

AN ABSTRACT OF THE THESIS OF

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Title: VALIDITY OF COMPONENTS OF THE COMPREHENSIVE AFFECT AND
PERSONALITY SCALE (CAPS) IN WOMEN

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This study investigated the convergent and discriminant validity of the trait and state components of a new personality questionnaire, the Comprehensive Personality and Affect Scales (CAPS). Participants were 105 women over the age of 18 years not enrolled in a college or university. Women were given the CAPS, Youth Depression Adjective Checklist, and State Trait Personality Inventory to determine whether convergent and discriminant validity could be shown. Results were also compared with data collected by the authors of the CAPS. Results show that the CAPS does exhibit discriminant and convergent validity, with only two exceptions among all of the scales. As with all new instruments, continuing reliability and validity studies are necessary.

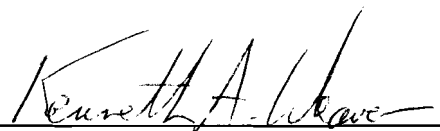
VALIDITY OF COMPONENTS OF THE
COMPREHENSIVE AFFECT AND PERSONALITY SCALE (CAPS)
IN WOMEN

A Thesis
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CHAPTER 1

INTRODUCTION

The concept of personality has long been of interest and controversy to scientists. Since the time of Hippocrates scientists have described and analyzed people through their characteristics. Such characteristics may be physical in nature as were the four humors described by Hippocrates (black and yellow bile, blood and phlegm) or in the use of phrenology (the study of the bumps on a person's head) described by Gall. Other means of identifying personality characteristics were devised using astrology (personality based upon the alignment of the stars at the time of birth), numerology and palmistry. Modern personality theory has concentrated on types or traits of the person(s) under investigation.

The Comprehensive Affect and Personality Scale (CAPS) is a new instrument for the measure of affect and personality traits. The CAPS is a two-part self-report checklist that measures multiple dimensions of affect and personality (Lubin & Whitlock, 2000). Affects are transient, dependent upon the emotions experienced at the time of testing (Diener, Smith & Fujita, 1995). In contrast, traits are stable and show longitudinal consistency (Roberts & DelVecchio, 2000).

The first scale of the CAPS, developed by Lubin and Whitlock (2000), is a Personality Trait Rating (CAPS-PTR) designed to measure traits. The adjectives in this check list have been compiled to correlate with the Five-Factor Model. The trait components of the CAPS (CAPS-PTR) are designated the same as and equate to the personality traits of the Five-Factor Model (FFM); Neuroticism (Emotionality in the CAPS), Extraversion, Openness to Experience, Agreeableness, and Conscientiousness

(Lubin & Whitlock, 2000). The second scale of the CAPS is the Affective Trait Rating (CAPS-ATR) which was developed to assess the strength and existence of positive and negative affective states. Although this scale is called a trait rating scale, it measures affect states. This separation of affect state and trait, in the CAPS, allows for measurement of each with respect to the established dominant personality theories.

The affect trait component (CAPS-ATR) consists of five negative scales and five positive scales. The scores of the scales are sums of the individual scores for each item (adjective), in the subscale, on a Likert type rating from 1-5. Negative scales are identified as anxiety, depression, hostility, agitation/irritability and social anxiety. Positive scales are labeled self-satisfaction, other-centeredness, cheerfulness, sense of physical well-being, and adventurousness.

Lubin (2000) felt there was a need for a versatile instrument that could be administered in a brief amount of time, compared with instruments such as the Minnesota Multiphasic Personality Inventory, the NEO-PI, the California Psychological Inventory and projective measuring devices, all of which are time-consuming methods. Lubin also foresees use of the Comprehensive Affect and Personality Scales in various settings, including clinical and organizational settings, where using instruments that require a great deal of time to administer is costly. It is important that an instrument exhibit validity and reliability in interpretation. It is also necessary to have a normative population identified to assist in the assessment of the results of the instrument.

The two scales of the CAPS, the CAPS-ATR and CAPS-PTR, have not been analyzed for generalizability to a population outside of college students and some clinical

patients. Reliability studies have been conducted in college students with mixed results. Kennedy (2000) conducted test-retest studies of the CAPS over one, two and three week periods. Kennedy found correlations ranging from .47 to .87 for a one week period, correlations ranging from .38 to .87 for a two-week period and a range of .26 to .82 for a three-week period. There was no consistency across weeks for the trait having the lowest correlations. In Week 1 the lowest correlation was for Agreeableness. Neuroticism and Openness were the lowest correlations in Week 2 and Agitation was the lowest correlation in Week 3.

This study looked at the discriminant and convergent validity of the emotionality (affect) components of the Comprehensive Affect and Personality Scales. Normative data for the CAPS were collected and compared with the preliminary data presented by the authors of the instrument. These data were collected in a sample population of non-college, non-clinical women over the age of 18 years. This research examined the validity of the emotionality (affect) state and trait components of the CAPS, as a preliminary step to establishing norms in the female population.

Literature Review

Personality Affect and Personality Traits

The two parts of the Comprehensive Affect and Personality Scales are personality traits and personality states. Affect (state) and personality traits are usually studied independently of each other. However, many theorists feel that the traits as measured are dependent upon affective states (Zuckerman, 1983; Zuckerman, Joireman, Kraft & Kuhlman, 1999). Several discrepant definitions of traits can be found in the literature. One

definition of a trait is “a disposition to behave in a particular way, as expressed in a person’s behavior over a range of situations” (Pervin, 1993, p.510). Another definition is “a linear dimension of behavior upon which persons can be said to differ” (McAdams, 1993, p. 129). McCrae and Costa (1990, p. 23) went beyond a linear dimension in their definition, “dimensions of individual differences in tendencies to show consistent patterns of thoughts, feelings and actions.”

Affect is usually assumed by personality researchers to mean emotion. Often, many confusing terms are used; affect, state, and emotion all seem to be used interchangeably. Affect is used more specifically to refer to all affective constructs; state is generally a prolonged mood; emotion is a relatively brief display of behavior instigated by an environmental stimulus (Kennedy, 2000). Unlike traits that are described in terms of five factors, or three factors, affect is usually discussed in terms of positive or negative.

Although affect is discussed in terms of positive and negative, many feel that it is not a bipolar dichotomy and that affect is actually a continuum of feelings that range, for example, from happy to sad with levels of each between the two extremes (Tellegen, Watson & Clark, 1999). However, the bipolarity viewpoint seems to be the dominant approach to affect.

The base correlations between the trait and state components of the CAPS can be found in Table 1. The results of this study were compared to the results shown in Table 1.

Table 1

Correlations found by, Lubin and Whitlock (2000), between the CAPS Traits and States

		CAPS Traits				
		A	E	O	C	Em
Negative	Affects					
Dep		-.13	-.22*	-.31***	-.00	.35***
Hos		-.33***	-.06	-.32***	.03	.23*
Agi		-.20*	-.06	-.41***	-.12	.30***
Anx		-.04	-.07	-.10	-.03	.33***
Soc. Anx.		.11	.01	-.26**	.17	.10
Positive	Affects					
Ssat		.52***	.63***	.41***	.65***	-.24**
Ch		.57***	.70***	.36***	.49***	-.18*
SPWB		.42***	.58***	.32***	.61***	-.20*
OC		.71***	.62***	.47***	.60***	-.18*
Adv		.38***	.67***	.32***	.34***	.00

Note: Dep: Depression; Hos: Hostility; Agi: Agitation; Anx: Anxiety; Soc. Anx.: Social Anxiety; Ssat: Self-Satisfaction; Ch: Cheerfulness; SPWB: Self-Perception of Well-Being; OC: Other-Centered Affect; Adv: Adventurousness; A: Agreeableness; E: Extraversion; O: Openness to Experience; C: Conscientiousness; Em: Emotionality

* $p < .05$.

