

RAS

Please consider the following and circle the response most relevant to you:

1	If I were to have problems, I have people I could turn to	Strongly disagree	Disagree	Neutral/ Unsure	Agree	Strongly agree
2	My family or friends are very supportive of me	Strongly disagree	Disagree	Neutral/ Unsure	Agree	Strongly agree
3	In difficult situations, I can manage my emotions	Strongly disagree	Disagree	Neutral/ Unsure	Agree	Strongly agree
4	I can put up with my negative emotions	Strongly disagree	Disagree	Neutral/ Unsure	Agree	Strongly agree
5	When faced with a problem I can usually find a solution	Strongly disagree	Disagree	Neutral/ Unsure	Agree	Strongly agree
6	If I were in trouble, I know of others who would be able to help me	Strongly disagree	Disagree	Neutral/ Unsure	Agree	Strongly agree
7	I can generally solve problems that occur	Strongly disagree	Disagree	Neutral/ Unsure	Agree	Strongly agree
8	I can control my emotions	Strongly disagree	Disagree	Neutral/ Unsure	Agree	Strongly agree
9	I can usually find a way of overcoming problems	Strongly disagree	Disagree	Neutral/ Unsure	Agree	Strongly agree
10	I could find family or friends who listen to me if I needed them to	Strongly disagree	Disagree	Neutral/ Unsure	Agree	Strongly agree
11	If faced with a set-back, I could probably find a way round the problem	Strongly disagree	Disagree	Neutral/ Unsure	Agree	Strongly agree
12	I can handle my emotions	Strongly disagree	Disagree	Neutral/ Unsure	Agree	Strongly agree