

**The Two-Track Questionnaire on Coping with Life**

Please complete the following questionnaire, which addresses a variety of questions concerning your life and your relationship with a living family member of great importance to you.

The purpose of this questionnaire is to learn about people’s functioning in different levels.

Please read the questions and mark the answer that seems most appropriate to you. At the end of the questionnaire is a section where you may add your comments. Thank you.

<b><u>Information about you</u></b>	<u>Today’s date:</u> ____/____/____										
<u>Your Sex:</u> (please circle) Male / Female	<u>Language spoken at home:</u> _____  <u>Other spoken languages:</u> _____ _____										
<u>Your age:</u> _____											
<u>Country of birth:</u> _____  <u>Country of residence:</u> _____  <u>Years in this country:</u> _____											
<u>Religion:</u> (please specify): _____  <u>Degree of Religious Observance/Belief:</u> <i>Please circle the number that applies best to you.</i>	<b><u>Details about your interpersonal relationship</u></b>  <u>First name of the person you selected:</u> _____  <u>Their Sex:</u> (please circle) Male / Female  <u>Age:</u> _____  <u>Relationship to you:</u> _____										
<table border="1" style="width:100%; text-align: center; border-collapse: collapse;"> <tr> <td style="width:20%;">1</td> <td style="width:20%;">2</td> <td style="width:20%;">3</td> <td style="width:20%;">4</td> <td style="width:20%;">5</td> </tr> <tr> <td>Very little</td> <td>Little</td> <td>So-so</td> <td>Much</td> <td>Very much</td> </tr> </table>	1	2	3	4	5	Very little	Little	So-so	Much	Very much	
1	2	3	4	5							
Very little	Little	So-so	Much	Very much							

In all parts of the questionnaire, unless stated otherwise: 1- true, 2- mostly true, 3- so- so, 4- mostly not true, 5- not true.						For office use only	Question Number According to TTbQ
Part I. All questions refer to the past week unless stated otherwise.							
	True		So-so		Not true		
<b>1. My health is very good:</b>	1	2	3	4	5	F	A1
<b>2. My mood is very depressed:</b>	1	2	3	4	5	F-R	A2
<b>3. I feel very anxious:</b>	1	2	3	4	5	G-R	A3
<b>4. Compared to five years ago, life seems very different to me:</b>	1	2	3	4	5	TML (D)-R	A4
<b>Please explain briefly and give an example:</b>							
_____							
_____							
<b>5. Compared to five years ago, the meaning of my life and of the world around me has changed greatly:</b>	1	2	3	4	5	TML (D)-R	A5
<b>6. The direction of the changes in the meaning of my life has been for the worse only:</b>	1	2	3	4	5	F-R	A6
<b>7. Thoughts and feelings flood and confuse me:</b>	1	2	3	4	5	RAP (RAG) -R	A7
	several times a day	almost daily	almost every week	almost every month	almost never		
	True		So-so		Not true		
<b>8. I am involved and participate in various activities and tasks:</b>	1	2	3	4	5	F-M	A8

<b>9. I function very well at work / school:</b> (Circle the X on the right if not applicable)	1	2	3	4	5	F	A9
	<u>True</u>		<u>So-so</u>			<u>Not true</u>	
<b>10. Compared to five years ago, how I think of myself (my self-perception) has changed greatly:</b>	1	2	3	4	5	TML (D)-R	A10
<b>11. My self-perception this week has been almost totally positive:</b>	1	2	3	4	5	F-M	A11
<b>12. I find it difficult to function socially:</b>	1	2	3	4	5	F-R-M	A12
<b>13. My relationships with close family are very good:</b> (Circle the X on the right if not applicable)	1	2	3	4	5	F X	A13
<b>14. My relationships with close family are a significant source of support for me:</b> (Circle the X on the right if not applicable)	1	2	3	4	5	F-M X	A14
<b>15. Connections with others outside the family are a significant source of support for me:</b>	1	2	3	4	5	G-M	A15
<b>16. My functioning as a spouse is very good:</b> (Circle the X on the right if not applicable)	1	2	3	4	5	F X	A16
<b>17. My functioning as a parent is very good :</b> (Circle the X on the right if not applicable)	1	2	3	4	5	F X	A17
<b>18. My values and beliefs are a significant source of support for me:</b>	1	2	3	4	5	F-M	A18

<b>19. I believe and trust in my abilities to cope on my own with the tasks of life:</b>	1	2	3	4	5	F	A19
<b>20. Compared to five years ago, it is fair to describe my current situation as in great need of help:</b>	1	2	3	4	5	G-R	A20
<b>II. Please read the instructions for the next section and proceed. In the following questions, wherever a line (_____) appears, please answer as if the name of your youngest sibling was written there. The questions refer to the past week, unless stated otherwise.</b>							
	<u>True</u>		<u>So-so</u>		<u>Not true</u>		
<b>1. I find it hard to think of _____ even when I try to:</b>	1	2	3	4	5	G-R-M	B1
<b>2. Our relationship is such that when I think of _____, I usually remember our disagreements:</b>	1	2	3	4	5	CN-R-M	B2
<b>3. Because of _____'s virtues and unique qualities, it's very hard to have negative thoughts about him/her:</b>	1	2	3	4	5	PC-R	B3
	almost never	almost every month	almost every week	almost daily	several times a day		
<b>4. Occasionally, I behave or act emotionally, as if I don't believe that _____ is this old. This happens to me:</b>	1	2	3	4	5	RAP (RAG) -M	B4
<b>5. I notice things that remind me of _____. For example, people that look like him/her, voices, or a feeling he/she's around. This happens to me:</b>	1	2	3	4	5	RAP (RAG) -M	B5
	<u>True</u>		<u>So-so</u>		<u>Not true</u>		
<b>6. I think of _____ all the time:</b>	1	2	3	4	5	RAP (RAG) -R	B6
<b>7. I've reached a degree of acceptance of _____'s age:</b>	1	2	3	4	5	RAP (RAG)	B7