** $p < .01$.

*** $p < .001$.

The Five-Factor Model of Personality

The Five-Factor Model (FFM) has emerged as the predominant construct of personality (Lounsbury, Tatum, & Chambers, 1999) despite supporters of Walter Mischel, who purports that we have no personalities (Shadel & Cervone, 1993). Mischel's idea is the basis for criticism of the FFM, that a simple set of universal trait dimensions is inadequate (Shadel & Cervone, 1993). Other alternatives to the FFM include "The Big Three" and "The Alternative Five" (Zuckerman, Kuhlman, Joireman, Teta, & Kraft, 1993). However, several personality inventories, such as the NEO-PI, use the FFM as the basis for the construction of the instrument (McCrae & Costa, 1992). The five-factor model (FFM) is a theoretical construct that believes that personality can be measured in five traits that influence behavior. Shadel and Cervone (1993) assert that these traits are influenced by physiological and/or psychological forces that induce a particular class of behavior. Traits may also be greatly influenced by genetics and environmental factors (Hershberger, Plomin & Pedersen, 1995). Traits as measured in terms of the FFM, have been consistent in longitudinal studies and stable throughout the life span (Hershberger et al., 1995; Lounsbury, Tatum & Chambers, 1999; Roberts & DelVecchio, 2000).

Numerous instruments have been developed to measure the "the Big Five" in the FFM model. Instruments that purport to measure these "Big Five" traits include the State-Trait Personality Inventory (STPI, Spielberger, 1980), the NEO Personality Inventory (NEO-PI, Costa & McCrae, 1985), and the instrument used in this current research, the CAPS (Lubin 2000). Each of these instruments measures traits on the assumption that they are lasting stable constructs of behavior, thought and feeling distinguishable from

moods and states as discussed by McCrae (1989) and others.

The traits of the FFM are categorized as Neuroticism, Extraversion, Openness to Experience, Agreeableness, and Conscientiousness (Lounsbury et al., 1999; Piedmont, McCrae & Costa, 1990; Roberts & DelVecchio, 2000; Zuckerman et al., 1993).

Neuroticism, also referred to as emotional stability, is the measure of a person's tendency to experience negative emotions, anxiety, mood fluctuations, and stress. Extraversion is a measure of sociability, activity and interpersonal interactions. Openness to Experience is the measure of an individual's willingness to be open to new ideas, alternative approaches and new experiences. Agreeableness is the dimension of selflessness, concern for others, trust and generosity. Conscientiousness refers to individual differences in dependability, organization and achievement (Digman, 1990).

Preliminary correlations between the five factors of the CAPS and the five factors of the NEO-PI are presented in Table 2. Lubin and Whitlock (2000, p. 21) state "As expected, the CAPS personality scales correlated most highly with their corresponding NEO-FFI scales." The NEO-FFI (Five-Factor Inventory) is another name used for the NEO-PI (Personality Inventory). Lubin and Whitlock conclude that these results are proof of discriminant validity and are suggestive of adequate construct validity.

State-Trait Personality Inventory Form Y-2

The State-Trait Personality Inventory (STPI) was developed by Spielberger (1980) as a self-report measure of a person's feeling at the moment of measure. These measures are indicative of personality traits and states and include Anxiety, Curiosity, Depression, and Anger as state subscales and trait subscales. The subscales of the STPI correlate with

Table 2

Correlations of the Five Factors of the CAPS and the NEO-PI

		NEO				
		Em	E	O	A	C
	E	-.32 ***	.60 ***	.00	.09	.41 ***
	C	-.06	.12	.11	.07	.54 ***
CAPS	O	-.12	.40 ***	.53 ***	.20 **	.23 **
	A	-.23 **	.11	.06	.58 ***	.08
	Em	.54 ***	-.15	.15	-.28 *	.03

Note: E: Extraversion; C: Conscientiousness; O: Openness to Experience; A: Agreeableness; Em: Emotionality

* $p < .05$.

** $p < .01$.

*** $p < .001$.

both the measures of personality traits and affect. Subjects taking the STPI rate themselves on a Likert type scale from 1-4. Scores for these measures are achieved by summing the score of questions in each subscale. Form Y-2 incorporates items from both the state and trait versions of the STPI to achieve scores for the scales.

Correlations between the STPI Trait Scales and the Eysenck Personality Questionnaire (EPQ) scales of Extraversion, Neuroticism and Psychoticism are significant for correlations between STPI Curiosity and EPQ Extraversion; STPI Anxiety and EPQ Neuroticism; STPI Anger and EPQ Neuroticism; STPI Anger and EPQ Psychoticism. The author, in the manual for the STPI, also provides normative information and item correlations for comparison of research samples (Spielberger, 1980).

Preliminary correlations of the STPI with the CAPS Affect Scales were conducted by Lubin and Whitlock (2000) showing significant correlations between the STPI Anxiety and CAPS Depression, CAPS Hostility, CAPS Agitation, and CAPS Anxiety; STPI Depression and CAPS Depression, CAPS Hostility, CAPS Agitation, and CAPS Anxiety; STPI Anger and CAPS Depression, CAPS Hostility, and CAPS Agitation (see Table 3). However, there is no preliminary information regarding correlations between the STPI and the trait component of the CAPS.

Youth Depression Adjective Checklist

The Y-DACL is a self-rating checklist of adjectives at a sixth grade reading level designed to assess moods in pre-adolescents and adolescents. Although designed for pre-adolescents and adolescents, the Y-DACL is an appropriate scale for adults, as it is an extension of the State-Trait Depression Adjective Checklist (ST-DACL). The ST-DACL

Table 3

Preliminary Correlations Between the CAPS Affect Scales and the STPI Scales

		STPI			
		Ax	D	A	C
	D	.41***	.56***	.29***	-.13
	H	.37***	.36***	.44***	-.03
	Ag	.21*	.20*	.31***	-.04
	Ax	.41***	.25**	.14	-.12
ATR	SA	.05	-.02	.06	.04
	Ssat	-.47***	-.55***	-.28**	.40***
	Ch	-.29***	-.40***	-.23*	.34***
	SPWB	-.20*	-.48***	-.16	.38***
	OC	-.25**	-.32***	-.25**	.32***
	Adv	-.05	-.18*	.07	.47***

Note: ATR D: Depression; H: Hostility; Ag: Agitation; Ax: Anxiety; SA: Social Anxiety; Ssat: Self-Satisfaction; Ch: Cheerfulness; SPWB: Self-Perception of Well-Being; OC: Other-Centered Affect; Adv: Adventurousness
STPI Ax: Anxiety; D: Depression; A: Anger; C: Curiosity

* $p < .05$.

** $p < .01$.

*** $p < .001$.

has high correlations with the Minnesota Multiphasic Personality Scale-Depression Scale, the Beck Depression Inventory and the Center for Epidemiological Studies Depression Scale (Lubin & Whitlock, 1995). As an extension of the ST-DACL, the Y-DACL is a version of the DACL that includes only those adjectives from the ST-DACL that are at the fourth through sixth grade reading level. Though it is a different instrument, it maintains the integrity and validity of the ST-DACL. Lubin has indicated that this may be renamed the Brief Depression Adjective Checklist (personal communication with Lubin, 2000) as it is valid and appropriate for any age population. Piedmont, McCrae and Costa (1989) examined the Adjective Check List (ACL) and the correlation of the ACL with the FFM. It was found that the FFM can be recovered (constructed) through the use of the ACL. Thus, ACL scales are appropriate means of measuring the constructs of the FFM. This corroborates the use of the Y-DACL as a research instrument and correlational tool in the current research.

Preliminary correlations of the Y-DACL with the trait and state scales of the CAPS are presented in Table 4.

Conclusion

The CAPS will be a useful tool in research and applied settings where it is important to understand the personality constructs of the individual involved. This may include clinical therapy, personality research, and employment settings. However, to substantiate the use of the CAPS, it is necessary to establish psychometric soundness and norms that support the attributes of brevity, versatility and accuracy. These requirements are the intent of this current examination.

