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**DIAVOLO Veterans Project at Chapman University/Musco**

**Orange, CA Workshop**

**(August-September 2019)**

**Participant Survey**

Participant ID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

These first items are used to gather demographic information.

1. What is your age?

\_\_\_\_\_\_ Under 18

\_\_\_\_\_\_ 18-24

\_\_\_\_\_\_ 25-34

\_\_\_\_\_\_ 35-44

\_\_\_\_\_\_ 45-54

\_\_\_\_\_\_ Above 54

2. “Are you of Spanish or Latino origin?”

\_\_\_\_\_\_ Yes

\_\_\_\_\_\_ No

3. What would best describe you?

\_\_\_\_\_\_ African American

\_\_\_\_\_\_ Asian

\_\_\_\_\_\_ Native American

\_\_\_\_\_\_ White

\_\_\_\_\_\_ Other

4. Which gender do you identify most with?

\_\_\_\_\_\_ Male

\_\_\_\_\_\_ Female

\_\_\_\_\_\_ I would prefer to not comment

5. What is your highest qualification?

\_\_\_\_\_\_ Less than a high school diploma

\_\_\_\_\_\_ High school degree or equivalent (e.g. GED)

\_\_\_\_\_\_ Some college, no degree

\_\_\_\_\_\_ Associate degree (e.g. AA, AS)

\_\_\_\_\_\_ Bachelor’s degree (e.g. BA, BS)

\_\_\_\_\_\_ Master’s degree (e.g. MA, MS, MEd)

\_\_\_\_\_\_ Professional degree (e.g. MD, DDS, DVM)

\_\_\_\_\_\_ Doctorate (e.g. PhD, EdD)

6. What is your marital status?

\_\_\_\_\_\_ Married

\_\_\_\_\_\_ Divorced

\_\_\_\_\_\_ Separated

\_\_\_\_\_\_ Widowed

\_\_\_\_\_\_ Unmarried

7. What is your current employment status?

\_\_\_\_\_\_ Full-time employment

\_\_\_\_\_\_ Part-time employment

\_\_\_\_\_\_ Unemployed

\_\_\_\_\_\_ Self-employed

\_\_\_\_\_\_ Home-maker

\_\_\_\_\_\_ Student

\_\_\_\_\_\_ Retired

8. Which income group does your household fall under?

\_\_\_\_\_\_ Less than $20,000

\_\_\_\_\_\_ $21,000 – $30,000

\_\_\_\_\_\_ $31,000 to $40,000

\_\_\_\_\_\_ $41,000 to $50,000

\_\_\_\_\_\_ $51,000 to $60,000

\_\_\_\_\_\_ Above $60,000

9. What is your military service status?

\_\_\_\_\_\_ Active duty, Branch: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_ Reserves, Branch: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_ National Guard, Branch: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_ Veteran, Branch: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_ None

10. If you are a veteran, what branch did you serve?

\_\_\_\_\_\_ Army

\_\_\_\_\_\_ Air Force

\_\_\_\_\_\_ Navy

\_\_\_\_\_\_ Marine Corps

\_\_\_\_\_\_ Coast Guard

11. If you have military service, did you serve in combat?

\_\_\_\_\_\_ Yes

\_\_\_\_\_\_ No

12. If you served in the military, how many years of separation do you have from serving?

\_\_\_\_\_\_\_\_\_\_\_\_ (indicate how many years from service you are)

13. What is your general health at this time?

\_\_\_\_\_\_ Good

\_\_\_\_\_\_ Average

\_\_\_\_\_\_ Some issues

\_\_\_\_\_\_ Poor

14. Have you previously participated in an arts-based program?

\_\_\_\_\_\_ Yes

\_\_\_\_\_\_ No

If yes, please describe:

**Instructions:** Below are statements that describe how you may think about yourself **right now**. Use the following scale to indicate your level of agreement or disagreement with each statement.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Strongly****Disagree** | **Disagree** | **Somewhat****Disagree** | **Somewhat****Agree** | **Agree** | **Strongly****Agree** |  |
| 1 | 2 | 3 | 4 | 5 | 6 |  |
| 1. | I feel confident analyzing a long-term problem to find a solution. | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. | I feel confident in representing my work in meetings with others. | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. | I feel confident contributing to discussions about an organization’s strategy. | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. | I feel confident helping to set targets/goals in my life. | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. | I feel confident contacting people to discuss problems. | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. | I feel confident presenting information to a group of people. | 1 | 2 | 3 | 4 | 5 | 6 |
| 7. | If I should find myself in a jam, I could think of many ways to get out of it. | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. | At the present time, I am energetically pursuing my goals. | 1 | 2 | 3 | 4 | 5 | 6 |
| 9. | There are lots of ways around any problem. | 1 | 2 | 3 | 4 | 5 | 6 |
| 10. | Right now I see myself as being pretty successful. | 1 | 2 | 3 | 4 | 5 | 6 |
| 11. | I can think of many ways to reach my current goals. | 1 | 2 | 3 | 4 | 5 | 6 |
| 12. | At this time, I am meeting the goals that I have set for myself. | 1 | 2 | 3 | 4 | 5 | 6 |
| 13. | When I have a setback, I have trouble recovering from it, moving on.  | 1 | 2 | 3 | 4 | 5 | 6 |
| 14. | I usually manage difficulties one way or another. | 1 | 2 | 3 | 4 | 5 | 6 |
| 15. | I can be “on my own,” so to speak, if I have to. | 1 | 2 | 3 | 4 | 5 | 6 |
| 16. | I usually take stressful things in stride. | 1 | 2 | 3 | 4 | 5 | 6 |
| 17. | I can get through difficult times because I’ve experienced difficulty before. | 1 | 2 | 3 | 4 | 5 | 6 |
| 18. | I feel I can handle many things at a time. | 1 | 2 | 3 | 4 | 5 | 6 |
| 19. | When things are uncertain for me, I usually expect the best. | 1 | 2 | 3 | 4 | 5 | 6 |
| 20. | If something can go wrong for me, it will.  | 1 | 2 | 3 | 4 | 5 | 6 |
| 21. | I always look on the bright side of things regarding my life. | 1 | 2 | 3 | 4 | 5 | 6 |
| 22. | I’m optimistic about what will happen to me in the future. | 1 | 2 | 3 | 4 | 5 | 6 |
| 23. | Things never work out the way I want them to.  | 1 | 2 | 3 | 4 | 5 | 6 |
| 24. | I approach each situation as if “every cloud has a silver lining.” | 1 | 2 | 3 | 4 | 5 | 6 |

*Instructions*: Using the following 7-point scale, please place the number on the blank before each item that best describes how much you agree with each statement about yourself.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Strongly disagree | Disagree | Slightly disagree | Neutral | Slightly agree | Agree | Strongly agree |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | I spend a lot of time and effort networking with others. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2 | I know a lot of important people and am well connected. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3 | I am good at using my connections and networks to make things happen. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4 | I have developed a large network of colleagues and associates who I can call on for support when I really need to get things done. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5 | I spend a lot of time developing connections with others. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6 | I am good at building relationships with influential people. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7 | It is important that people believe I am sincere in what I say and do. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | When communicating with others, I try to be genuine in what I say and do. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9 | I try to show a genuine interest in other people. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10 | I always seem to instinctively know the right thing to say or do to influence others. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 11 | I have good intuition or savvy about how to present myself to others. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 12 | I am particularly good at sensing the motivations and hidden agendas of others. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 13 | I pay close attention to people’s facial expressions. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 14 | I understand people very well. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 15 | It is easy for me to develop good rapport with most people. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 16 | I am able to make most people feel comfortable and at ease around me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 17 | I am able to communicate easily and effectively with others. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 18 | I am good at getting people to like me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Below are five statements that you may agree or disagree with. Using the 1 - 7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Strongly disagree | Disagree | Slightly disagree | Neutral | Slightly agree | Agree | Strongly agree |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | In most ways my life is close to my ideal. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2 | The conditions of my life are excellent. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3 | I am satisfied with my life. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4 | So far I have gotten the important things I want in life. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5 | If I could live my life over, I would change almost nothing. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

