

# MPaCT

Name \_\_\_\_\_ Occupation/Sport \_\_\_\_\_

Date \_\_\_\_\_ Birthdate \_\_\_\_\_ Gender: male / female (circle one)

## INSTRUCTIONS:

- 1) Below are a number of statements used to describe how people may feel about themselves in general. Indicate how much you agree with each statement from **0-Strongly Disagree** to **6-Strongly Agree**.
- 2) Answer as you have been **GENERALLY** in your life, not just recently.

### **\* \* \* A NOTE ABOUT RESPONSE STYLE (Read Carefully) \* \* \***

It is important for you to answer in ways that most accurately describe your individual characteristics. Consider the full range of responses and don't hesitate to answer toward the higher or lower scores if that describes you best (e.g., **0-Strongly Disagree** or **6-Strongly Agree**). Otherwise, the results may UNDERESTIMATE YOUR TRUE CHARACTERISTICS. If the highest or lowest response really describes you best, then you should definitely answer that way to get the most accurate results.

Also, be careful about answering in ways to just present yourself in the best light on the questionnaire. The results may estimate your characteristics in WAYS YOU DON'T EXPECT, or it may appear you are BEING UNREALISTIC.

Keeping this information in mind will allow for your results to be the most accurate they can be.

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## HOW MUCH DO YOU AGREE WITH THE FOLLOWING STATEMENTS?

0-----1-----2-----3-----4-----5-----6  
Strongly Disagree (SD) Disagree (D) Agree (A) Strongly Agree (SA)

### 1. Working with numbers and basic math is fairly easy for me.

- ① (SD) Numbers and basic math are very difficult for me
- ①
- ② (D) Numbers and basic math are somewhat difficult for me
- ③
- ④ (A) Basic math tends to be easy for me
- ⑤
- ⑥ (SA) I'm excellent with numbers and basic math

0-----1-----2-----3-----4-----5-----6  
Strongly Disagree (SD) Disagree (D) Agree (A) Strongly Agree (SA)

**2. I enjoy being in groups and social gatherings.**

- ① (SD) I really don't enjoy being in groups and social gatherings
- ①
- ② (D) I don't tend to enjoy groups and social gatherings that much
- ③
- ④ (A) I tend to enjoy being in groups and social gatherings
- ⑤
- ⑥ (SA) I enjoy being in social gatherings a great deal

**3. The way I think and do things tends to be similar to most of the people around me (of similar age, background, culture).**

- ① (SD) The way I think almost always seems different from others
- ①
- ② (D) The way I think tends to be different from others around me
- ③
- ④ (A) The way I think and do things tends to be similar to others around me
- ⑤
- ⑥ (SA) The way I think almost always seems to be similar to those around me

**4. Relationships and other life circumstances tend to be stable and in control in my life.**

- ① (SD) Things almost always feel unstable or out of control in my life
- ①
- ② (D) Things often feel unstable or out of control in my life
- ③
- ④ (A) Things tend to be stable and in control in my life
- ⑤
- ⑥ (SA) Things are almost always stable and in control in my life

**5. I enjoy creative things in life (like a work of art, unusual design, clever poem, or good story).**

- ① (SD) Such creative things are not at all interesting or enjoyable for me
- ①
- ② (D) Such creative things don't tend to be that enjoyable for me
- ③
- ④ (A) Such creative things tend to be enjoyable for me
- ⑤
- ⑥ (SA) Such creative things are very enjoyable for me

0-----1-----2-----3-----4-----5-----6  
 Strongly Disagree (SD) Disagree (D) Agree (A) Strongly Agree (SA)

**6. Those everyday little rules and guidelines are there for a reason, and I tend to follow them fairly closely.**

- ① (SD) I often don't follow them because they often seem unnecessary
- ①
- ② (D) I don't tend to follow them unless they seem fairly important
- ③
- ④ (A) I tend to follow everyday rules and guidelines
- ⑤
- ⑥ (SA) I almost always follow everyday rules and guidelines, no matter how small