Table 4

Correlations of the Y-DACL with the Trait and State Scales of the CAPS

		Y-DACL	
		Positive	Negative
CAPS Trait	A	.06	-.10
CAPS Trait	E	.31***	-.18
CAPS Trait	O	.35***	.11
CAPS Trait	C	.11	-.03
CAPS Trait	Em	-.22*	.52***
CAPS State	Dep	-.30**	.57***
CAPS State	Hos	-.19	.38***
CAPS State	Agi	-.27**	.35***
CAPS State	Anx	-.26**	.41***
CAPS State	Soc Anx	.09	.01
CAPS State	Ssat	.47***	-.43***
CAPS State	Ch	.27**	-.21*
CAPS State	SPWB	.49***	-.32***
CAPS State	OC	.32***	-.31***
CAPS State	Adv	.27**	-.10

Note: CAPS Trait A: Agreeableness; E: Extraversion; O: Openness to Experience; C: Conscientiousness; Em: Emotionality

CAPS State Dep: Depression; Hos: Hostility; Agi: Agitation; Anx: Anxiety; Soc Anx: Social Anxiety; Ssat: Self-Satisfaction; Ch: Cheerfulness; SPWB: Self-Perception of Well-Being; OC: Other-Centered Affect; Adv: Adventurousness

* $p < .05$.

** $p < .01$.

*** $p < .001$.

Hypotheses

The following four hypotheses were investigated during this research:

Hypothesis 1: There would be a low overall correlation between the CAPS-ATR and CAPS-PTR, although some correlation should exist between similar states and traits. This low overall correlation is necessary for one to state that the two scales actually measure different constructs.

Hypothesis 2: There would be convergent validity between the CAPS-PTR trait scales and the related subscales of the State Trait Personality Inventory (STPI). There should also be convergent validity between the CAPS-ATR affect scales and the related subscales of the STPI. Convergent validity is indicated by high correlations between the similar subscales of the CAPS and the STPI. The second component of this hypothesis implies that there would be discriminant validity between the CAPS scales and the subscales of the STPI. If convergent validity is found between the affect scales of the CAPS-ATR and the affect subscales of the STPI, then one could assume that the CAPS-ATR scales and the affect subscales of the STPI measure the same constructs. Significant correlations between the CAPS trait scales and the STPI subscales would indicate that the CAPS does measure traits as intended. Discriminant validity would assume that the scales do not measure the same constructs. As an example, the constructs of Agreeableness, in the PTR, and Depression, in the STPI, should not have a positive correlation. If Agreeableness and Depression were to correlate positively then they would not be exhibiting discriminant validity.

Hypothesis 3: There would be convergent validity (high correlations between similar

constructs) between the negative factors of the CAPS, specifically the depression scales, and the Youth Depression Adjective Check List (Y-DACL). It is also hypothesized that there will be low to no correlation between the Y-DACL and the positive scales of the CAPS. The Y-DACL is widely used to measure depressive moods and therefore should show convergent validity with the CAPS negative scales and discriminant validity with the CAPS positive scales.

Hypothesis 4: The results of this research would not differ significantly from the preliminary norms previously established by Lubin (2000) and presented in Table 1. If this hypothesis were supported, then it may be asserted that these results might become a first step in establishing the norm for the general population of American women.

CHAPTER 2

METHOD

Participants

The participants for this study consisted of 105 women more than 18 years of age who were not college or university students. There were no other necessary qualifications for participation. Participants were not rewarded for participation in the study. See Table 5 for descriptive information.

Instruments

Five questionnaires and an informed consent form were distributed to participants for completion. A demographic questionnaire, the CAPS-PTR, the CAPS-ATR, the STPI, the Y-DACL and the informed consent made up the questionnaire packets. Informed consent was received in accordance within the policies and guidelines of Emporia State University and the American Psychological Association (see Appendix A). Demographic information was collected regarding gender, age, marital status, and ethnicity (see Appendix B).

The CAPS-PTR and CAPS-ATR developed by Lubin (2000) are self-rating questionnaires with 78 questions and 53 questions, respectively. The CAPS-PTR and the CAPS-ATR may be administered individually, together, or concurrently with other instruments.

The CAPS-ATR questionnaire is a 78-item paper and pencil instrument that asks participants to rate how well an adjective describes their present affective state on a 5-point Likert type scale from 1 to 5. The 5-point scale asks the participants to state how

Table 5

Descriptive Statistics of Participants

	<u>M</u>	Median	<u>SD</u>	1	2	3	4	A	B	C	D
Age	35.39	35.50	12.95								
Marital Status				50	30	14	2				
Ethnic Background								95	4	5	1

Note: 1 = Married, 2 = Single, 3 = Divorced, 4 = Widowed
 A = Caucasian, B = African-American, C = Hispanic, D = Other

often they feel the word expresses their feelings. The scale for each question range from 1 (not at all) to 5 (very often). See Appendix C.

The CAPS-PTR questionnaire is a 53-item paper and pencil instrument that asks the participants to rate how well an adjective describes their overall affect on a 5-point Likert type scale from 1 to 5. The 5-point scale asks the participants to state how often they feel the word expresses their feelings. The scales of each question range from 1 (not at all) to 5 (very often). See Appendix D.

The CAPS has overall split-half reliability coefficients ranging from .77 to .88 and test-retest reliability coefficients ranging from .60 to .69. These correlation coefficients are considered very good reliability scores. Lubin (2000) asserts that the CAPS is an adequate brief measure of personality factors among college students.

The STPI is a self-rating pencil and paper test that has 40 statements that participants are asked to rate how they feel in general. The questions use Likert ratings, that range from 1 (Almost never) to 4 (Almost always). Spielberger (1980) reports adequate validity when correlated with other instruments. See Appendix E.

The Y-DACL is a paper and pencil questionnaire that consists of 22 items. The 22 adjectives represent two scales, a positive and a negative scale, with 14 negative adjectives and 8 positive adjectives. The internal consistency, split-half reliability and test-retest reliability were found to be high across time (Carey, Lubin, & Brewer, 1992). The state version of the DACL displayed low test-retest reliability, suggesting that it was sensitive to detecting changes in affect appropriately (Carey et al., 1992; Lubin, 2000). Lubin (2000) indicates that the Y-DACL is reliable and valid. Though the Y-DACL is a measure

of depression, a positive subscore is calculated in conjunction with the negative score (see Appendix F).

Procedure

Data collection for the participants was conducted at malls, hospitals, and office buildings. At each location, permission to conduct the research was obtained from the requisite authority. The researcher approached individuals, identified himself, by name, as a student conducting research, university affiliation and degree program.

After the researcher was identified to potential participants, the researcher asked potential participants to complete a series of personality questionnaires. Participants were assured of anonymity and confidentiality. It was explained to potential participants that the research should take approximately 20-30 minutes. If potential participants did not consent to the research, the researcher thanked them and did not pursue the matter further. If participation was agreed to, the researcher explained the informed consent form and asked them to sign the informed consent.

When consent forms were completed, participants were given the questionnaires and a pencil. Participants, in the mall, were then directed to a table and chair where the questionnaires could be completed in private and without interruption. Participants in an office were allowed to complete the questionnaires in the privacy of their workstation. Directions were given to the participants to read each questionnaire's instructions, and they were asked to complete the questionnaires as completely as possible. The participants were allowed to complete the materials in private. When the participant completed the questionnaires, she was thanked and the researcher departed to solicit other participants.

CHAPTER 3

RESULTS

Correlation Coefficients

Statistical analysis was conducted using bivariate Pearson's product moment correlations to establish the degree of relationship between the various instruments and scales. Correlations were determined through the use of Statistical Package for the Social Sciences (SPSS) version 9.0 for Windows.

Convergent (concurrent) Validity

In establishing concurrent (convergent) validity a statistically significant positive correlation was considered sufficient to suggest that concurrent (convergent) validity exists between the scales. However, not all positive correlations are indicative of concurrent validity. Lubin and Whitlock (2000) explain convergent validity as a moderate to high correlation, either positive or negative between related, but different scales. Correlations that indicate convergent validity are discussed individually.

