Please indicate how strongly you agree or disagree with the following statements. Use the scale below and write your answers in the spaces provided. For any item that does not apply to you, please enter “0”.

<table>
<thead>
<tr>
<th>Disagree Strongly</th>
<th>Disagree Somewhat</th>
<th>Disagree Slightly</th>
<th>Don't Know / Not Applicable</th>
<th>Agree Slightly</th>
<th>Agree Somewhat</th>
<th>Agree Strongly</th>
</tr>
</thead>
<tbody>
<tr>
<td>-3</td>
<td>-2</td>
<td>-1</td>
<td>0</td>
<td>+1</td>
<td>+2</td>
<td>+3</td>
</tr>
</tbody>
</table>

**MINI-K**

1. I can often tell how things will turn out.
2. I try to understand how I got into a situation to figure out how to handle it.
3. I often find the bright side to a bad situation.
4. I don't give up until I solve my problems.
5. I often make plans in advance.
6. I avoid taking risks.
7. While growing up, I had a close and warm relationship with my biological mother.
8. While growing up, I had a close and warm relationship with my biological father.
9. I have a close and warm relationship with my own children.
10. I have a close and warm romantic relationship with my sexual partner.
11. I would rather have one than several sexual relationships at a time.
12. I have to be closely attached to someone before I am comfortable having sex with them.
13. I am often in social contact with my blood relatives.
14. I often get emotional support and practical help from my blood relatives.
15. I often give emotional support and practical help to my blood relatives.
16. I am often in social contact with my friends.
17. I often get emotional support and practical help from my friends.
18. I often give emotional support and practical help to my friends.
19. I am closely connected to and involved in my community.
20. I am closely connected to and involved in my religion.
Please indicate how strongly you agree or disagree with the following statements. Use the scale below and write your answers in the spaces provided. For any item that does not apply to you, please enter “0”.

<table>
<thead>
<tr>
<th>Disagree Strongly</th>
<th>Disagree Somewhat</th>
<th>Disagree Slightly</th>
<th>Don’t Know / Not Applicable</th>
<th>Agree Slightly</th>
<th>Agree Somewhat</th>
<th>Agree Strongly</th>
</tr>
</thead>
<tbody>
<tr>
<td>-3</td>
<td>-2</td>
<td>-1</td>
<td>0</td>
<td>+1</td>
<td>+2</td>
<td>+3</td>
</tr>
</tbody>
</table>

**INSIGHT, PLANNING, AND CONTROL**

1. I can head off a bad situation before it happens.
2. I can sense when an opportunity is coming my way
3. I am good at predicting what is going to happen to me.
4. I am good at figuring out how things will turn out.
5. Making sense of my past helps me figure out what to do in the future.
6. After something bad happens, I think about how I could have prevented it.
7. I try to make sense of the things that have happened to me.
8. I have had new insights into the way things have turned out.
9. When things don’t go according to my plans, my motto is, “Where there’s a will, there’s a way.”
10. When faced with a bad situation, I do what I can to change it for the better
11. Even when I feel I have too much to do, I find a way to get it all done.
12. When I encounter problems, I don’t give up until I solve them.
13. I rarely give up on things I’m doing, even when things get tough.
14. I find I usually learn something meaningful from a difficult situation.
15. When I am faced with a bad situation, it helps to find a different way of looking at things.
16. Even when everything seems to be going wrong, I can usually find a bright side to the situation.
17. I can find something positive even in the worst situations.
18. I like to make plans for the future.
19. I know what I want out of life.
20. I find it helpful to set goals for the near future.
Please rate the following characteristics of your biological parents (not adoptive or step parents) during the years you were growing up. (If the question is not applicable because, for example, you had no contact with your biological father, enter “0”)