<b>8. When I think of _____, I feel strong guilt and regret that I didn't do things differently:</b>	1	2	3	4	5	RAP (RAG) -R	B8
<b>9. Thoughts about _____ bring up positive feelings in me:</b>	1	2	3	4	5	G	B9
<b>10. I remember _____:</b>	1 almost never	2 almost every month	3 almost every week	4 almost daily	5 several times a day	RAP (RAG) -M	B10
	<u>True</u>		<u>So-so</u>		<u>Not true</u>		
<b>11. I avoid things that remind me of _____:</b>	1	2	3	4	5	CN-R	B11
<b>12. Thinking of and remembering _____ significantly calms me:</b>	1	2	3	4	5	G	B12
<b>13. Life without _____ is too hard to bear:</b>	1	2	3	4	5	RAP (RAG)- R	B13
<b>14. Compared to five years ago, I've discovered some negative things about _____ that I didn't know before. Those things changed what I thought of him/her for the worse:</b>	1	2	3	4	5	CN-R	B14
<b>15. I think of _____, yearn strongly for him/her and miss him/her deeply:</b>	1 almost never	2 almost every month	3 almost every week	4 almost daily	5 several times a day	RAP (RAG) -M	B15
<b>16. I feel pain whenever I think of _____:</b>	1	2	3	4	5	RAP (RAG) -R	B16
<b>17. I understand people who think about putting an end to their own life:</b>	1	2	3	4	5	TML (D)-R	B17
<b>18. Compared to five years ago, I've discovered some positive things about _____ that I didn't know before. Those things changed what I thought of him/her for the better:</b>	1	2	3	4	5	G-R	B19

<b>19. Considering the fact that _____ has become so mature, it's possible to define my situation today as suffering greatly:</b>	1	2	3	4	5	RAP (RAG) -R	B20
<b>III. Please read the instructions for this section and proceed. <u>The following questions relate to the last 2 years</u> of the relationship between you and _____ (sibling's name).</b>							
	<u>True</u>		<u>So-so</u>		<u>Not true</u>		
<b>1. My relationship with _____ is very close:</b>	1	2	3	4	5	PC-R	C1
<b>2. _____ is a major source of emotional support for me:</b>	1	2	3	4	5	PC-R	C2
<b>3. I am emotionally dependent on _____:</b>	1	2	3	4	5	PC-R	C3
<b>4. My relationship with _____ has many and strong ups and downs:</b>	1	2	3	4	5	CN-R	C4
<b>5. My relationship with _____ has much avoidance and distance:</b>	1	2	3	4	5	CN-R	C5
<b>6. _____ is emotionally dependent on me:</b>	1	2	3	4	5	PC-R	C6
<b>7. My relationship with _____ is characterized by sharp changes between being close to being angry and/or wishing to be distant :</b>	1	2	3	4	5	CN-R	C7
<b>8. _____ is the person closest to me:</b>	1	2	3	4	5	PC-R	C8
<b>9. Overall, my relationship with _____ is based on a sense of mutual trust:</b>	1	2	3	4	5	PC-R	C9

<b>10. The relationship between _____ and I is based on mutual understanding, freedom, and a sense of comfort or “flow”:</b>	1	2	3	4	5	PC-R	C10
<b><u>IV. Please proceed. The next questions ask about your thoughts and feelings today.</u></b>							
	<u>True</u>		<u>So-so</u>		<u>Not true</u>		
<b>1. I feel angry:</b>	1	2	3	4	5	G-R-M	D4
<b>2. I am tense and not relaxed:</b>	1	2	3	4	5	RAP (RAG) -M	D13
<b>3. In facing life's difficulties, I usually trust only myself:</b>	1	2	3	4	5	G-R	D16
<b>4. Five years ago, difficult events affected me for a short while only:</b>	1	2	3	4	5	TML (D)-R	D17
<b>5. I am able to talk and share my feelings with other people and to receive their help and support:</b>	1	2	3	4	5	G	D18
<b>6. I have managed to overcome difficult events in my life:</b>	1	2	3	4	5	F	D19
<b>7. I believe that I’m capable of handling my feelings and reactions without the support and help of others:</b>	1	2	3	4	5	TML	D20

If you wish to make additional comments, please add them here.

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Thank you for your participation.

For office use only: Version November 30, 2015

RAP- Relational Active Preoccupation (RAG) R- Reverse Score

PC- Positive/ Close

CN- Conflict

F- Function

M- Modified from TTBQ1

TML - Turbulence in the Meaning of Life (D)

G- General