

K.N.P.I.

INSTRUCTIONS:

Explanation: This is neither an examination nor a test. This is an Inventory (a list of items) about your feeling. We want to know what you do in some circumstances or how you feel about certain situations. Your answers will be kept confidential and will be used only for scientific investigation.

Direction: (1) There is a separate answer sheet having the same serial numbers as the statements in the booklet. First put down your name, age sex etc. in the place at the top of the answer sheet.

(2) The inventory is composed of sixty six statements. For each statement in this booklet, five choices to describe yourself are considered possible. You are requested to read each statement very carefully and minutely and then to determine only one choice (out of five choices) that suits in your case best. You will have to indicate your choice by noting 1, 2, 3, 4 or 5 against each where:

1. means "almost always", "yes" etc.
2. means "almost never", "no", etc.
3. means "frequently", "usually", etc.
4. means "rarely", "sometimes", etc.
5. means "occasionally", "average amount", etc.

(3) Please do not spend much time on any particular statement. Try to work as rapidly as you can. Put down your reaction for the first statement, then for the second statement and so on. People usually take less than half an hour to complete this inventory.

(4) If you had not the experience referred to in any statement. Imagine how would you feel about it. If you are in doubt, select the one which seems most accurately to express your present feeling about the statement. **Please do not omit any item.**

How to indicate your choice:

Do not write anything on this booklet. Write only on the answer sheet. Decide the one alternative which best express your feeling about the statement and then write the number of your choice against the corresponding statement number in the answer sheet.

Example:

Statement: (a) Like to enjoy the beauty of lightning.

Choice: Note that on the answer sheet '3' is written by the side of (a), because I feel that I like to enjoy the beauty of lightning 'frequently'.

Statement: (b) Feeling depressed without sufficient reason.

Choice: If you think that it happens in your case 'occasionally', write '5' as your answer by the side of (b) on the answer sheet.

If there is any Question Ask it Now

STATEMENTS

1. As ideas run through head it is difficult to sleep.
2. Day-dreaming about improbable occurrences.
3. Being easily affected by praising and/or blaming.
4. Being hurt by criticism.
5. Having strong desire to meet the most important person present at a gathering (social, political etc.)
6. Difficulty in starting conversation with a stranger (unknown person).
7. Having feeling of happiness and sadness alternately.
8. Being worried about possible misfortunes.
9. Slow in making decisions.
10. Feeling uneasy due to shyness.
11. Feeling nervous to initiate an idea to start discussion among a group of unknown people.
12. Troubled with feelings of inferiority.
13. Difficulty in taking decision for yourself.
14. Feeling easily hurt.
15. Being bothered by some particular useless thought.
16. Difficulty in doing many things confidently.
17. Experiencing change of moods from pleasant to unpleasant or from unpleasant to pleasant.
18. Being easily gratified (pleased) by admiration.
19. Becoming unduly angry, sulky (morose) or excited in disagreements over trivial matters with friends or co-workers.
20. Feel inconvenience due to uncontrollable blushing (becoming red), trembling (shaking with fear), or blanching (growing pale with fear).
21. Having sensation of falling (a) when you are about to sleep, (b) during walking.
22. Suffer from disinclination to sleep and/or periods of wakefulness at nights.
23. Feel mentally tired in absence of any physical tiredness.
24. Unable to concentrate as mind wanders due to slightest distraction.
25. Becoming tired (or feeling lack of interest) of friends, amusements, etc. quickly.
26. Jump (make sudden movement) badly at sudden (a)lights, (b) sounds, (c) touches, (d) sights.
27. Troubled with fear of being suffocated and/or crushed in a crowd.
28. Things seem to swim (dizzy) or get misty (hazy) or blurred (confused) before eyes.
29. Being afraid that you may fall down when you are looking down from the top of a high place, like – high bridge, roof of a high building, etc.
30. Wake up frightened in the middle of night without any apparent reason.
31. Troubled by the idea that you may become insane (mad)
32. Troubled by moods of 'fedupness' (i.e. lowness of spirits, feeling of despair).
33. Feeling very restless or unable to concentrate on anything.
34. Having fears and worries about things and/or ideas.
35. Troubled by thoughts about what others are thinking of you.