0 = Not at all
1 = A little
2 = Some
3 = A lot

**MOTHER/FATHER RELATIONSHIP QUALITY**

<table>
<thead>
<tr>
<th>Please rate the following characteristics of your biological parents</th>
<th>Mother</th>
<th>Father</th>
</tr>
</thead>
<tbody>
<tr>
<td>How much did they understand your problems and worries?</td>
<td>1</td>
<td>14</td>
</tr>
<tr>
<td>How much could you confide in them about things that were bothering you?</td>
<td>2</td>
<td>15</td>
</tr>
<tr>
<td>How much love and affection did they give you?</td>
<td>3</td>
<td>16</td>
</tr>
<tr>
<td>How much time and attention did they give you when you needed it?</td>
<td>4</td>
<td>17</td>
</tr>
<tr>
<td>How much effort did they put into watching over you and making sure you had a good upbringing?</td>
<td>5</td>
<td>18</td>
</tr>
<tr>
<td>How strict were they with their rules for you?</td>
<td>6</td>
<td>19</td>
</tr>
<tr>
<td>How consistent were they about the rules?</td>
<td>7</td>
<td>20</td>
</tr>
<tr>
<td>How harsh were they when they punished you?</td>
<td>8</td>
<td>21</td>
</tr>
<tr>
<td>How much did they stop you from doing things that other kids your age were allowed to do?</td>
<td>9</td>
<td>22</td>
</tr>
<tr>
<td>How much did they expect you to do your best in everything you did?</td>
<td>10</td>
<td>23</td>
</tr>
<tr>
<td>How much did they teach you about life?</td>
<td>11</td>
<td>24</td>
</tr>
<tr>
<td>How generous and helpful were they to people not in the family?</td>
<td>12</td>
<td>25</td>
</tr>
<tr>
<td>How social and friendly were they to people not in the family?</td>
<td>13</td>
<td>26</td>
</tr>
</tbody>
</table>
The following questions are about your blood relatives (for example, your biological parents, brothers, sisters, uncles, aunts, and cousins) and friends and the time that you spend with them. (If any question is not applicable because, for example, you have no contact with your blood relatives, enter “0”).

| 0 = Not at all |
| 1 = A little   |
| 2 = Some       |
| 3 = A lot      |

### FAMILY/FRIENDS CONTACT

<table>
<thead>
<tr>
<th>Have you seen them?</th>
<th>1.</th>
<th>6.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have they come to your house?</td>
<td>2.</td>
<td>7.</td>
</tr>
<tr>
<td>Have you gone to visit them at home?</td>
<td>3.</td>
<td>8.</td>
</tr>
<tr>
<td>Have you met with them in another place, for example, in a park, a bar, or a party?</td>
<td>4.</td>
<td>9.</td>
</tr>
<tr>
<td>Have you spoken with them on the telephone or communicated with them over the internet?</td>
<td>5.</td>
<td>10.</td>
</tr>
</tbody>
</table>

### FAMILY/FRIENDS SUPPORT

<table>
<thead>
<tr>
<th>Helped you get worries off your mind?</th>
<th>11.</th>
<th>21.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Told you that you had done something well?</td>
<td>12.</td>
<td>22.</td>
</tr>
<tr>
<td>Told you that they liked the way you are?</td>
<td>13.</td>
<td>23.</td>
</tr>
<tr>
<td>Shown you affection?</td>
<td>15.</td>
<td>25.</td>
</tr>
<tr>
<td>Listened to you when you talked about your feelings?</td>
<td>17.</td>
<td>27.</td>
</tr>
<tr>
<td>Shown interest and concern for your well-being?</td>
<td>18.</td>
<td>28.</td>
</tr>
<tr>
<td>Taken care of someone in your family when you were out?</td>
<td>19.</td>
<td>29.</td>
</tr>
<tr>
<td>Offered you a place to stay for a while?</td>
<td>20.</td>
<td>30.</td>
</tr>
</tbody>
</table>
The following statements concern how you feel in romantic relationships. We are interested in how you generally experience relationships, not just in what is happening in a current relationship. Respond to each statement by indicating how much you agree or disagree with it. Write the number in the space provided, using the following rating scale:

<table>
<thead>
<tr>
<th>Strongly Disagree</th>
<th>-3</th>
<th>Disagree</th>
<th>-2</th>
<th>Mildly Disagree</th>
<th>-1</th>
<th>Neutral</th>
<th>0</th>
<th>Mildly Agree</th>
<th>1</th>
<th>Agree</th>
<th>2</th>
<th>Strongly Agree</th>
<th>3</th>
</tr>
</thead>
</table>

