Pre-DSSQ Instructions:

Please answer **every** question below, even if you find it difficult.  Answer, as honestly as you can, what is true of you.  Please do not choose a reply just because it seems like the 'right thing to say'. Your answers will be kept entirely confidential.  Also, be sure to answer according to how you **FEEL RIGHT NOW.** Don't just put down how you usually feel. You should try and work quite quickly:  there is no need to think very hard about the answers.  The first answer you think of is usually the best.

For each statement, circle an answer from 0 to 4, so as to indicate how accurately it describes your feelings **RIGHT NOW**.

Post-DSSQ Instructions:

Please answer **every** question below, even if you find it difficult.  Answer, as honestly as you can, what is true of you.  Please do not choose a reply just because it seems like the 'right thing to say'. Your answers will be kept entirely confidential.  Also, be sure to answer according to how you **FEEL RIGHT NOW.** Don't just put down how you usually feel. You should try and work quite quickly:  there is no need to think very hard about the answers.  The first answer you think of is usually the best.

For each statement, circle an answer from 0 to 4, so as to indicate how accurately it describes your feelings **RIGHT NOW**.