

APPENDIX 1

DEPARTMENT OF PSYCHOLOGY

UNIVERSITY OF LAGOS

PDQ

Attached are some forms which you will find interesting. I solicit your assistance to spend a few minutes in filling this form as part of my school assignments. All information given will be kept strictly confidential.

1. Date.....

2. Name.....

3. Gender/sex.....

4. Age.....

5. Name of school/university.....

6. Class/level (tick as appropriate to you)

i) JSS1

ii) JSS2

iii) JSS3

iv) SSS1

v) SSS2

vi) SSS3

vii) 100 Level

viii) 200 level

ix) 300level

x) 400 level

xi) 500 level

xii) 600 level

Religion

a) Christianity

b) Muslim

c) Others (specify)

Ethnic group.....

Appendix 2

SAS

Name.....Sex.....Age.....Date.....

INSTRUCTIONS: The following are statements which people often use to describe themselves. Read each statement carefully and indicate the extent to which it describes you as you know yourself by **SHADING ONLY ONE** of the options 1, 2, 3, 4, 5 in front of the statements. This is not a test, so there are no rights or wrong answers.

The options stand for:

1 = Not at all

2= A Little

3 = Moderately

4 = Much

5 = Very Much

A. 1. Communicating at meetings makes me uncomfortable	1	2	3	4	5
2. I always avoid speaking in public whenever I can	1	2	3	4	5
3. I perspire and tremble just before getting up to speak	1	2	3	4	5
4. I stammer whenever I am speaking before an audience	1	2	3	4	5
5. My thoughts become confused when I speak in public	1	2	3	4	5
B.6. I am always tensed up while eating in a public place	1	2	3	4	5
7. I do not look up when eating in a place where there are other people.	1	2	3	4	5
8. I scarcely go to a restaurant because of fear of others there	1	2	3	4	5
C. 9. I act clumsily during dating	1	2	3	4	5
10. I am in constant fear of soiling my dress when eating in public	1	2	3	4	5
11. During dating, I am usually too conscious of myself and the environment	1	2	3	4	5
12. I feel agitated during dating	1	2	3	4	5
D.13. I carry my own disinfectant with me in case I am outside my home and I need to use a public toilet.	1	2	3	4	5
14. I am unable to urinate/excrete whenever I am surrounded by other people in toilet	1	2	3	4	5
15. I force myself to empty my bowels before I go out so as not to use public toilet	1	2	3	4	5
16. The thought of using public toilets frightens me intensely.	1	2	3	4	5
E. 17. I cannot concentrate when I am working in the midst of other people	1	2	3	4	5
18. I feel nervous whenever I speak to someone in a position of authority	1	2	3	4	5
19. I feel nervous during job interviews	1	2	3	4	5
F. 20. I am ignorant of many public activities	1	2	3	4	5
21. I have a feeling that I am not up to the social status of the people I interact with socially	1	2	3	4	5
22. I fear being corrected in the public	1	2	3	4	5
23. I feel inferior when I am with strangers	1	2	3	4	5
24. I depend on others to make decisions for me during social activities	1	2	3	4	5
25. I sweat and fret in social gatherings	1	2	3	4	5
G. 26. I have a feeling of isolation in public places.	1	2	3	4	5
27. I forget facts I really know while giving a speech in public place	1	2	3	4	5
28. I am nervous and tense while participating in group discussions	1	2	3	4	5
29. I feel ashamed engaging in public activities.	1	2	3	4	5
30. I often feel uncomfortable when at parties.	1	2	3	4	5
31. I do not have enough confidence to interact actively with the opposite sex.	1	2	3	4	5
32. I feel nervous in a crowd	1	2	3	4	5
33. I do not socialize because of fear of rejection	1	2	3	4	5
34. I am generally a shy person	1	2	3	4	5
35. I feel shy expressing my feelings openly	1	2	3	4	5

Appendix4

NAME.....

SEX.....

AGE.....

DATE.....

A-B-C SHEET

ACTIVATING EVENT

BELIEF

CONSEQUENCE

$$A \longrightarrow B \longrightarrow C$$

“Something happens”

“I tell myself something”

“I feel and do something”

For example

Someone in my apartment complex turns out the lights	Someone is in the hall planning to attack me	Scares; shivering; panicky
Does it make sense to tell yourself "B" above?		
What can you tell yourself on such occasion in the future?		

Appendix 5

Challenging Questions Sheet

Beliefs:

1. What is the evidence for and against this idea?
2. Are you confusing a habit with a fact?
3. Are your interpretations of the situation too far removed from reality to be accurate?
4. Are you thinking in all-or-none terms?
5. Are you using words or phrases that are extreme or exaggerated? (i.e always, forever, never, need, should, must can't and every time.)
6. Are you taking selected examples out of context?
7. Are you making excuses?(I'm not afraid, I just don't want to go out, other people expect me to be perfect, or I don't want to make the call because I don't have the time)
8. Is the source of information reliable?
9. Are you thinking in terms of certainties instead of probabilities?
10. Are you confusing a low probability with a high probability?
11. Are your judgments based on feelings rather than facts?
12. Are you focusing on irrelevant factors?

Appendix 6

FACULTY THINKING PATTERNS

Listed below are several types of faulty thinking patterns that people use in different life situations. These patterns often become automatic, habitual thoughts that cause us to engage in self-defeating behaviour.

Considering your own stuck points, find examples for each of the patterns. Write in the stuck point under the appropriate pattern and describe how it fits that pattern. Think about how that pattern affects you.

1. Drawing conclusions when evidence is lacking or even contradictory.
2. Exaggerating or minimizing the meaning of an event (you blow things way out of proportion or shrink their importance inappropriately)
3. Disregarding important aspects of a situation
4. Oversimplifying events or beliefs as good /bad or right/wrong.
5. Over generalizing from a single incident (you view a negative event as a never-ending pattern of defeat.
6. Mind –reading (you assume that people are thinking negatively of you when there is no definite evidence for this)
7. Emotional reasoning (you reason from how you feel)

Appendix 7

Challenging Belief Worksheets

NAME.....AGE.....
SEX.....DATE.....

Column A	Column B	Column C	Column D	Column E	Column F
Situation	Automatic Thoughts	Challenging Your Automatic Thoughts	Faulty Thinking Patterns	Alternative Thoughts	Decatastrophizing
Describe the event(s), thought(s) or belief(s) leading to the unpleasant emotion(s)	Write automatic thought(s) proceeding emotion(s) in Column A	Use the Challenging Questions sheet to examine automatic thought(s) from Column B	Use the Faulty Thinking Patterns Sheet to examine your thought(s) from Column B	What else can I say instead of Column B? How else can I interpret the event instead of Column B?	What's the worst that could ever realistically happen?