**EXPERIENCES IN CLOSE RELATIONSHIPS**

1. I prefer not to show a partner how I feel deep down.
2. I worry about being abandoned.
3. I am very comfortable being close to romantic partners.
4. I worry a lot about my relationships.
5. Just when my partner starts to get close to me I find myself pulling away.
6. I worry that romantic partners won’t care about me as much as I care about them.
7. I get uncomfortable when a romantic partner wants to be very close.
8. I worry a fair amount about losing my partner.
9. I don’t feel comfortable opening up to romantic partners.
10. I often wish that my partner’s feelings for me were as strong as my feelings for him/her.
11. I want to get close to my partner, but I keep pulling back.
12. I often want to merge completely with romantic partners, and this sometimes scares them away.
13. I am nervous when partners get too close to me.
15. I feel comfortable sharing my private thoughts and feelings with my partner.
16. My desire to be very close sometimes scares people away.
17. I try to avoid getting too close to my partner.
18. I need a lot of reassurance that I am loved by my partner.
19. I find it relatively easy to get close to my partner.
20. Sometimes I feel that I force my partners to show more feeling, more commitment.
21. I find it difficult to allow myself to depend on romantic partners.
22. I do not often worry about being abandoned.
23. I prefer not to be too close to romantic partners.
24. If I can’t get my partner to show interest in me, I get upset or angry.
25. I tell my partner just about everything.
26. I find that my partner(s) don’t want to get as close as I would like.
27. I usually discuss my problems and concerns with my partner.
28. When I’m not involved in a relationship, I feel somewhat anxious and insecure.
29. I feel comfortable depending on romantic partners.
30. I get frustrated when my partner is not around as much as I would like.
31. I don’t mind asking romantic partners for comfort, advice, or help.
32. I get frustrated if romantic partners are not available when I need them.
33. It helps to turn to my romantic partner in times of need.
34. When romantic partners disapprove of me, I feel really bad about myself.
35. I turn to my partner for many things, including comfort and reassurance.
36. I resent it when my partner spends time away from me.
Please indicate how strongly you agree or disagree with the following statements. Use the scale below and write your answers in the spaces provided. For any item that does not apply to you, please enter “0”.

<table>
<thead>
<tr>
<th>Disagree Strongly</th>
<th>Disagree Somewhat</th>
<th>Disagree Slightly</th>
<th>Don’t Know / Not Applicable</th>
<th>Agree Slightly</th>
<th>Agree Somewhat</th>
<th>Agree Strongly</th>
</tr>
</thead>
<tbody>
<tr>
<td>-3</td>
<td>-2</td>
<td>-1</td>
<td>0</td>
<td>+1</td>
<td>+2</td>
<td>+3</td>
</tr>
</tbody>
</table>

**ALTRUISM TOWARDS OWN CHILDREN**

1. I have a positive overall relationship with my children these days.
2. I have had a positive overall relationship with my children in the past.
3. I expect to have a positive overall relationship with my children in the future.
4. I put a great deal of thought and effort into my overall relationship with my children nowadays.
5. I always drop my plans when my children seem troubled.
6. I frequently call, write, or visit my adult children.
7. I would take my divorced or unemployed adult child back into my home.
8. I spend a great deal of time per month giving informal emotional support to my children.

**ALTRUISM TOWARDS OWN KIN**

1. I always drop my plans when my blood relatives seem distressed.
2. I frequently call, write, or visit my blood relatives.
3. I would take my divorced or unemployed adult blood relatives back into my home.
4. I spend a great deal of time per month giving informal emotional support to my blood relatives.
5. I contribute a great deal to the welfare and well-being of my blood relatives in the present.
6. I had a large contribution to the welfare and well-being of my blood relatives in the past.
7. I expect to have a major contribution to the welfare and well-being of my blood relatives in the future.
Please indicate how strongly you agree or disagree with the following statements. Use the scale below and write your answers in the spaces provided. For any item that does not apply to you, please enter “0”.

<table>
<thead>
<tr>
<th>Disagree Strongly</th>
<th>Disagree Somewhat</th>
<th>Disagree Slightly</th>
<th>Don't Know / Not Applicable</th>
<th>Agree Slightly</th>
<th>Agree Somewhat</th>
<th>Agree Strongly</th>
</tr>
</thead>
<tbody>
<tr>
<td>-3</td>
<td>-2</td>
<td>-1</td>
<td>0</td>
<td>+1</td>
<td>+2</td>
<td>+3</td>
</tr>
</tbody>
</table>