**7. As a person, I tend to be more capable than average.**

- ① (SD) I tend to feel less capable than the average person
- ①
- ② (D) I tend to be about average or so
- ③
- ④ (A) I tend to be more capable than the average person
- ⑤
- ⑥ (SA) I tend to be way more capable than average

**8. I tend to be trusting of others, and fairly open with them.**

- ① (SD) I tend to be very distrusting and cautious with others
- ①
- ② (D) I tend to be somewhat cautious with others
- ③
- ④ (A) I tend to be fairly open and trusting with others
- ⑤
- ⑥ (SA) I tend to be very open and trusting with others

**9. I don't mind attention and may say or do things that others notice.**

- ① (SD) I'm very uncomfortable with attention and usually avoid doing things others notice
- ①
- ② (D) I tend to be uncomfortable with attention and hesitate doing things that others notice
- ③
- ④ (A) I tend to be comfortable with attention from others and may do things others notice
- ⑤
- ⑥ (SA) I really like attention from others and often do or say things that get noticed

**10. I think there is too much concern about drugs and substances people use to relax or have a good time.**

- ① (SD) I definitely think it is a serious problem
- ①
- ② (D) I tend to feel it is a problem
- ③
- ④ (A) I don't feel it's really a problem if the individual is responsible about it
- ⑤
- ⑥ (SA) I don't see it as a problem at all

0-----1-----2-----3-----4-----5-----6  
 Strongly Disagree (SD) Disagree (D) Agree (A) Strongly Agree (SA)

**11. I'm a pretty independent person, and don't really look for that much companionship or support from others.**

- ① (SD) I really need companionship or support from others
- ①
- ② (D) I tend to prefer companionship or support from others in my life
- ③
- ④ (A) I don't tend to need that much companionship or support from others
- ⑤
- ⑥ (SA) I really don't need nor want companionship or support from others

**12. I tend to be particular with things and like them to look neat & even, or be done the proper & correct way.**

- ① (SD) I'm not at all particular with things
- ①
- ② (D) I don't tend to be that particular with things
- ③
- ④ (A) I tend to be particular with how things look or are done
- ⑤
- ⑥ (SA) I can be very particular about how things look or are done

**13. When something seems interesting or important to me, it tends to be difficult to stop thinking about it.**

- ① (SD) I never really think too long about things
- ①
- ② (D) It doesn't tend to be difficult to stop thinking about things
- ③
- ④ (A) Interesting or important things tend to be difficult to stop thinking about
- ⑤
- ⑥ (SA) Interesting or important things are very difficult to stop thinking about

**14. There are one or more everyday things that can make me fairly nervous or uncomfortable (such as heights, flying, animals, insects, blood, needles, the dark, the water, small spaces, bad weather, or other).**

- ① (SD) I very rarely have such things that make me nervous
- ①
- ② (D) I don't tend to get that nervous or uncomfortable with such things
- ③
- ④ (A) Some of these things can make me nervous or uncomfortable
- ⑤
- ⑥ (SA) Some things can make me very nervous, and I will avoid them if at all possible

0-----1-----2-----3-----4-----5-----6  
Strongly Disagree (SD) Disagree (D) Agree (A) Strongly Agree (SA)

**15. I tend to enjoy the use of alcohol.**

- ① (SD) I really don't prefer or tolerate alcohol at all
- ①
- ② (D) I don't tend to enjoy the use of alcohol that much
- ③
- ④ (A) I tend to enjoy the use of alcohol
- ⑤
- ⑥ (SA) I really enjoy the use of alcohol

**16. I don't tend to worry about things in life.**

- ① (SD) I worry about things all the time
- ①
- ② (D) I have a tendency to worry about things
- ③
- ④ (A) I don't tend to worry about things
- ⑤
- ⑥ (SA) I rarely if ever worry about things

**17. If I saw a dollar lying in the parking lot outside a restaurant, I'd likely pick it up and return it to the business.**

