

Name: _____

Date: _____

Patient ID #: _____

Antonovsky's SOC-29 Questionnaire

Instructions

Here is a series of questions relating to various aspects of our lives. Each question has seven possible answers. Please mark the number which expresses your answer, with 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.

Questions

1. When you talk to people, do you have the feeling that they don't understand you?

1
never have
this feeling

2

3

4

5

6

7
always have
this feeling

2. In the past, when you had to do something which depended upon cooperation with others, did you have the feeling that it:

1
surely wouldn't
get done

2

3

4

5

6

7
surely would
get done

3. Think of the people with whom you come into contact daily, aside from the ones to whom you feel closest. How well do you know most of them?

1
you feel that
they're strangers

2

3

4

5

6

7
you know them
very well

4. Do you have feelings that you don't really care about what goes on around you?

1
very seldom
or never

2

3

4

5

6

7
very often

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

1
never
happened

2

3

4

5

6

7
always
happened

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

1
never
happened

2

3

4

5

6

7
always
happened

7. Life is:

1
full of
interest

2

3

4

5

6

7
completely
routine

8. Until now your life has had:

1
no clear goals or
purpose at all

2

3

4

5

6

7
very clear goals
and purpose

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

1
very often

2

3

4

5

6

7
very seldom
or never

10. In the past ten years your life has been:

1
full of changes
without your
knowing what will
happen next

2

3

4

5

6

7
completely
consistent and
clear

11. Most of the things you do in the future will probably be:

1	2	3	4	5	6	7
completely fascinating						deadly boring

12. 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

13. What describes how you see life:

1	2	3	4	5	6	7
one can always find a solution to painful things in life						there is no solution to painful things in life

14. When you think about your life, you very often:

1	2	3	4	5	6	7
feel how good it is to be alive						ask yourself why you exist at all

15. When you face a difficult problem, the choice of a solution is:

1	2	3	4	5	6	7
always confusing and hard to find						always completely clear

16. Doing the things you do every day is:

1	2	3	4	5	6	7
a source of deep pleasure and satisfaction						a source of pain and boredom

17. Your life in the future will probably be:

1	2	3	4	5	6	7
full of changes without your knowing what will happen next						completely consistent and clear

18. When something unpleasant happened in the past your tendency was:

1	2	3	4	5	6	7
“to eat yourself up” about it						to say “ok, that’s that, I have to live with it,” and go on

19. Do you have mixed up feelings and ideas?

1	2	3	4	5	6	7
very often						very seldom or never

20. When you do something that gives you a good feeling:

1	2	3	4	5	6	7
it’s certain that you’ll go on feeling good						it’s certain that something will happen to spoil the feeling

21. Does it happen that you have feelings inside that you would rather not feel?

1	2	3	4	5	6	7
very often						very seldom or never

22. You anticipate that your personal life in the future will be:

1	2	3	4	5	6	7
totally without meaning or purpose						full of meaning and purpose

23. Do you think there will *always* be people whom you'll be able to count on in the future?

1	2	3	4	5	6	7
you're certain there will be						you doubt there will be

24. Does it happen that you have the feeling that you don't know exactly what's about to happen?

1	2	3	4	5	6	7
very often						very seldom or never

25. 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

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

1	2	3	4	5	6	7
you overesti- mated or under- estimated its importance						you saw things in the right proportion

27. When you think of difficulties you are likely to face in important aspects of your life, do you have the feeling that:

1	2	3	4	5	6	7
you will always succeed in over- coming the difficulties						you won't succeed in over- coming the difficulties

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

1
very often

2

3

4

5

6

7
very seldom
or never

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

1
very often

2

3

4

5

6

7
very seldom
or never