**ALTRUISM TOWARDS FRIENDS**

1. I have important skills I can pass along to others.
2. Many people come to me for advice.
3. I frequently teach things to people.
4. Other people often come to me when they are in need of assistance/support/etc..
5. I have a good influence on the lives of many people.
6. I would raise the child of a close friend if the friend died unexpectedly.
7. I would take a friend into my home if they could not afford to live alone.
8. I have frequently given money to a friend in need, even if this made it hard to meet my own needs.
9. I would never cancel plans to visit friends when I am asked, but not required, to work overtime.
10. I spend a great deal of time per month giving informal emotional support to casual acquaintances (such as neighbors or people at church).
11. I contribute a great deal to the welfare and well-being of my friends these days.
12. I made a large contribution to the welfare and well-being of my friends in the past.
13. I expect to make a major contribution to the welfare and well-being of my friends in the future.
14. I put a great deal of thought and effort into my contribution to the welfare and well-being of friends these days.
Please indicate how strongly you agree or disagree with the following statements. Use the scale below and write your answers in the spaces provided. For any item that does not apply to you, please enter “0”.

<table>
<thead>
<tr>
<th>Disagree Strongly</th>
<th>Disagree Somewhat</th>
<th>Disagree Slightly</th>
<th>Don’t Know / Not Applicable</th>
<th>Agree Slightly</th>
<th>Agree Somewhat</th>
<th>Agree Strongly</th>
</tr>
</thead>
<tbody>
<tr>
<td>-3</td>
<td>-2</td>
<td>-1</td>
<td>0</td>
<td>+1</td>
<td>+2</td>
<td>+3</td>
</tr>
</tbody>
</table>

ALTRUISM TOWARDS COMMUNITY

1. I have made unique contributions to society.
2. I would serve on a jury if called for duty, or have served before.
3. I keep fully informed about national news and public issues.
4. I would testify in court about an accident I witnessed.
5. I usually vote in local and national elections.
6. I do more than most people would do in my kind of job.
7. I would work hard even if I didn’t like or respect my employer or supervisor.
8. I would pay more for my health care so that everyone had access to health care.
9. I frequently volunteer time or money to social causes that I support.
10. I would collect contributions for heart or cancer research if asked to do so.
11. I would vote for a law that would help others worse off than me but would increase my taxes.
12. I spend a great deal of time per month doing formal volunteer work at hospital, nursing home, or other health-care-oriented institution.
13. I spend a great deal of time per month doing formal volunteer work at school or other youth-related institution.
14. I spend a great deal of time on a monthly basis doing formal volunteer work for political organizations or causes.
15. I spend a great deal of time per month doing formal volunteer work for any other organizations, causes or charities.
16. I attend many meetings of unions or other professional groups.
17. I attend many meetings of sports or social groups.
18. I attend most meetings of any other groups (not including any required by my job).
19. I often contribute to individuals (not organized groups), including people on the street, asking for money.
20. I often contribute to political organizations or causes.
21. I often contribute to any other organizations, causes, or charities (including donations made through monthly payroll deductions).
Please indicate how strongly you agree or disagree with the following statements. Use the scale below and write your answers in the spaces provided. For any item that does not apply to you, please enter “0”.

<table>
<thead>
<tr>
<th>Disagree Strongly</th>
<th>Disagree Somewhat</th>
<th>Disagree Slightly</th>
<th>Don't Know / Not Applicable</th>
<th>Agree Slightly</th>
<th>Agree Somewhat</th>
<th>Agree Strongly</th>
</tr>
</thead>
<tbody>
<tr>
<td>-3</td>
<td>-2</td>
<td>-1</td>
<td>0</td>
<td>+1</td>
<td>+2</td>
<td>+3</td>
</tr>
</tbody>
</table>

**RELIGIOSITY**

1. I'm a very religious person.
2. I'm a very spiritual person.
3. Religion is important in my life.
4. Spirituality is important in my life.
5. It is or will be important for me to send my children to religious or spiritual services or instruction.
6. I closely identify with being a member of my religious group.
7. I prefer to be with other people who belong to the same religion as me.
8. It was or will be very important for me to marry someone who belongs to my religion.
9. I frequently attend religious or spiritual services.
10. I frequently seek comfort through religious or spiritual means, such as praying, meditating, attending a religious or spiritual service, or talking to a religious or spiritual advisor.
11. When I have decisions to make in my daily life, I often ask myself what my religious or spiritual beliefs suggest I should do.
12. I frequently attend religious services.
13. I frequently attend meetings of religious groups.
14. I often receive unpaid assistance from religious groups.
15. I devote much of my income towards contributions to religious groups.
16. I receive much of my income from religious groups.
17. Religion was a major influence in my home when I was growing up.