

# Pre- and Post-Test

Dear participant, we aim to provide you with an assessment and evaluation process through the activities we have carried out and will carry out. You will be informed in detail about this process by the supervisor you are working with. Please read the following statements carefully and check the statement that you think is most appropriate for you.

☐ I have read and understood.

Group Code:

---

First Name-Last Name:

---

Age:

---

Gender:

☐ Female

☐

M a l e

☐ Other

Nationality:

---

Test type:

☐ Preliminary

t e s t ☐ Final

test

Please select the statement that best applies to you from the following:  
suitable for you.

I definitely  
disagree.

I disagree.

I'm undecided.

I agree.

Absolutely  
I agree.

1) I recover quickly after experiencing difficulties.

2) I have difficulty coping with stressful events.

3) I don't have a hard time recovering after a stressful event.

4) When something bad happens to me, it's hard for me to pull myself together.

5) I usually get through difficulties and tough times with very little trouble.

6) It usually takes me time to overcome the setbacks I experience.

Please read the following statements carefully  
and mark the answer that best applies to  
you based on your last 2 weeks.

Never

Rarely

Sometimes

Most of the time

Always

<b>I felt cheerful and happy. I felt calm</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>and happy. I felt active and</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>energetic.</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>I woke up feeling refreshed and rested in the</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>mornings.</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>My daily life is filled with things that interest</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>me.</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>