This scale consists of a number of words that describe different feelings and emotions. Read each item and then circle the number from the scale below next to each word. Indicate to what extent you have felt this way over the past week.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | Very slightly or not at all | A little | Moderately | Quite a bit | Extremely |
| 1 | Interested | 1 | 2 | 3 | 4 | 5 |
| 2 | Distressed | 1 | 2 | 3 | 4 | 5 |
| 3 | Excited | 1 | 2 | 3 | 4 | 5 |
| 4 | Upset | 1 | 2 | 3 | 4 | 5 |
| 5 | Strong | 1 | 2 | 3 | 4 | 5 |
| 6 | Guilty | 1 | 2 | 3 | 4 | 5 |
| 7 | Scared | 1 | 2 | 3 | 4 | 5 |
| 8 | Hostile | 1 | 2 | 3 | 4 | 5 |
| 9 | Enthusiastic | 1 | 2 | 3 | 4 | 5 |
| 10 | Proud | 1 | 2 | 3 | 4 | 5 |
| 11 | Irritable | 1 | 2 | 3 | 4 | 5 |
| 12 | Alert | 1 | 2 | 3 | 4 | 5 |
| 13 | Ashamed | 1 | 2 | 3 | 4 | 5 |
| 14 | Inspired | 1 | 2 | 3 | 4 | 5 |
| 15 | Nervous | 1 | 2 | 3 | 4 | 5 |
| 16 | Determined | 1 | 2 | 3 | 4 | 5 |
| 17 | Attentive | 1 | 2 | 3 | 4 | 5 |
| 18 | Jittery | 1 | 2 | 3 | 4 | 5 |
| 19 | Active | 1 | 2 | 3 | 4 | 5 |
| 20 | Afraid | 1 | 2 | 3 | 4 | 5 |

Read the description of each situation and vividly imagine it happening to you. You have probably not experienced some of the situations, but that doesn’t matter. Perhaps neither response will seem to fit; go ahead anyway and check one of the responses, the cause likelier to apply to you. You may not like the way some of the responses sound, but don’t choose what you think you *should* say or what would sound right to other people; choose the response you would be likelier to have. **Mark only ONE response for each question.**

1. The project you are in charge of is a great success.

 \_\_\_\_\_\_\_ I kept a close watch over everyone's work.

 \_\_\_\_\_\_\_ Everyone devoted a lot of time and energy to it.

2. You and your spouse (boyfriend/girlfriend) make up after a fight.

\_\_\_\_\_\_\_ I forgave him/her.

\_\_\_\_\_\_\_ I'm usually forgiving.

3. You get lost driving to a friend's house.

\_\_\_\_\_\_\_ I missed my turn.

\_\_\_\_\_\_\_ My friend gave me bad directions.

4. Your spouse (boyfriend/girlfriend) suprises you with a gift.

\_\_\_\_\_\_\_ He/she just got a raise at work.

\_\_\_\_\_\_\_ I took him/her out to a special dinner the night before.

5. You forget your spouse's (boyfriend's/girlfriend's) birthday.

\_\_\_\_\_\_\_ I'm not good at remembering birthdays.

\_\_\_\_\_\_\_ I was preoccupied with other things.

6. You get a flower from a secret admirer.

\_\_\_\_\_\_\_ I am attractive to him/her.

\_\_\_\_\_\_\_ I am a popular person.

