

ESDMDDp

People differ in their abilities to handle emotions and behave appropriately in several situations. For each item listed below, rate how well you handle emotions and behave compared to other people of the same age.

Compared to other people your age, in recent weeks, how well do you most of the time:

Avoid or control 'arguing or yelling' at home

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Avoid or control 'arguing or yelling' with friends

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Avoid or control 'arguing or yelling' at school

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Avoid or control 'getting into fights' at home

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Avoid or control 'getting into fights' with friends

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Avoid or control 'getting into fights' at school

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Avoid or control 'taking anger out on objects or throwing things at people' at home

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Avoid or control 'taking anger out on objects or throwing things at people' with friends

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Avoid or control 'taking anger out on objects or throwing things at people' at school

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Control the intensity of anger at home

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Control the intensity of anger with friends

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Control the intensity of anger at school

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Return quickly to baseline mood and behavior when frustrated at home

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Return quickly to baseline mood and behavior when frustrated with friends

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Return quickly to baseline mood and behavior when frustrated at school

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Handle anger when you do not get what you want at home

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Handle anger when you do not get what you want with friends

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Handle anger when you do not get what you want at school

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Handle frustration on a day-to-day basis at home

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Handle frustration on a day-to-day basis with friends

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Handle frustration on a day-to-day basis at school

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Avoid or limit temper tantrums at home

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Avoid or limit temper tantrums with friends

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Avoid or limit temper tantrums at school

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Exhibit a good mood throughout the day, most days of the week at home

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Exhibit a good mood throughout the day, most days of the week with friends

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Exhibit a good mood throughout the day, most days of the week at school

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Compared to other people of the same age, over the past year, how well have you maintained appropriate mood and behavior at home

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Compared to other people of the same age, over the past year, how well have you maintained appropriate mood and behavior with friends

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average

Compared to other people of the same age, over the past year, how well have you maintained appropriate mood and behavior at school

- Far below average
- Below average
- Slightly below average
- About average
- Slightly above average
- Above average
- Far above average