Discriminant Validity

Discriminant validity is more difficult to explain than concurrent validity. Lubin and Whitlock (2000, p. 21) discuss "evidence of adequate discriminant validity" as higher correlations between different instruments that measure the same trait or state than is found between instruments that measure "similar but distinct traits (e.g., measures of depression should correlate higher with other measures of depression than with measures of anxiety)" (p. 21). Significant correlations are discussed individually to identify those that are actually discriminant validity.

Scale scores were calculated from raw data, in accordance with the authors' instructions and Pearson moment correlations were run to compare the scores. PTR trait scales are Emotionality (PTR-Em), Extraversion (PTR-E), Openness to Experience (PTR-O), Agreeableness (PTR-A), and Conscientiousness (PTR-C). ATR Negative scales are Depression (ATR-D), Hostility (ATR-H), Agitation (ATR-Ag), Anxiety (ATR-Ax), and Social Anxiety (ATR-SA). The ATR Positive scales are Self-satisfaction (ATR-Ssat), Cheerfulness (ATR-Ch), Other-centered Affect (ATR-OC), Self-perception of Well-being (ATR-SPWB), and Adventurous (ATR-Adv). STPI scales are Anxiety, Curiosity, Anger, and Depression. The Y-DACL has negative and positive scales. See Table 6 for each scales mean and standard deviation.

PTR Traits and ATR-Negative Affect Scales

PTR-A (Agreeableness) and ATR-Negative scales. Lubin and Whitlock (2000) found significant correlations between PTR-A (Agreeableness), ATR-Hos (Hostility), and ATR-Ag (Agitation). This study did not find significance in the ATR domains of Hostility or Agitation. This study did, contrary to Lubin and Whitlock, find a positive significant correlation ($r = .23$) between PTR-A and ATR-Social Anxiety. See Tables 1 and 7 respectively.

PTR-E (Extraversion) and ATR-Negative scales. A significant negative correlation between the PTR-E (Extraversion) scale and the ATR-Negative scale of Depression was initially found by Lubin and Whitlock (2000) and this was supported by this study ($r_s = -.22$ and $-.31$ respectively). No other significant correlations were found in either Lubin and Whitlock's preliminary studies or this study (see Tables 1 and 7 respectively).

Table 6

PTR, ATR, STPI, and Y-DACL Scale Means and Standard Deviations

	<u>n</u>	<u>M</u>	<u>SD</u>
PTR Emotionality	104	16.41	4.36
PTR Extraversion	105	52.50	8.44
PTR Openness to Experience	105	32.39	6.94
PTR Agreeableness	105	54.50	6.86
PTR Conscientiousness	105	36.24	5.41
ATR Depression	105	27.13	9.66
ATR Hostility	105	11.20	3.35
ATR Agitation	105	18.82	5.84
ATR Anxiety	105	16.98	11.61
ATR Social Anxiety	105	14.74	3.50
ATR Self-Satisfaction	105	39.54	6.91
ATR Cheerfulness	105	19.25	3.54
ATR Other-Centered Affect	105	37.26	4.93
ATR Self-Perception of Well-Being	105	22.80	5.71
ATR Adventurousness	105	15.23	3.43
STPI Anxiety	104	19.34	5.88
STPI Curiosity	104	28.45	4.71
STPI Anger	104	19.33	5.62
STPI Depression	104	16.21	7.25
Y-DACL Negative	105	4.73	2.72
Y-DACL Positive	105	3.94	2.05

Table 7

Correlations of the PTR Traits, ATR Negative Affect Scales and DACL Scores

	P1	P2	P3	P4	P5	A1	A2	A3	A4	A5	D1	D2
P1	1.00	.032	.14	.08	.11	.58 **	.54 **	.64 **	.45 **	.11	.40 **	-.26 **
P2		1.00	.56 **	.59 **	.49 **	-.31 **	-.17	-.19	-.13	.05	-.46 **	.44 **
P3			1.00	.38 **	.55 **	-.08	-.07	-.12	-.09	.09	-.20 *	.20 *
P4				1.00	.56 **	-.13	-.14	-.08	-.15	.23 *	-.23 *	.24 *
P5					1.00	-.19 *	-.12	-.13	-.13	.16	-.27 **	.28 **
A1						1.00	.75 **	.75 **	.62 **	.18	.71 **	-.51 **
A2							1.00	.75 **	.46 **	.06	.44 **	-.30 **
A3								1.00	.49 **	.15	.52 **	-.36 **
A4									1.00	.25 *	.31 **	-.21 *
A5										1.00	.12	-.09
D1											1.00	-.89 **
D2												1.00

Note: P1: Emotionality; P2: Extraversion; P3: Openness to Experience; P4: Agreeableness; P5: Conscientiousness; A1: Depression; A2: Hostility; A3: Agitation; A4: Anxiety; A5: Social Anxiety; D1: DACL Negative; D2: DACL Positive

* $p < .05$.

** $p < .01$.

PTR-O (Openness to New Experiences) and ATR-Negative scales. Lubin and Whitlock (2000) found significant negative correlations between the PTR-O scale and all of the ATR-Negative scales, except Anxiety (see Table 1). This study does not support the preliminary findings reported by Lubin and Whitlock. Although this study found negative correlations between all of the scales, except Social Anxiety, none of the correlations found were significant (see Table 7).

PTR-C (Conscientiousness) and ATR-Negative scales. Lubin and Whitlock (2000) reported no significant correlations in their preliminary findings, between the PTR-C and the ATR-Negative scales (see Table 1). This study found a significant negative correlation between the PTR-C and the ATR-Depression scale ($r = -.19$). See Table 7.

PTR-Em (Emotionality) and ATR-Negative scales. Lubin and Whitlock (2000) reported positive significant correlations between the PTR-Em and the ATR-Negative scales with the exception of the Social Anxiety scale (see Table 1). This study found similar results. There were significant positive correlations between the PTR-Em and all of the ATR-Negative scales, except Social Anxiety. However, the correlations in this study were much higher than those reported by Lubin and Whitlock (see Table 7).

PTR Traits and ATR-Positive Affect Scales

There were only two differences found between this study and that of Lubin and Whitlock (2000) in all of the correlations. The differences were between the PTR-Em (Emotionality) scale and the ATR-Positive scales of Other-Centered Affect and Self-Perception of Well-Being. In the ATR-OC and ATR-SPWB, Lubin and Whitlock reported significant correlations, this study found no differences (see Tables 1 and 8).

Table 8

Correlations of the PTR Traits, ATR Positive Affect Scales and DACL Scores

	P1	P2	P3	P4	P5	A1	A2	A3	A4	A5	D1	D2
P1	1.00	.03	.13	.08	.11	-.32 **	-.26 **	.03	-.00	.15	.40 **	-.26 **
P2		1.00	.56 **	.59 **	.49 **	.62 **	.73 **	.57 **	.51 **	.67 **	-.46 **	.44 **
P3			1.00	.38 **	.55 **	.34 **	.34 **	.43 **	.33 **	.38 **	-.20 *	.20 *
P4				1.00	.56 **	.46 **	.45 **	.78 **	.27 **	.33 **	-.23 *	.24 *
P5					1.00	.51 **	.39 **	.53 **	.32 **	.24 *	-.27 **	.28 **
A1						1.00	.78* *	.56 **	.40 **	.35 **	-.67 **	.58 **
A2							1.00	.55 **	.48 **	.47 **	-.68 **	.63 **
A3								1.00	.31 **	.29 **	-.30 **	.33 **
A4									1.00	.55 **	-.35 **	.33 **
A5										1.00	-.27 **	.28 **
D1											1.00	-.89 **
D2												1.00

Note: P1: Emotionality; P2: Extraversion; P3: Openness to Experience; P4: Agreeableness; P5: Conscientiousness; A1: Self-Satisfaction; A2: Cheerfulness; A3: Other-centered Affect; A4: Self-Perception of Well-Being; A5: Adventurous; D1: DACL Negative; D2: DACL Positive

* $p < .05$.