- ① (SD) I'd pick it up and keep it without a second thought
- ①
- ② (D) I'd likely pick it up and keep it
- ③
- ④ (A) I'd likely return it to the business
- ⑤
- ⑥ (SA) I'd absolutely return it to the business

**18. I find reading to be easy.**

- ① (SD) I have a lot of difficulty with reading
- ①
- ② (D) I tend to have some difficulty with reading
- ③
- ④ (A) I tend to be a good reader
- ⑤
- ⑥ (SA) I'm an excellent reader

**19. I tend to feel relaxed and comfortable around others.**

- ① (SD) I'm almost always tense around others
- ①
- ② (D) I have a tendency to feel tense around others
- ③
- ④ (A) I tend to feel relaxed around others
- ⑤
- ⑥ (SA) I'm almost always relaxed and comfortable around others

0-----1-----2-----3-----4-----5-----6  
 Strongly Disagree (SD) Disagree (D) Agree (A) Strongly Agree (SA)

**20. It's usually business first for me; I don't tend to put tasks or responsibilities off for long.**

- ① (SD) I often put things off or forget to do them
- ①
- ② (D) I have a tendency to put things off
- ③
- ④ (A) I usually get to things and don't put them off for long
- ⑤
- ⑥ (SA) I almost never put things off

**21. I've typically felt happy in life.**

- ① (SD) I've very often felt unhappy in my life
- ①
- ② (D) I've had a tendency to feel unhappy in my life
- ③
- ④ (A) I've tended to feel happy in my life
- ⑤
- ⑥ (SA) I've almost always felt happy; nothing ever gets me down

**22. I tend to enjoy the use of recreational substances (*other than alcohol*).**

- ① (SD) I really don't enjoy or tolerate them at all
- ①
- ② (D) I don't tend to enjoy them
- ③
- ④ (A) I tend to enjoy them
- ⑤
- ⑥ (SA) I really enjoy them

**23. When something I'm involved in doesn't go right, I tend to feel some responsibility, even when it's not fully my fault.**

- ① (SD) I never feel responsible when it's not fully my fault
- ①
- ② (D) I don't tend to feel responsible when it's not fully my fault
- ③
- ④ (A) I tend to feel some responsibility, even when it's not fully my fault
- ⑤
- ⑥ (SA) I always feel at least some responsibility

0-----1-----2-----3-----4-----5-----6  
 Strongly Disagree (SD) Disagree (D) Agree (A) Strongly Agree (SA)

**24. I'm a fairly careful person and tend to take my time with the things I do or decisions I make.**

- ① (SD) I never think very long about what I do
- ①
- ② (D) I don't tend to think that long about how I do things
- ③
- ④ (A) I tend to take my time with my decisions and actions
- ⑤
- ⑥ (SA) I tend to really think about things before acting or making decisions

**25. I usually tell someone when I don't like something they did, or there's something they need to hear.**

- ① (SD) I usually don't speak out because I really try to avoid any conflict
- ①
- ② (D) I tend to hesitate before speaking in order to avoid conflict
- ③
- ④ (A) I tend to tell people what they need to hear
- ⑤
- ⑥ (SA) I don't usually hesitate to tell people what they need to hear

**26. Things like geometry and the mechanical workings of things tend to be easy for me to understand.**

- ① (SD) It's very difficult for me to understand such things
- ①
- ② (D) It tends to be difficult to understand such things
- ③
- ④ (A) I can often understand or figure out the workings of things
- ⑤
- ⑥ (SA) Such things are very easy for me to understand

**27. I tend to feel positive about how others see or think about me as a person.**

- ① (SD) I almost always have concerns about how others see me
- ①
- ② (D) I tend to have concerns about how others see me
- ③
- ④ (A) I tend to feel positive about how others see me
- ⑤
- ⑥ (SA) I almost always feel positive about how others see me

0-----1-----2-----3-----4-----5-----6  
 Strongly Disagree (SD) Disagree (D) Agree (A) Strongly Agree (SA)

**28. I tend to do some things more than I really need to (e.g., clean or wash, straighten, check on things like doors being locked or appliances turned off, count things, repeat or redo things, feel or touch things a certain way, keep or hoard things I don't really need).**

