

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

 Male
 Other

Nationality:

Test type:

Preliminary

test 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.
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<input type="radio"/>				
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1) I recover quickly after experiencing difficulties.

<input type="radio"/>				
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2) I have difficulty coping with stressful events.

<input type="radio"/>				
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3) I don't have a hard time recovering after a stressful event.

<input type="radio"/>				
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4) When something bad happens to me, it's hard for me to pull myself together.

<input type="radio"/>				
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5) I usually get through difficulties and tough times with very little trouble.

<input type="radio"/>				
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6) It usually takes me time to overcome the setbacks I experience.

Never	Rarely	Sometimes	Most of the time	Always
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Please read the following statements carefully and mark the answer that best applies to you based on your last 2 weeks.

I felt cheerful and happy. I felt calm

and happy. I felt active and

energetic.

**I woke up feeling refreshed and rested in the
mornings.**

**My daily life is filled with things that interest
me.**