** $p < .01$.

PTR Traits and the STPI Scales

Lubin and Whitlock (2000) did not report correlations between the PTR and the STPI. This study found significant correlations in several domains. There were significant positive correlations between the PTR-Em and the STPI Anxiety, Anger, and Depression scales ($r_s = .62, .55, \text{ and } .40$, respectively). See Table 9.

A negative correlation was found between the PTR-E and the STPI scales of Anxiety and Depression ($r_s = -.28 \text{ and } -.41$, respectively). A significant positive correlation was found between the PTR-E and the STPI scale of Curiosity ($r = .62$). See Table 9.

There was only one significant correlation between the PTR-O (Openness to Experience) scale and the STPI scales. This was between the PTR-O and the STPI scale of Curiosity ($r = .56$). See Table 9.

The PTR-A (Agreeableness) was found to have significant correlations with two of the STPI scales. There was a significant positive correlation ($r = .32$) between the PTR-A and the STPI scale of Curiosity. A significant negative correlation ($r = -.21$) was found between the PTR-A and the STPI scale of Depression. No other significant correlation for the PTR-A was found (see Table 9).

PTR-C (Conscientiousness) had a significant positive correlation ($r = .41$) with the STPI scale of Curiosity. This was the only significant correlation between the PTR-C and the STPI scales (see Table 9).

ATR-Positive Scales and the STPI Scales

Lubin and Whitlock (2000) did report the preliminary correlations for the CAPS

Table 9

Correlations of the PTR Traits, STPI Scales and DACL Scores

	P1	P2	P3	P4	P5	S1	S2	S3	S4	D1	D2
P1	1.00	.03	.14	.08	.11	.62 **	-.08	.55 **	.40 **	.40 **	-.26 **
P2		1.00	.56 **	.59 **	.49 **	-.28 **	.62 **	.06	-.41 **	-.46 **	.44 **
P3			1.00	.38 **	.55 **	-.13	.56 **	.05	-.14	-.20 *	.20 *
P4				1.00	.56 **	-.11	.32 **	-.03	-.21 *	-.23 *	.24 *
P5					1.00	-.17	.41 **	.03	-.17	-.27 **	.28 **
S1						1.00	-.39 **	.48 **	.69 **	.67 **	-.51 **
S2							1.00	.07	-.41 **	-.40 **	.41 **
S3								1.00	.20 *	.27 **	-.13
S4									1.00	.63 **	-.51 **
D1										1.00	-.89 **
D2											1.00

Note: P1: Emotionality; P2: Extraversion; P3: Openness to Experience; P4: Agreeableness; P5: Conscientiousness; S1: Anxiety; S2: Curiosity; S3: Anger; S4: Depression; D1: DACL Negative; D2: DACL Positive

* $p < .05$.

** $p < .01$.

ATR affect scales and the STPI scales (see Table 3). The significant positive correlations were between the STPI scale of Curiosity and all of the ATR-Positive scales. All other combinations between the STPI and the ATR-Positive affect scales had negative correlations, with three exceptions, which had no significant correlation. The three exceptions were the STPI-Ax (Anxiety) with ATR-Adv (Adventurousness), STPI-A (Anger) with ATR-SPWB (Self-Perception of Well-Being), and STPI-A with ATR-Adv.

Twenty correlations are reported for the STPI and the ATR-Positive affect scales in this study. Of all of the correlations, there were only three deviations from those reported by Lubin and Whitlock (2000). Two of the deviations were results that were not significant correlations between the ATR-OC (Other-Centered Affect) and the STPI scales of Anxiety and Anger. The third deviation, from the results reported by Lubin and Whitlock, was a significant positive correlation between ATR-Adv (Adventurous) and STPI-A (Anger) ($r = .225$). See Table 10 for this study's correlations.

ATR-Negative Scales and the STPI Scales

Lubin and Whitlock (2000) reported significant positive correlations for 11 of the 20 possible pairs. They reported no significant correlations for the ATR-SA (Social Anxiety) scale and any of the STPI scales. Lubin and Whitlock also found no significant correlation between the STPI-C (Curiosity) scale and any of the ATR-Negative scales. One other interaction was also reported as nonsignificant, which was the interaction between ATR-Ax (Anxiety) and STPI-A (Anger). See Table 3.

Of the 20 correlations, there were six deviations from the preliminary findings reported by Lubin and Whitlock. In this study, significant negative correlations existed

Table 10

Correlations of the ATR Positive Affect Scales, STPI Scales and DACL Scores

	A1	A2	A3	A4	A5	S1	S2	S3	S4	D1	D2
A1	1.00	.78 **	.56 **	.40 **	.35 **	-.62 **	.57 **	-.24 *	-.60 **	-.67 **	.58 **
A2		1.00	.55 **	.48 **	.47 **	-.51 **	.57 **	-.06	-.54 **	-.68 **	.63 **
A3			1.00	.31 **	.29 **	-.16	.47 **	-.04	-.23 *	-.30 **	.33 **
A4				1.00	.55 **	-.25 *	.48 **	-.11	-.35 **	-.35 **	.33 **
A5					1.00	-.09	.46 **	.23 *	-.28 **	-.27 **	.28 **
S1						1.00	-.39 **	.48 **	.69 **	.67 **	-.51 **
S2							1.00	.07	-.41 **	-.40 **	.41 **
S3								1.00	.20 *	.27 **	-.13
S4									1.00	.63 **	-.51 **
D1										1.00	-.89 **
D2											1.00

Note: A1: Self-Satisfaction; A2: Cheerfulness; A3: Other-centered Affect; A4: Self-Perception of Well-Being; A5: Adventurous; S1: Anxiety; S2: Curiosity; S3: Anger; S4: Depression; D1: DACL Negative; D2: DACL Positive

* $p < .05$.

** $p < .01$.

between the STPI-C scale and all of the ATR-Negative scales except ATR-SA. The significant correlations between the STPI-C and ATR-D, ATR-H, ATR-Ag, and ATR-Ax are as follows, respectively ($r_s = -.37, -.23, -.29, \text{ and } -.33$). Two other differences were noted. The correlation between the STPI-A and ATR-Ax and the correlation between the STPI-Ax and ATR-SA were different from Lubin and Whitlock's findings ($r = .41$ and $.22$ respectively). See Table 11.

CAPS Scales and the Y-DACL Scales

PTR scales and the Y-DACL negative scale. Lubin and Whitlock (2000) only found a significant positive correlation between the PTR scale of Em and the Y-DACL Negative scale. There were no significant correlations reported for the remaining four scales (see Table 4).

This study found significant correlations for all of the PTR scales. All were negative correlations, except the correlation between PTR-Em and the Y-DACL negative scale ($r = .40$). See Table 9.

PTR trait scales and the Y-DACL positive scale. In their preliminary reports, Lubin and Whitlock (2000) reported only three significant correlations between the PTR Trait scales and the Y-DACL positive scale. Two were positive correlations between the Y-DACL and PTR-E and PTR-O ($r_s = .31$ and $.35$, respectively). One significant negative correlation was reported, for the Y-DACL positive scale and the PTR-Em scale ($r = -.22$). See Table 4.