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36. Being compelled to do some useless acts like: (a) counting windows, people etc. (b) Uttering rhymes or phrases, (c) Repeatedly washing hands or clothes (d) Tapping lamp post, (e) Reading notices, figures etc.
37. Feeling inwardly disturbed or uneasy for some time due to difference of opinion with people.
38. Having fear of death about your parents, friends, or other persons whom you love.
39. Being bothered by self-conscious shyness in social situations.
40. Becoming easily over-excited.
41. Like to enjoy jokes concerning yourself.
42. Having complains of vague ill-health, like – obscure pains, digestive disorders, rapid beating of the heart, etc.
43. Having or had (if parents are not living) disagreeable feelings toward parents.
44. Becoming tense or anxious in order to catch a train or bus in time.
45. Thinking yourself as nervous.
46. Becoming unmindful to sit still during a long meeting.
47. Being afraid to remain alone at night in a house.
48. Feeling that life is a great burden.
49. Like to limit friendship mostly to your own sex.
50. Getting shocked by sexual topics.
51. Remaining cheerful.
52. Feeling tired after waking up in the morning without apparent physical cause.
53. Being worried by thoughts of ill-health.
54. Thinking that you are usually unlucky.
55. Thinking to have satisfactory adjustment in life.
56. Taking an active part in giving help in case of an accident before you.
57. Having conflicting moods of love and hate for members of the family.
58. Feeling happy about home environment.
59. Like to enjoy indoor life.
60. Being worried about undecided matters.
61. Feeling unhappy or uneasy to have an unfinished job on your hand.
62. Becoming nervous to face quarrelsome situations.
63. Feeling unhappy.
64. Suffering from bad headache not due to any apparent physical cause.
65. Being easily upsetted or touched by any remark that concerns yourself.
66. Highly sensitive to unpleasant smell.

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ANSWER SHEET

Name.....Age..... Sex.....
 Edu. Qualification..... College /Occupation.....
 Date.....

Instructions: Write the number of your choice clearly and distinctly against the corresponding item number. If you change your mind, erase or blacken out your first choice completely and then write the number of your new choice. Please remember that for each statement you are requested to give only one choice. To indicate your choice write – 1, 2, 3, 4, 5 where:

1. means “almost always”, “yes” etc.
2. means “almost never”, “no”, etc.
3. means “frequently”, “usually”, etc.
4. means “rarely”, “sometimes”, etc.
5. means “occasionally”, “average amount”, etc.

“Be sure the item number on the Answer Sheet corresponds with the statement number in the Booklet”.

Example: (a) – 3; (b) –

Item	Response	Item	Response	Item	Response	Item	Response	Item	Response
1	16	27	38	53
2	17	28	39	54
3	18	29	40	55
4	19	30	41	56
5	20	31	42	57
6	21	(a)	32	43	58
7		(b)	33	44	59
8	22	34	45	60
9	23	35	46	61
10	24	36	(a)	47	62
11	25		(b)	48	63
12	26	(a)		(c)	49	64
13		(b)		(d)	50	65
14		(c)		(e)	51	66
15		(d)	37	52		

Full Score -

SCORING:

The responses are scored by putting weighted marks, according to the scoring key, in the answer sheet by the side of each response. The marks are then added for each column separately in the answer sheet and a total score is obtained by adding scores for five columns.

For three statements (Nos. 21, 26 and 36) having more than one situation, either the maximum weighted score or in case of equal score for all the sub-items any one of the scores is considered for determining the total score of an individual.

Theoretically, the minimum and maximum possible scores are 66 and 330 respectively.

Scoring weights given to the different response categories
(Table 5 in KNPI)

Items	Response categories				
	1	3	5	4	2
Weights given to all items except 41, 51, 55, 56 and 58	5	4	3	2	1
Weights given to the items 41, 51, 55, 56 and 58	1	2	3	4	5

CLASSIFICATION NORMS:

Norms for classification into four categories on the basis of raw score has been provided in Table 7 in the K.N.P.I.

Classification of population (Table 7 in K.N.P.I)

Range of raw scores	Classification
181 and below	Normal
182 – 215	Slightly Neurotic
216 – 240	Moderately Neurotic
241 and above	Highly Neurotic

A brief but categorical description of some of the behaviours in the four groups are found in Table 8 of K.N.P.I.

Description of some of the behaviour patterns under each category
(Table 8 in K.N.P.I.)

	Behaviour	Normal	Slightly Neurotic	Moderately Neurotic	Highly Neurotic
1.	Attitude towards self	Positive	Indifferent	Negative	Highly negative
2.	Self-acceptance	Adequate	Slightly inadequate	Moderately inadequate	Highly inadequate
3.	Appraisal of the self	Realistic	Slightly unrealistic	Moderately unrealistic	Highly unrealistic
4.	Appraisal of the people and world around	Realistic	Slightly unrealistic	Moderately unrealistic	Highly unrealistic
5.	Interpersonal relations	Satisfactory and stable	Indifferent & slightly unstable	Grossly disturbed	Highly disturbed
6.	Visible psychoneurotic symptoms	none	Latent and few	Overt & few	Severe and many
7.	Stress tolerance	High	Not so high	Low	Very low
8.	Anxiety level	Low	Tends to be High	Remarkably High	Extremely High
9.	Emotional Balance	Satisfactory	Slightly disturbed	Grossly disturbed	Highly disturbed
10.	Overall integrity of behaviour	Satisfactory	Not so satisfactory	Poor	Highly poor