

Załącznik 4

Skala niepokoju przyszłościowego w wersji angielskiej (29 items)

Future attitude scale

The statements below concern your attitude toward the future. Read them carefully. If a given statement accurately describes your attitude, indicate number 6 on the attached scale. If the statement is not true description of your attitude, indicate 0. Each statement May reflect your attitude to a different degree. Indicate the number which most accurately defines your point of view. There are no „right” or „wrong” answers. All answers are valuable, provided they are sincere. The survey is anonymous and strictly for the purpose of academic research.

The scale:

- 0 – decidedly false
- 1 – false
- 2 – somewhat false
- 3 – hard to say
- 4 – somewhat true
- 5 – true
- 6 – decidedly true

The scale 4, 11, 16 and 23 must be recoded:

- 6 – decidedly false
- 5 – false
- 4 – somewhat false
- 3 – hard to say
- 2 – somewhat true
- 1 – true
- 0 – decidedly true

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|--|---|---|---|---|---|---|---|
| 1. My future is uncertain | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. I am afraid that some catastrophe will soon occur | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. I tremble with fear at the thought of what the next day, month, year will bring | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. I am certain that in the future I will not be alone or rejected | 6 | 5 | 4 | 3 | 2 | 1 | 0 |
| 5. I am afraid to plan for the future | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. I am uneasy about possible mishaps | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7. I fear I will fail to overcome mounting difficulties | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. I worry about the failures which await me | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 9. I am terrified by the thought that I might sometimes face life's crises or difficulties | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 10. I fall into a state of tension and uneasiness when i think of my future affairs | 0 | 1 | 2 | 3 | 4 | 5 | 6 |

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|---|---|---|---|---|---|---|---|
| 11. I am sure that i the future I will realize the most important values in my life | 6 | 5 | 4 | 3 | 2 | 1 | 0 |
| 12. I worry that I will not provide good material conditions for my family | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 13. I have the impression that the world tends toward collapse (apocalyptic end) | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 14. I fear the moment when i will have to account for the decisions and action of my life | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 15. The closer I am to Heath the more I fear it | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 16. I believe that in the future I will be able to solve my problems by myself | 6 | 5 | 4 | 3 | 2 | 1 | 0 |
| 17. I am afraid that changes in the economic-political situation will threaten my future | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 18. I am frightened by the thought that life is quickly passing away | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 19. I am disturbed by the thought that in the future I won't be able to realize my goals | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 20. I am afraid that the problems which trouble me now will continue for a long time | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 21. Even when things go well, fate will turn against me | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 22. I am disturbed by the possibility of a sudden accident or serious illness (e.g. AIDS, cancer) | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 23. Life is worth living in this beautiful ever developing world | 6 | 5 | 4 | 3 | 2 | 1 | 0 |
| 24. I am afraid that in the future people will be „wolves” to each Rother | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 25. I am afraid that in the future others will have a negative opinion of me | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 26. I am afraid that after several years I will evaluate my life as purposeless | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 27. I am afraid that in the future my life will change for the worse | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 28. I am afraid that i won't be appreciated in my profession | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 29. I worry that in my old age i will be a burden to someone. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |

Note: In coding the items 4, 11, 16 and 23 must be recoded