

APPENDIX

55 item Nottingham Adjustment Scale

(Recently = in the last few weeks)

ANXIETY (N = not at all; n = no more than usual; m = rather more than usual; M much more than usual)	RESPONSE
A1. Have you recently been feeling run down and out of sorts?	4 N / n / m / M 1
A2. Have you recently felt that you are ill?	4 N / n / m / M 1
A3. Have you recently felt constantly under strain?	4 N / n / m / M 1
A4. Have you recently found everything getting on top of you?	4 N / n / m / M 1
A5. Have you recently been feeling nervous or strung up all the time?	4 N / n / m / M 1
A6. Have you recently been thinking of yourself as a worthless person?	4 N / n / m / M 1
DEPRESSION (N = not at all; n = no more than usual; m = rather more than usual; M much more than usual)	RESPONSE
D1. Have you recently felt that life is entirely hopeless?	4 N / n / m / M 1
D2. Have you recently felt that life is not worth living?	4 N / n / m / M 1
D3. Have you recently thought of the possibility of doing away with yourself?	4 N / n / m / M 1
D4. Have you recently found at times you couldn't do anything because your nerves were so bad?	4 N / n / m / M 1
D5. Have you recently found yourself wishing that you were dead and away from it all?	4 N / n / m / M 1
D6. Have you recently found that the idea of taking your life kept coming into mind	4 N / n / m / M 1
SELF-ESTEEM (A = Strongly agree; a = agree; * = don't know; d = disagree, D = strongly disagree)	RESPONSE
E1. On the whole, I am satisfied with myself	5 A / a / * / d / D 1
E2. At times I think I am no good at all	1 A / a / * / d / D 5
E3. I am able to do things as well as most other people	5 A / a / * / d / D 1
E4. I certainly feel useless at times	1 A / a / * / d / D 5
E5. I feel that I do not have much to be proud of	1 A / a / * / d / D 5
E6. I feel that I am a person of worth; at least on an equal plane with others	5 A / a / * / d / D 1
E7. I wish I could have more respect for myself	1 A / a / * / d / D 5
E8. All in all, I'm inclined to feel that I'm a failure	1 A / a / * / d / D 5
E9. I take a positive attitude towards myself	5 A / a / * / d / D 1
ATTITUDES (A = Strongly agree; a = agree; * = don't know; d = disagree, D = strongly disagree)	RESPONSE
AT1. People with my sort of (visual) problem are used to failing at most things they do	1 A / a / * / d / D 5
AT2. People with my sort of (visual) problem are constantly worried about what might happen to them	1 A / a / * / d / D 5
AT3. People with my sort of (visual) problem keep a lot of things to themselves	1 A / a / * / d / D 5
AT4. People with my sort of (visual) problem feel that they are worthless	1 A / a / * / d / D 5
AT5. People with my sort of (visual) problem are generally more easily upset than other people	1 A / a / * / d / D 5
AT6. Most people with my sort of (visual) problem are dissatisfied with themselves	1 A / a / * / d / D 5

AT7. Most people with my sort of (visual) problem think that it is the worst thing that could happen to them	1 A / a / * / d / D 5
LOCUS OF CONTROL (A = Strongly agree; a = agree; * = don't know; d = disagree, D = strongly disagree)	RESPONSE
L1. It's what I can do to help myself that's really going to make the difference	5 A / a / * / d / D 1
L2. I have little or no control over my progress from now on	1 A / a / * / d / D 5
L3. It's up to me to make sure I make the best of my future in these circumstances	5 A / a / * / d / D 1
L4. My own contribution to my rehabilitation does not amount to much	1 A / a / * / d / D 5
ACCEPTANCE (A = Strongly agree; a = agree; * = don't know; d = disagree, D = strongly disagree)	RESPONSE
AC1. Because of my (visual) problems, I feel miserable most of the time	1 A / a / * / d / D 5
AC2. It makes me feel very bad to see all the things others can do which I cannot	1 A / a / * / d / D 5
AC3. Because of my (visual) problems, I have little to offer other people	1 A / a / * / d / D 5
AC4. In spite of my (visual) problems I feel satisfied with my abilities	5 A / a / * / d / D 1
AC5. Because of my (visual) problems, other people's lives have more meaning than my own	1 A / a / * / d / D 5
AC6. Almost every area of my life is closed to me because of my (visual) problems	1 A / a / * / d / D 5
AC7. My (visual) problems prevent me from doing just about everything I really want to do and from being the kind of person I really want to be	1 A / a / * / d / D 5
AC8. In just about everything, my (visual) problems are so annoying that I can't enjoy anything	1 A / a / * / d / D 5
AC9. Often there are times when I think about my (visual) problems, and I get so upset that I am unable to think of or do anything else	1 A / a / * / d / D 5
SELF-EFFICACY (A = Strongly agree; a = agree; * = don't know; d = disagree, D = strongly disagree)	RESPONSE
SE1. I give up on things before completing things	1 A / a / * / d / D 5
SE2. When I make plans, I am certain I can make them work	5 A / a / * / d / D 1
SE3. If something looks too complicated, I will not even bother to try	1 A / a / * / d / D 5
SE4. When I decide to do something, I go right to work on it	5 A / a / * / d / D 1
SE5. I avoid trying to learn new things when they look too difficult for me	1 A / a / * / d / D 5
SE6. Failure just makes me try harder	5 A / a / * / d / D 1
SE7. I give up easily	1 A / a / * / d / D 5
SE8. I do not seem to be capable of dealing with most problems that come up in life	1 A / a / * / d / D 5
ATTRIBUTIONAL STLYE (A = Strongly agree; a = agree; * = don't know; d = disagree, D = strongly disagree)	RESPONSE
AS1. Any success I have had have been due to good fortune	1 A / a / * / d / D 5
AS2. When things go wrong it's because of circumstances beyond my control	1 A / a / * / d / D 5
AS3. Any successes I've had have been due to outside influences	1 A / a / * / d / D 5
AS4. If things go well it's just good luck	1 A / a / * / d / D 5
AS5. Any success I've had have been due to the fact that circumstances happened to be right	1 A / a / * / d / D 5
AS6. If things go well it's because the system helped me	1 A / a / * / d / D 5