

The D-Scale 14 (Johan Denollet)

Below are a number of statements that people often use to describe themselves. Read each one and circle the appropriate number next to that statement to indicate your answer. There are no right or wrong answers: Your own impression is the only thing that matters.

0 = False 1 = Rather false 2 = Neutral 3 = Rather true 4 = True

1) I make contact easily when I meet people	0 1 2 3 4
2) I often make a fuss about unimportant things	0 1 2 3 4
3) I often talk to strangers	0 1 2 3 4
4) I often feel unhappy	0 1 2 3 4
5) I am often irritated	0 1 2 3 4
6) I often feel inhibited in social interactions	0 1 2 3 4
7) I take a gloomy view of things	0 1 2 3 4
8) I find it hard to start a conversation	0 1 2 3 4
9) I am often in a bad mood	0 1 2 3 4
10) I am a closed kind of person	0 1 2 3 4
11) I would rather keep people at a distance	0 1 2 3 4
12) I often find myself worrying about something	0 1 2 3 4
13) I am often down in the dumps	0 1 2 3 4
14) When socializing, I don't find the right things to talk about	0 1 2 3 4

"NA" scale: Add scores for questions 2, 4, 5, 7, 9, 12, and 13

"SI" scale: Add scores for questions 1*, 3*, 6, 8, 10, 11, and 14

(*For scoring questions 1 and 3, if you circled 0, enter 4; if 1, enter 3; if 2, enter 2; if 3, enter 1; if 4, enter 0.)