Do you often worry unreasonably over things that do not really matter?	<input type="checkbox"/>	<input type="checkbox"/>
Are you often afraid of things and people that you know would not really hurt you?	<input type="checkbox"/>	<input type="checkbox"/>
Are you inclined to tremble and perspire if you are faced with a difficult task ahead?	<input type="checkbox"/>	<input type="checkbox"/>
Are you usually calm and not easily upset?	<input type="checkbox"/>	<input type="checkbox"/>
Do you worry unnecessarily over things that might happen?	<input type="checkbox"/>	<input type="checkbox"/>
Do you worry too long over humiliating experiences?	<input type="checkbox"/>	<input type="checkbox"/>
Do you sometimes get into a state of tension and turmoil when thinking over your difficulties?	<input type="checkbox"/>	<input type="checkbox"/>
Do you find it difficult to sit still without fidgeting?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever felt you needed to take a very long holiday?	<input type="checkbox"/>	<input type="checkbox"/>
Does your voice get shaky if you are talking to someone you particularly want to impress?	<input type="checkbox"/>	<input type="checkbox"/>
Do you sometimes feel that you have so many difficulties that you cannot possibly overcome them?	<input type="checkbox"/>	<input type="checkbox"/>
Do you often wake up sweating after having a bad dream?	<input type="checkbox"/>	<input type="checkbox"/>
Are you easily annoyed if things don't go according to plan?	<input type="checkbox"/>	<input type="checkbox"/>
Do you blush more often than most people?	<input type="checkbox"/>	<input type="checkbox"/>
Do you often feel restless as though you want something but do not really know what?	<input type="checkbox"/>	<input type="checkbox"/>
Are you anxious about something or somebody most of the time?	<input type="checkbox"/>	<input type="checkbox"/>
Are you a nervous person?	<input type="checkbox"/>	<input type="checkbox"/>
Total		

Note: Questions derived from the Eysenck Personality Inventory