

附錄六

英文 SOC 問卷

ORIENTATION TO LIFE QUESTIONNAIRE

Here is series of question relating to various aspects of our lives. Each question has seven possible answers. Please mark the number which expresses your answer, which numbers 1 and 7 being the extreme answers. If the words under 1 are right for you, circle 1; if the words under 7 are right for you, circle 7. If you feel differently, circle the number which best expresses your feeling. Please give only one answer to each question.

1. Do you have the feeling that you don't really care about what goes on around you?

1.....2.....3.....4.....5.....6.....7

very seldom very often

or never

2. Has it happened in the past that you were surprised by the behavior of people whom you thought you knew well?

1.....2.....3.....4.....5.....6.....7

never happened always happened

3. Has it happened that people whom you counted on disappointed you?

1.....2.....3.....4.....5.....6.....7

never happened always happened

4. Until now your life has had:

1.....2.....3.....4.....5.....6.....7

No clear goals or very clear goals purpose at
all and purpose

5. Do you have the feeling that you're being treated unfairly?

1.....2.....3.....4.....5.....6.....7

very often very seldom
or never

6. Do you have the feeling that you are in an unfamiliar situation and don't know what to do?

1.....2.....3.....4.....5.....6.....7

very often very seldom
or never

7. Doing the things you do every day is:

1.....2.....3.....4.....5.....6.....7

a source of deep a source of pain pleasure
and satisfaction and boredom

8. Do you have very mixed-up feelings and ideas?

1.....2.....3.....4.....5.....6.....7

very often very seldom
or never

9. Does it happened that you have feelings inside you would rather not feel?

1.....2.....3.....4.....5.....6.....7

very often

very seldom

or never

10. Many people—even those with a strong character—sometimes feel like sad sacks (losers) in certain situations. How often have you felt this way in the past?

1.....2.....3.....4.....5.....6.....7

never

very often

11. When something happened, have you generally found that:

1.....2.....3.....4.....5.....6.....7

you overestimated

you saw things

or underestimated

in the right its

importance

proportion

12. How often do you have the feeling that there's little meaning in the things you do in daily life?

1.....2.....3.....4.....5.....6.....7

very often

very seldom

or never

13. How often do you have feelings that you're not sure you can keep under control?

1.....2.....3.....4.....5.....6.....7

very often

very seldom

or never

Appendix Antonovsky's² short 13-item sense of coherence
questionnaire including three main subareas

A. The comprehensibility subscale included the following items:

1. Has it happened in the past that you were surprised by the behaviour of people whom you thought you knew well?
2. Do you have the feeling that you are in an unfamiliar situation and don't know what to do?
3. Do you have very mixed-up feelings and ideas?
4. Does it happen that you have feelings inside that you would rather not feel?
5. When something happens, have you generally found that you have overestimated or underestimated its importance or that you have seen things in their right proportion?

B. The manageability subscale included the following items:

1. Has it happened that people whom you counted on have disappointed you?
2. Do you have the feeling that you are being treated unfairly?
3. Many people even those with a strong character sometimes feel sad sacks(losers)in certain situations. How often have you felt this way in the past?
4. How often do you have feelings that you are not sure you control yourself?

C. The meaningfulness subscale included the following items:

1. Do you have the feeling that you do not really care about what goes on around you ?
2. Has your life until now had no clear goals or no purpose at all, or very clear goals and prupose?
3. Is doing the things you do every day a source of deep pleasure and satisfaction or a source of pain and boredom?
4. How often do you have the feeling that there's little meaning in the things you do in your daily life?

資料來源：Volanen,S.M., Lahelma,E., Silventoinen,K.,&Suominen,S. (2004)