All five correlations between the Y-DACL positive scale and the PTR scales were significant. All were positive, with the exception of the PTR-Em and the Y-DACL

Table 11

Correlations of the ATR Negative Affect Scales, STPI Scales and DACL Scores

	A1	A2	A3	A4	A5	S1	S2	S3	S4	D1	D2
A1	1.00	.75 **	.75 **	.62 **	.18	.75 **	-.37 **	.46 **	.71 **	.71 **	-.51 **
A2		1.00	.75 **	.46 **	.06	.50 **	-.23 *	.41 **	.49 **	.44 **	-.30 **
A3			1.00	.49 **	.15	.62 **	-.29 **	.51 **	.51 **	.52 **	-.36 **
A4				1.00	.25 *	.55 **	-.33 **	.41 **	.45 **	.31 **	-.21 *
A5					1.00	.22 *	-.11	.01	.12	.1	-.09
S1						1.00	-.39 **	.48 **	.69 **	.67 **	-.51 **
S2							1.00	.07	-.41 **	-.40 **	.41 **
S3								1.00	.20 *	.27 **	-.13
S4									1.00	.63 **	-.51 **
D1										1.00	-.89 **
D2											1.00

Note: A1: Depression; A2: Hostility; A3: Agitation; A4: Anxiety; A5: Social Anxiety; S1: Anxiety; S2: Curiosity; S3: Anger; S4: Depression; D1: DACL Negative; D2: DACL Positive

* $p < .05$.

** $p < .01$.

positive scale ($r = -.26$). See Table 9.

ATR affect scales and the Y-DACL negative scale. Lubin and Whitlock reported significant positive correlations between all of the ATR-Negative scales, except Social Anxiety, which was a positive correlation, but not significant. For the ATR-Positive scales the correlations were all significant negative correlations, except Adventurousness, which was a negative correlation, though not significant (see Table 4).

This study found significant negative correlations between all of the ATR-Positive affect scales and the Y-DACL negative scale. The only difference between this study and that of Lubin and Whitlock (2000) was that this study found a significant negative correlation between Adventurousness and the Y-DACL negative scale ($r = -.27$). See Table 10. The correlations between the ATR-Negative affect scales and the Y-DACL were similar to the results described by Lubin and Whitlock, with slight variations in the strengths of the correlations. See Table 11.

ATR affect scales and the Y-DACL positive scale. Preliminary findings by Lubin and Whitlock (2000) reported significant negative correlations between three of the ATR-Negative scales and the Y-DACL positive scale. Those three scales were Depression, Agitation, and Anxiety. For the Y-DACL positive scale and the ATR-Positive scales, Lubin and Whitlock found significant positive correlations for all possible interactions, with correlations ranging between .27 and .49. See Table 4.

Similar results were found in this study without exception to the results reported above. Variations were in the strength of the correlations. See Tables 10 and 11.

CHAPTER 4

DISCUSSION

Hypothesis 1

Regarding the PTR and the ATR-Negative Affect Scales this study found similar results between the participants in this study and those reported by Lubin and Whitlock (2000). This would indicate that there is potential for the use of this instrument in testing women over the age of 18. However, the differences need to be seriously addressed and at this time seem important. The differences found between Lubin and Whitlock and this study regarding the PTR-O and the PTR-A and the ATR-Negative scales are glaring, in that Lubin and Whitlock found significant correlations in most domains, whereas this study found no significant correlations, except a significant positive correlation between the PTR-A and Social Anxiety. This exception is an important one. Agreeableness and Social Anxiety are completely different and if there were any correlation, it should be negative. Therefore, discriminant validity is not suggested for these scales.

Common results for the PTR and that ATR-Positive Scales found between this study and Lubin and Whitlock (2000) were very encouraging. The only differences were in the ATR domains of Other-Centered Affect and Self-Perception of Well-Being. These results would suggest that Lubin and Whitlock might be accurate in suggesting that this instrument may accurately measure the traits and positive states in women over the age of 18 years. However, more study should be done on the ATR domains of Other-Centered Affect and Self-Perception of Well-Being before concluding that convergent and discriminant validity has been established.

Hypothesis 1 therefore is mostly supported. However, given the nature of the instrument and what it was designed for, further research is needed to determine whether this is an anomalous finding.

Hypothesis 2

The significant correlations found between the PTR and the STPI were all as expected. Lubin and Whitlock (2000) expected that significant correlations would be consistent with those found in this study. PTR-Em (Emotionality) corresponds to the FFM domain of Neuroticism, which was suggested to correlate significantly with the STPI scales of Anxiety, Anger, and Depression. Lubin and Whitlock would also expect that the PTR-E would correlate positively with the Curiosity scale and negatively with Anxiety and Depression. PTR-O (Openness to Experience) should correlate positively with Curiosity. The PTR-A correlated positively with the STPI scale of Curiosity and negatively with the Depression scale. The final scale of the PTR, the Conscientiousness scale, correlated positively with the STPI Curiosity scale. The results of this study were consistent with those suggestions made by Lubin and Whitlock without exception. This would suggest sufficient convergent and discriminant validity.

The findings reported by Lubin and Whitlock (2000) were not significantly different from those found in this study for the validity of the STPI and the ATR-Positive affect scales. The correlation between ATR-OC and STPI-Ax was a negative correlation, similar to Lubin and Whitlock's findings, it was just not statistically significant. The same is true for the ATR-OC and the STPI-A correlation. The only difference of note was the significant positive correlation between the ATR-Adv and the STPI-A. Even with the one

significant difference, these results are suggestive of construct validity, as asserted by Lubin and Whitlock. Convergent validity and discriminant validity are also supported.

The findings in this study regarding the STPI and the ATR-Negative scales provide mixed information. In the STPI domains of Anxiety, Anger, and Depression there seems to be convergent and discriminant validity. However, this does not hold true for the STPI construct of Curiosity. These results would then indicate that there is some convergent and discriminant validity, but not for the STPI Curiosity scale. The overall evidence regarding the STPI and the CAPS supports Hypothesis 2 (that there would be appropriate convergent and discriminant validity).

Hypothesis 3

The Y-DACL scales are very interesting in this study. Though there were differences between this study and the reports from Lubin and Whitlock (2000), they are not discouraging. To the contrary, the results of the Y-DACL correlations in this study enhance the findings and suggestions of validity put forth by Lubin and Whitlock. The traits of extraversion, openness to experience, agreeableness, and conscientiousness should all correlate positively, or not at all, with the Y-DACL positive scale and negatively with the Y-DACL negative scale. Conversely, the trait of emotionality should correlate positively with the Y-DACL negative scale and negatively with the Y-DACL positive scale. These suppositions were clearly born out in this study and this would strongly suggest discriminant and convergent validity.

The results of the CAPS affect scales and the Y-DACL correlations do not differ at all from those reported by Lubin and Whitlock (2000). This finding has strong implications

for discriminant and convergent validity and supports Lubin and Whitlock's claims to such validity. The data in this study fully supports Hypothesis 3, without exception.

Hypothesis 4

Hypothesis 4 (that there would be no significant difference between this study and the preliminary findings of Lubin and Whitlock, 2000) was supported, with a few minor differences. These differences are not sufficient to reject Hypothesis 4.

Concerns in Validity and Suggestions for Future Consideration

While many of the claims by Lubin and Whitlock (2000) have been supported, there are two areas of concern. These areas of concern indicate that there is no or limited evidence to suggest that convergent and discriminant validity have been demonstrated for these domains. For these areas it may be that these results are distinctive to the population of women over the age of 18 and not to the general population as reported by Lubin and Whitlock (2000).

The major differences that raise a concern for validity are those found between Lubin and Whitlock's report and this study regarding the PTR-O and the PTR-A and the ATR-Negative scales. As reported above, Lubin and Whitlock found significant correlations in most domains, and this study found no significant correlations. The lone exception was a significant positive correlation found between the PTR-A and Social Anxiety. Agreeableness and Social Anxiety are completely different constructs and independent domains and there should be no correlation or a negative correlation. Therefore, discriminant validity is not suggested, but this may be an artifact of the population under study. Lubin and Whitlock's report was for the general population and

this study specifically addresses women over the age of 18. It is necessary for Lubin and Whitlock to address these differences by either differentiating between women and the general population, or reexamining the content validity of these two scales.

A second concern for validity is that of the STPI-C (Curiosity) and the ATR-Negative scales. Lubin and Whitlock did not find any significant correlations between the ATR-Negative scales and the STPI-C scale. The correlations reported were all nominal negative correlations. This study, however, found significant negative correlations between the scales. This would suggest that either there is a difference between the general population and the participants in this study or that Lubin and Whitlock need to examine the content validity of the STPI-C scale.