7. You run for a community office position and win.

\_\_\_\_\_\_\_ I devote a lot of time and energy to campaigning.

\_\_\_\_\_\_\_ I work very hard at everything I do.

8. You miss an important engagement.

\_\_\_\_\_\_\_ Sometimes my memory fails me.

\_\_\_\_\_\_\_ I sometime forget to check my appointment book.

9. You run for a community office position and you lose.

\_\_\_\_\_\_\_ I didn't campaign hard enough.

\_\_\_\_\_\_\_ The person who won knew more people.

10. You host a successful dinner.

\_\_\_\_\_\_\_ I was particularly charming that night.

\_\_\_\_\_\_\_ I am a good host.

11. You stop a crime by calling the police.

\_\_\_\_\_\_\_ A strange noise caught my attention.

\_\_\_\_\_\_\_ I was alert that day.

12. You were extremely healthy all year.

\_\_\_\_\_\_\_ Few people around me were sick, so I wasn't exposed.

\_\_\_\_\_\_\_ I made sure I ate well and got enough rest.

13. You owe the library ten dollars for an overdue book.

\_\_\_\_\_\_\_ When I am really involved in what i am reading, I often forget when it is due.

 \_\_\_\_\_\_\_ I was so involved in writing the report that I forgot to return the book.

14. Your stocks make you a lot of money.

 \_\_\_\_\_\_\_ My broker decided to take on something new.

\_\_\_\_\_\_\_ My broker is a top-notch investor.

15. You win an athletic contest.

\_\_\_\_\_\_\_ I was feeling unbeatable.

\_\_\_\_\_\_\_ I train hard.

16. You fail an important examination.

 \_\_\_\_\_\_\_ I wasn't as smart as the other people taking the exam.

 \_\_\_\_\_\_\_ I didn't prepare for it well.

17. You prepared a special meal for a friend and he/she barely touched the food.

 \_\_\_\_\_\_\_ I wasn't a good cook.

 \_\_\_\_\_\_\_ I made the meal in a rush.

18. You lose a sporting event for which you have been training for a long time.

 \_\_\_\_\_\_\_ I'm not very athletic.

\_\_\_\_\_\_\_ I'm not good at that sport.

19. Your car runs out of gas on a dark street late at night.

 \_\_\_\_\_\_\_ I didn't check to see how much gas was in the tank.

 \_\_\_\_\_\_\_ The gas gauge was broken.

20. You lose your temper with a friend.

 \_\_\_\_\_\_\_ He/she is always nagging me.

 \_\_\_\_\_\_\_ He/she was in a hostile mood.

21. You are penalized for not returning your income-tax form on time.

\_\_\_\_\_\_\_ I always put off doing my taxes.

\_\_\_\_\_\_\_ I was lazy about getting my taxes done year.

22. You ask a person out on a date and he/she say no.

\_\_\_\_\_\_\_ I was a wreck that day.

\_\_\_\_\_\_\_ I got tongue-tied when I asked him/her on the date.

23. A game-show host picks you out of the audience to participate in the show.

\_\_\_\_\_\_\_ I was sitting in the right seat.

\_\_\_\_\_\_\_ I looked the most enthusiastic.

24. You are frequently asked to dance at a party.

\_\_\_\_\_\_\_ I am outgoing at parties.

\_\_\_\_\_\_\_ I was in perfect form that night.

25. You buy your spouse (boyfriend/girlfriend) a gift and he/she doesn't like it.

\_\_\_\_\_\_\_ I don't put enough thought into things like that.

\_\_\_\_\_\_\_ He/she has very picky tastes.

26. You do exceptionally well in a job interview.

\_\_\_\_\_\_\_ I felt extremely confident during the interview.

\_\_\_\_\_\_\_ I interview well.

27. You tell a joke and everyone laughs.

\_\_\_\_\_\_\_ The joke was funny.

\_\_\_\_\_\_\_ My timing was perfect.

