

Appendix

Sample Items of Life Difficulties Questionnaire

Discouragement

1. I often have moments when my life seems lonely and empty.
2. I feel that there isn't much in life that's worth doing.
3. I have sometimes thought about how to kill myself.

Worry

1. I have very strong fears of particular places or things.
2. I have had a terrible experience that still bothers me.
3. I sometimes feel myself twitch when I get nervous.

Poor Body Image

1. I worry about being overweight.
2. There have been times when my eating was out of control.
3. My friends or family sometimes worry about my eating habits.

Anger/Aggression

1. I am known to have a terrible temper.
2. Sometimes I feel angry enough to hurt someone badly.
3. I have been in a bad fight within the past year.

Alcohol or Drugs

1. I use alcohol or drugs quite a bit.
2. My use of alcohol or drugs has sometimes been out of control.
3. I go around with people who drink or use drugs.

Overall Trouble

1. I have been in trouble with the law.
2. I have stolen things more than a few times.
3. I have sometimes thought about how to kill another person.

Context Home

1. I have had a lot of stress lately at home.
2. I find myself arguing and fighting a lot at home.
3. I have run away from home, or tried to.

Context School

1. I have had a lot of stress lately at school.
2. I get upset at the way teachers and others push me around.
3. I have sometimes gotten in trouble at school.

Coping

1. I feel ok about my ability to do whatever I set out to do.
 2. I have a group of friends with whom I feel comfortable.
 3. Most problems in life can be solved by thought and persistent effort.
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