Conclusion

As a new instrument, the CAPS shows a lot of promise toward fulfilling the goal of brevity in administration. Most participants were able to complete the questionnaires in less than 20 minutes without seeming to rush through them. When compared to instruments that require more than an hour to complete, this can be a tremendous savings in time and effort for the participant. Lengthy questionnaires may result in participants randomly selecting answers due to fatigue. The CAPS will not produce fatigue in participants.

This study is important in attempting to establish validity and reliability of the CAPS for use in clinical and employment settings. Discriminant and convergent validity have been demonstrated for most of the CAPS regarding the state and trait components, the STPI, and the Y-DACL. There are a couple of areas of concern, but overall, this instrument does seem to measure adequately the domains and constructs it was designed to

measure. Further research is necessary to complete the validation of this instrument, but the results thus far are very encouraging. Longitudinal studies are suggested with participants completing the instruments two or three times. Affects are transient and do influence how one might answer questions relating to traits, so this study may not present a true picture of the targeted population.

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APPENDIX A: INFORMED CONSENT FORM

**Participation Consent Form
(Informed Consent)**

Read this consent form. If you have any questions ask the experimenter and he will answer the question.

You are being asked to participate in a study investigating a new personality profile. As part of this study you will be asked to complete a demographics questionnaire. You will then be asked to complete several questionnaires involving personality traits and affects.

Information obtained in this study will be identified only by code number. Your name will be used only to indicate that you participated in the study.

Your participation in this study is completely voluntary. Should you wish to terminate your participation, you are welcome to do so at any point in the study. There is no risk or discomfort involved in completing the questionnaires.

If you have any questions or comments about this study, feel free to ask the experimenter. If you have any additional questions, please contact Rusty McLouth, (620) 343-7604.

Thank you for your participation.

I, _____, have read the above information and have decided to participate.

(Please print name)

I understand that my participation is voluntary and that I may withdraw at any time without prejudice after signing this form should I choose to discontinue participation in this study.

(Signature of participant)

(Date)

**THIS PROJECT HAS BEEN REVIEWED BY THE EMPORIA STATE UNIVERSITY
INSTITUTIONAL REVIEW BOARD FOR TREATMENT OF HUMAN SUBJECTS
FOR THE PROTECTION OF HUMAN SUBJECTS.**

APPENDIX B: DEMOGRAPHIC INFORMATION SHEET

DEMOGRAPHIC QUESTIONNAIRE

Gender: **M** **F**

Age: _____

Marital Status: **Married** **Single** **Divorced** **Widow**

Occupation: _____ **Job Title:** _____

Highest Level of Education Completed: _____

State of Residence: _____

Race/Ethnicity: _____

1. **Job Satisfaction:** Please rate the degree of satisfaction that you have with your job by circling the appropriate number.

1	2	3	4	5
Very Dissatisfied	Dissatisfied	Neither Satisfied nor Dissatisfied	Satisfied	Very Satisfied

2. **Self-rated Health:** Please estimate you degree of health on the following scale:

1	2	3	4	5
Very Poor	Poor	Good	Very Good	Excellent

3. **Lifestyle:** Work and home are two major areas of people's lives. Please indicate the relative proportion of time, thought and effort that you spend in each are. There are no "correct" answers.

1	2	3	4	5
Very Much Toward Home	Toward Home	Balanced: Work and Home about Equal	Toward Work	Very Much Toward Work

APPENDIX C: CAPS AFFECT TRAIT RATING FORM

CAPS - ATR

INSTRUCTIONS: Below is a list of words that describe feelings people have. Think of yourself **GENERALLY**. Please read each one carefully. Then circle the number that best describes **HOW OFTEN** you feel each word.

The numbers mean: 1 2 3 4 5
 Not at all Once in a while A little more often Often Very Often

- | | | | | | |
|-----------------|-----------|------------------|-----------|-------------------|-----------|
| 1. active | 1 2 3 4 5 | 27. glad | 1 2 3 4 5 | 53. rejected | 1 2 3 4 5 |
| 2. adventurous | 1 2 3 4 5 | 28. gloomy | 1 2 3 4 5 | 54. rough | 1 2 3 4 5 |
| 3. affectionate | 1 2 3 4 5 | 29. good-natured | 1 2 3 4 5 | 55. sad | 1 2 3 4 5 |
| 4. afraid | 1 2 3 4 5 | 30. happy | 1 2 3 4 5 | 56. safe | 1 2 3 4 5 |
| 5. aggressive | 1 2 3 4 5 | 31. healthy | 1 2 3 4 5 | 57. satisfied | 1 2 3 4 5 |
| 6. agitated | 1 2 3 4 5 | 32. hopeless | 1 2 3 4 5 | 58. secure | 1 2 3 4 5 |
| 7. alone | 1 2 3 4 5 | 33. hostile | 1 2 3 4 5 | 59. shaky | 1 2 3 4 5 |
| 8. angry | 1 2 3 4 5 | 34. impatient | 1 2 3 4 5 | 60. shy | 1 2 3 4 5 |
| 9. annoyed | 1 2 3 4 5 | 35. irritated | 1 2 3 4 5 | 61. soothed | 1 2 3 4 5 |
| 10. athletic | 1 2 3 4 5 | 36. joyful | 1 2 3 4 5 | 62. sound | 1 2 3 4 5 |
| 11. awful | 1 2 3 4 5 | 37. lonely | 1 2 3 4 5 | 63. steady | 1 2 3 4 5 |
| 12. blue | 1 2 3 4 5 | 38. lost | 1 2 3 4 5 | 64. sturdy | 1 2 3 4 5 |
| 13. calm | 1 2 3 4 5 | 39. low | 1 2 3 4 5 | 65. suffering | 1 2 3 4 5 |
| 14. cautious | 1 2 3 4 5 | 40. mad | 1 2 3 4 5 | 66. sullen | 1 2 3 4 5 |
| 15. cheerful | 1 2 3 4 5 | 41. mean | 1 2 3 4 5 | 67. sympathetic | 1 2 3 4 5 |
| 16. complaining | 1 2 3 4 5 | 42. merry | 1 2 3 4 5 | 68. tame | 1 2 3 4 5 |
| 17. cooperative | 1 2 3 4 5 | 43. mild | 1 2 3 4 5 | 69. tense | 1 2 3 4 5 |
| 18. cruel | 1 2 3 4 5 | 44. miserable | 1 2 3 4 5 | 70. thoughtful | 1 2 3 4 5 |
| 19. daring | 1 2 3 4 5 | 45. nervous | 1 2 3 4 5 | 71. tormented | 1 2 3 4 5 |
| 20. devoted | 1 2 3 4 5 | 46. panicky | 1 2 3 4 5 | 72. trim | 1 2 3 4 5 |
| 21. disgusted | 1 2 3 4 5 | 47. peaceful | 1 2 3 4 5 | 73. understanding | 1 2 3 4 5 |
| 22. energetic | 1 2 3 4 5 | 48. physical | 1 2 3 4 5 | 74. unhappy | 1 2 3 4 5 |
| 23. enraged | 1 2 3 4 5 | 49. pleased | 1 2 3 4 5 | 75. upset | 1 2 3 4 5 |
| 24. fit | 1 2 3 4 5 | 50. polite | 1 2 3 4 5 | 76. whole | 1 2 3 4 5 |
| 25. frightened | 1 2 3 4 5 | 51. powerful | 1 2 3 4 5 | 77. wild | 1 2 3 4 5 |
| 26. furious | 1 2 3 4 5 | 52. quiet | 1 2 3 4 5 | 78. worrying | 1 2 3 4 5 |

APPENDIX D: CAPS PERSONALITY TRAIT RATING FORM

INSTRUCTIONS; Please circle the number that is most descriptive of how you actually are.