- ① (SD) I never do those types of things
- ①
- ② (D) I don't tend to do such things
- ③
- ④ (A) I tend to do some such things
- ⑤
- ⑥ (SA) I have a strong tendency to do some things, and they can be difficult to manage

**29. Even minor bodily pains or injuries tend to be bothersome to me.**

- ① (SD) I often don't even notice minor pains and injuries
- ①
- ② (D) Minor pains or injuries don't tend to be that bothersome
- ③
- ④ (A) Minor pains or injuries tend to be bothersome to me
- ⑤
- ⑥ (SA) Minor pains or injuries tend to be very bothersome to me

**30. I tend to be sensitive to other people's emotions and can understand what they're feeling.**

- ① (SD) It's usually difficult for me to understand where people are coming from
- ①
- ② (D) I tend to have some difficulty understanding how others are feeling
- ③
- ④ (A) I tend to feel and understand what others are feeling
- ⑤
- ⑥ (SA) I'm very sensitive and can almost always understand what others are feeling

**31. I tend to feel relaxed and comfortable when speaking or performing in front of others.**

- ① (SD) I always feel nervous performing in front of others
- ①
- ② (D) I tend to feel some tension speaking or performing in front of others
- ③
- ④ (A) I tend to feel relaxed speaking or performing in front of others
- ⑤
- ⑥ (SA) I'm always relaxed performing in front of others

# Stop

Read the following instructions before continuing. For the remaining items, your answers should be made according to how you have been more recently. Answer how you have felt on average, OVER THE PAST 5-10 DAYS INCLUDING TODAY.

0-----1-----2-----3-----4-----5-----6  
 Strongly Disagree (SD) Disagree (D) Agree (A) Strongly Agree (SA)

**32. THESE DAYS, I find myself feeling worrisome or nervous.**

- ① (SD) I don't feel at all worrisome or nervous these days
- ①
- ② (D) I've not been feeling that worrisome these days
- ③
- ④ (A) I've been feeling somewhat worrisome or nervous lately
- ⑤
- ⑥ (SA) I've been feeling very worrisome these days

**33. THESE DAYS, I tend to feel happy and positive.**

- ① (SD) I've been feeling very unhappy these days
- ①
- ② (D) I've been feeling somewhat unhappy lately
- ③
- ④ (A) I've been feeling reasonably happy and positive these days
- ⑤
- ⑥ (SA) I've been feeling very happy and positive

**34. THESE DAYS, I tend to feel tired, sluggish, or worn out.**

- ① (SD) I've been feeling very alert and energetic lately
- ①
- ② (D) I've been feeling reasonably alert and energetic these days
- ③
- ④ (A) I've been feeling sort of tired and sluggish lately
- ⑤
- ⑥ (SA) I've been feeling very tired and sluggish lately

**35. THESE DAYS, I tend to feel into things and motivated during the day.**

- ① (SD) I've been feeling very out of it and unmotivated lately
- ①
- ② (D) I've been feeling somewhat unmotivated these days
- ③
- ④ (A) I've been feeling reasonably motivated during the day
- ⑤
- ⑥ (SA) I've been feeling very motivated these days

0-----1-----2-----3-----4-----5-----6  
Strongly Disagree (SD) Disagree (D) Agree (A) Strongly Agree (SA)

**36. THESE DAYS, I tend to feel angry or resentful about some things.**

- ① (SD) I'm not at all resentful or angry about anything these days
- ② (D) I don't feel that angry or resentful these days
- ③
- ④ (A) I've been feeling sort of angry or resentful these days
- ⑤
- ⑥ (SA) I've been feeling very angry or resentful lately

**37. THESE DAYS, I find myself feeling confused about some things in my life.**

- ① (SD) I don't feel at all confused about anything these days
- ② (D) I don't really feel too confused about anything these days
- ③
- ④ (A) I feel somewhat unsure or confused about some things lately
- ⑤
- ⑥ (SA) I've been feeling very unsure or confused about some things