28. Your boss gives you too little time in which to finish a project, but you get it finished anyway.

\_\_\_\_\_\_\_ I am good at my job.

\_\_\_\_\_\_\_ I am an efficient person.

29. You've been feeling run-down lately.

\_\_\_\_\_\_\_ I never get a chance to relax.

\_\_\_\_\_\_\_ I was exceptionally busy this week.

30. You ask someone to dance and he/she says no.

\_\_\_\_\_\_\_ I am not a good enough dancer.

\_\_\_\_\_\_\_ He/she doesn't like to dance.

31. You save a person from choking to death.

\_\_\_\_\_\_\_ I know a technique to stop someone from choking.

\_\_\_\_\_\_\_ I know what to do in crisis situations.

32. Your romantic partner wants to cool things off for a while.

\_\_\_\_\_\_\_ I'm too self-centered.

\_\_\_\_\_\_\_ I don't spend enough time with him/her.

33. A friend says something that hurts your feelings.

\_\_\_\_\_\_\_ She always blurts things out without thinking of others.

\_\_\_\_\_\_\_ My friend was in a bad mood and took it out on me.

34. Your employer comes to you for advice.

\_\_\_\_\_\_\_ I am an expert in the area about which I was asked.

 \_\_\_\_\_\_\_ I am good at giving useful advice.

35. A friend thanks you helping him/her get through a bad time.

\_\_\_\_\_\_\_ I enjoy helping him/her through tough times.

\_\_\_\_\_\_\_ I care about people.

36. You have a wonderful time at a party.

\_\_\_\_\_\_\_ Everyone was friendly.

\_\_\_\_\_\_\_ I was friendly.

37. Your doctor tells you that you are in good physical shape.

\_\_\_\_\_\_\_ I make sure I exercise frequently.

\_\_\_\_\_\_\_ I am very health conscious.

38. Your spouse (boyfriend/girlfriend) takes you away for a romantic weekend.

\_\_\_\_\_\_\_ He/she needed to get away for a few days.

\_\_\_\_\_\_\_ He/she likes to explore new areas.

39. Your doctor tells you that you eat too much sugar.

\_\_\_\_\_\_\_ I don't pay much attention to my diet.

\_\_\_\_\_\_\_ You can't avoid sugar, it's in everything.

40. You are asked to head an important project.

\_\_\_\_\_\_\_ I just successfully completed a similar project.

\_\_\_\_\_\_\_ I am a good supervisor.

41. You and your spouse (boyfriend/girlfriend) have been fighting a great deal.

\_\_\_\_\_\_\_ I have been feeling crankyand pressured lately.

\_\_\_\_\_\_\_ He/she has been hostile lately.

42. You fall down a great deal while skiing.

\_\_\_\_\_\_\_ Skiing is difficult.

\_\_\_\_\_\_\_ The trails were icy.

43. You win a prestigious award.

\_\_\_\_\_\_\_ I solved an important problem.

\_\_\_\_\_\_\_ I was the best employee.

44. Your stocks are at an all-time low.

\_\_\_\_\_\_\_ I didn't know much about the business climate at the time.

\_\_\_\_\_\_\_ I made a poor choice of stocks.

45. You win the lottery.

\_\_\_\_\_\_\_ It was pure chance.

\_\_\_\_\_\_\_ I picked the right numbers.

46. You gain weight over the holidays and you can't lose it.

\_\_\_\_\_\_\_ Diets don't work in the long run.

\_\_\_\_\_\_\_ The diet I tried didn't work.

47. You are in the hospital and few people come to visit.

\_\_\_\_\_\_\_ I'm irritable when I am sick.

\_\_\_\_\_\_\_ My friends are negligent about things like that.

48. They won't honor your credit card at a store.

\_\_\_\_\_\_\_ I sometimes overestimate how much money I have.

\_\_\_\_\_\_\_ I sometimes forget to pay my credit-card bill.