The numbers mean: 1 2 3 4 5
 Not at all Once in a while A little more often Often Very Often

- | | | | | | | | | | | | |
|---------------------|---|---|---|---|---|--------------------|---|---|---|---|---|
| 1. ambitious | 1 | 2 | 3 | 4 | 5 | 28. industrious | 1 | 2 | 3 | 4 | 5 |
| 2. appreciative | 1 | 2 | 3 | 4 | 5 | 29. inventive | 1 | 2 | 3 | 4 | 5 |
| 3. attractive | 1 | 2 | 3 | 4 | 5 | 30. jolly | 1 | 2 | 3 | 4 | 5 |
| 4. carefree | 1 | 2 | 3 | 4 | 5 | 31. lively | 1 | 2 | 3 | 4 | 5 |
| 5. changeable | 1 | 2 | 3 | 4 | 5 | 32. moody | 1 | 2 | 3 | 4 | 5 |
| 6. charming | 1 | 2 | 3 | 4 | 5 | 33. natural | 1 | 2 | 3 | 4 | 5 |
| 7. clear-thinking | 1 | 2 | 3 | 4 | 5 | 34. organized | 1 | 2 | 3 | 4 | 5 |
| 8. considerate | 1 | 2 | 3 | 4 | 5 | 35. original | 1 | 2 | 3 | 4 | 5 |
| 9. creative | 1 | 2 | 3 | 4 | 5 | 36. outgoing | 1 | 2 | 3 | 4 | 5 |
| 10. curious | 1 | 2 | 3 | 4 | 5 | 37. playful | 1 | 2 | 3 | 4 | 5 |
| 11. defensive | 1 | 2 | 3 | 4 | 5 | 38. practical | 1 | 2 | 3 | 4 | 5 |
| 12. deliberate | 1 | 2 | 3 | 4 | 5 | 39. relaxed | 1 | 2 | 3 | 4 | 5 |
| 13. dependable | 1 | 2 | 3 | 4 | 5 | 40. reliable | 1 | 2 | 3 | 4 | 5 |
| 14. dissatisfied | 1 | 2 | 3 | 4 | 5 | 41. restless | 1 | 2 | 3 | 4 | 5 |
| 15. easy-going | 1 | 2 | 3 | 4 | 5 | 42. sensitive | 1 | 2 | 3 | 4 | 5 |
| 16. excitable | 1 | 2 | 3 | 4 | 5 | 43. serious | 1 | 2 | 3 | 4 | 5 |
| 17. forceful | 1 | 2 | 3 | 4 | 5 | 44. sentimental | 1 | 2 | 3 | 4 | 5 |
| 18. forgiving | 1 | 2 | 3 | 4 | 5 | 45. sincere | 1 | 2 | 3 | 4 | 5 |
| 19. friendly | 1 | 2 | 3 | 4 | 5 | 46. sociable | 1 | 2 | 3 | 4 | 5 |
| 20. generous | 1 | 2 | 3 | 4 | 5 | 47. soft-hearted | 1 | 2 | 3 | 4 | 5 |
| 21. gentle | 1 | 2 | 3 | 4 | 5 | 48. supportive | 1 | 2 | 3 | 4 | 5 |
| 22. growth-seeking | 1 | 2 | 3 | 4 | 5 | 49. temperamental | 1 | 2 | 3 | 4 | 5 |
| 23. helpful | 1 | 2 | 3 | 4 | 5 | 50. thorough | 1 | 2 | 3 | 4 | 5 |
| 24. humorous | 1 | 2 | 3 | 4 | 5 | 51. touchy | 1 | 2 | 3 | 4 | 5 |
| 25. imaginative | 1 | 2 | 3 | 4 | 5 | 52. trusting | 1 | 2 | 3 | 4 | 5 |
| 26. impulsive | 1 | 2 | 3 | 4 | 5 | 53. wide interests | 1 | 2 | 3 | 4 | 5 |
| 27. individualistic | 1 | 2 | 3 | 4 | 5 | | | | | | |

APPENDIX E: STATE TRAIT PERSONALITY INVENTORY

STPI FORM Y-2

Part 2 Directions: A number of statements that people have used to describe themselves are given below. Read each statement and then circle the appropriate value to the right of the statement to indicate how you *generally* feel. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to describe how you *generally* feel. The numbers mean:

1 Almost Never	2 Sometimes	3 Often	4 Almost Always
-------------------	----------------	------------	--------------------

- | | |
|--|---|
| <p>41. I am a steady person 1 2 3 4</p> <p>42. I feel like exploring my environment 1 2 3 4</p> <p>43. I am quick-tempered 1 2 3 4</p> <p>44. I feel gloomy 1 2 3 4</p> <p>45. I feel satisfied with myself 1 2 3 4</p> <p>46. I am curious 1 2 3 4</p> <p>47. I have a fiery temper 1 2 3 4</p> <p>48. I feel happy 1 2 3 4</p> <p>49. I get in a state of tension or turmoil as I think over my recent concerns and interests 1 2 3 4</p> <p>50. I feel interested 1 2 3 4</p> <p>51. I am a hot-headed person 1 2 3 4</p> <p>52. I feel depressed 1 2 3 4</p> <p>53. I wish I could be as happy as others seem to be 1 2 3 4</p> <p>54. I feel inquisitive 1 2 3 4</p> <p>55. I get angry which I'm slowed down by others' mistakes 1 2 3 4</p> <p>56. I feel sad 1 2 3 4</p> <p>57. I feel like a failure 1 2 3 4</p> <p>58. I feel eager 1 2 3 4</p> <p>59. I feel annoyed when I am not given recognition for doing good work 1 2 3 4</p> <p>60. I feel hopeless 1 2 3 4</p> | <p>61. I feel nervous and restless 1 2 3 4</p> <p>62. I am in a questioning mood 1 2 3 4</p> <p>63. I fly off the handle 1 2 3 4</p> <p>64. I feel low 1 2 3 4</p> <p>65. I feel secure 1 2 3 4</p> <p>66. I feel stimulated 1 2 3 4</p> <p>67. When I get mad, I say nasty things 1 2 3 4</p> <p>68. I feel whole 1 2 3 4</p> <p>69. I lack self-confidence 1 2 3 4</p> <p>70. I feel disinterested 1 2 3 4</p> <p>71. It makes me furious when I am criticized in front of others 1 2 3 4</p> <p>72. I feel safe 1 2 3 4</p> <p>73. I feel inadequate 1 2 3 4</p> <p>74. I feel mentally active 1 2 3 4</p> <p>75. When I get frustrated, I feel like hitting someone 1 2 3 4</p> <p>76. I feel peaceful 1 2 3 4</p> <p>77. I worry too much over something that really does not matter 1 2 3 4</p> <p>78. I feel bored 1 2 3 4</p> <p>79. I feel infuriated when I do a good job and get a poor evaluation 1 2 3 4</p> <p>80. I enjoy life 1 2 3 4</p> |
|--|---|

APPENDIX F: YOUTH-DEPRESSION ADJECTIVE CHECKLIST

Y - DACL

Bernard Lubin and Michael P. Carey

INSTRUCTIONS: Below you will find words which describe different kinds of moods and feelings. Please check the words which describe how you GENERALLY feel.

- | | |
|--------------------|---------------------|
| 1. _____ Awful | 12. _____ Lucky |
| 2. _____ Good | 13. _____ Lost |
| 3. _____ Unhappy | 14. _____ Tortured |
| 4. _____ Terrible | 15. _____ Uneasy |
| 5. _____ Blue | 16. _____ Suffering |
| 6. _____ Joyous | 17. _____ Strong |
| 7. _____ Sunk | 18. _____ Rejected |
| 8. _____ Glad | 19. _____ Jolly |
| 9. _____ Hopeless | 20. _____ Heartsick |
| 10. _____ Lifeless | 21. _____ Wilted |
| 11. _____ Merry | 22. _____ Fit |

Please turn the page

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