

Emotional Recognition Questionnaire Version 7- 6/7/2012

Information for the researcher:

Place the 6 emoticon answer cards in front of the service user. Ask the service user if they know what each one shows. For any that the service user does not know, tell them what it is and ask if they can tell you something that makes them feel that way. After you have been through each of the emotions on the cards re-check with the service user what each card represents by asking “which one is _____ (e.g. worried)?”

If the service user does not get three out of five correct at this point then you should not continue with the questionnaire.

Prior to starting the questionnaire provide the information outlined below. Read each question out to the service user and ask them to either say or point to the emotion that indicates how they would feel in that situation. Only one answer can be chosen for each question. Tick the answer the service user identifies and move through the questionnaire in this way. If the service user does not know the answer to a question tick the “I Don’t Know” box. If the service user gives the wrong answer ask them why they would feel that. If the reason is appropriate to the emotion identified award

them a point. For example, if they say they are sad when someone bakes them a cake and you ask why, they may say, “I don’t like cake” or “I am a diabetic so cannot eat cake”, both these answers would be acceptable and justify the emotion selected so would be given a point. If responses to the “why” question appear excessive, vague, inappropriate or do not seem to justify the response do not award the point. If you are unsure whether to award the point then do not. Thank the service user when the questionnaire has been completed. The scoring details are provided at the end of the questionnaire.

Information to give to the service user:

I am going to ask you how you feel about different things that can happen to people. Some of the things I read out will be good things and some of them are not good.

I want to know how YOU would feel IF these things happened to you. There is no right or wrong answer, just tell me how YOU would feel IF they happened to you.

You can do this by pointing to the picture of the emotion or by telling me which you would feel. Please choose an emotion from the cards and not something different.

1. If you won first prize in a competition, how would you feel?

	Happy		Sad		Worried
	Scared		Angry		Do not know

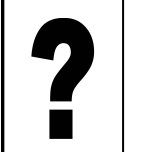
Why?

2. If someone turns the television off while you are watching your favourite programme, how would you feel?

	Happy		Sad		Worried
	Scared		Angry		Do not know

Why?

3. Someone spills a cold drink over you. If they do not say sorry, how would you feel?

	Happy		Sad		Worried
	Scared		Angry		Do not know

Why?

4. If a car drives towards you very quickly, how would you feel?

	Happy		Sad		Worried
	Scared		Angry		Do not know

Why?

5. If your carer becomes ill and needs to go into hospital, how would you feel?

	Happy		Sad		Worried
	Scared		Angry		Do not know

Why?

6. If your friend makes you a cake, how would you feel?

	Happy		Sad		Worried
	Scared		Angry		Do not know

Why?

7. If a big dog runs towards you barking and growling, how would you feel?

	Happy		Sad		Worried
	Scared		Angry		Do not know


Why?

8. If your pet dies, how would you feel?

	Happy		Sad		Worried
	Scared		Angry		Do not know

Why?

9. If you are late and think you will get in trouble, how would you feel?

	Happy		Sad		Worried
	Scared		Angry		Do not know


Why?

10. If you went to the funeral of a friend, how would you feel?

	Happy		Sad		Worried
	Scared		Angry		Do not know

Why?

11. If you and a friend are going on a day trip, how would you feel?

	Happy		Sad		Worried
	Scared		Angry		Do not know


Why?

12. The car you are in skids on ice. If it is moving very fast toward a wall, how would you feel?

	Happy		Sad		Worried
	Scared		Angry		Do not know

Why?

13. You are watching a horror film. If the monster jumps out with a big knife in their hand, how would you feel?

	Happy		Sad		Worried
	Scared		Angry		Do not know




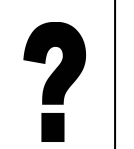
Why?

14. It is your birthday. If you have no cards or presents because everyone has forgotten. How would you feel?

	Happy		Sad		Worried
	Scared		Angry		Do not know

Why?

15. If you are queuing in the supermarket and someone pushes in front of you, how would you feel?

	Happy		Sad		Worried
	Scared		Angry		Do not know


Why?

16. You are lost. If the last bus home leaves in half an hour, how would you feel?

	Happy		Sad		Worried
	Scared		Angry		Do not know

Why?

17. If you have a job interview on Monday morning, how would you feel before it?

	Happy		Sad		Worried
	Scared		Angry		Do not know

Why?

18. You are blamed for taking somebody else's cake. If you did not do it, how would you feel?

	Happy		Sad		Worried
	Scared		Angry		Do not know

Why?

19. If you are given a present you really like on your birthday,
how would you feel?

	Happy		Sad		Worried
	Scared		Angry		Do not know

Why?

20. If you see children in Africa on the news; they have no food
or home. How would you feel?

	Happy		Sad		Worried
	Scared		Angry		Do not know

Why?

Thank you

Scoring

Do not know = 0

Score out of 4 for each emotion, 1 mark given for each correct answer. If the service user did not get question right as listed below but the marker feels the emotion picked is correct based on the reason they have given why, score 1 mark and record at the bottom of the list.

Happy- Questions 1, 6, 11, 19 =

Sad- Questions 8, 10, 14, 20 =

Worried- Questions 5, 9, 16, 17 =

Scared- Questions 4, 7, 12, 13 =

Angry- Questions 2, 3, 15, 18 =

Total score =

Appendix 5- Emotion Cards for Participants to Choose from.



Happy



Sad



Angry



Scared



Worried



Do not know

Appendix 6 - Adapted Alexithymia Questionnaire for Children and Protocol.

Alexithymia Questionnaire for Children: LD edition

Please tick

Q1- Do you get confused about the way you feel inside?

No (not true)

Sometimes true

Often true

Q2- Do you find it difficult to say how you feel inside?

No (not true)

Sometimes true

Often true

**Q3- Do you feel things in your body that even doctors don't understand?
You may need to simplify this further to:**

Do you feel things inside that doctors don't understand?

No (not true)

Sometimes true

Often true

Q4- Can you easily say how you feel inside?

Clarity: would you find it easy to tell staff how you felt inside?

No (not true)

Sometimes true

Often true

Q5- Turn over scoring card and ask client to look at you.

When you have a problem do you want to

a- (raise left hand) know where it comes from or

b- (raise right had) just talk about it?

Repeat the options to the client and ask them to chose either a hand or say.

If they pick a- know where it comes from-turn the score cared back over and ask them sometimes true or often true?

If they respond b- just talk about it then tick "not true"

No (not true)

Sometimes true

Often true

Q6- When you are upset do you not know if you are sad, scared or angry?

If they say one emotion e.g. scared, ask them would they know if they were scared or sad? (or any other combination). Do you always know what you are feeling?

If they feel they would know then it is not true
If they don't then again ask them sometimes or often

No (not true)

Sometimes true

Often true

Q7- Are you puzzled by things you feel in your body?

No (not true)

Sometimes true

Often true

Q8- Turn over scoring card and ask client to look at you.

Would you rather

a- (raise left hand) wait and see what happens or

b- (raise right had) think about why things happen?

Repeat the options to the client and ask them to chose either a hand or say.

If the client picks a- wait and see- show them the score card and ask them sometimes or often.

If the client picks b- think about why things happen- tick not true

No (not true)

Sometimes true

Often true

Q9- Is it true that you can't find the words to say how you feel inside?

True= ask sometimes or often true using score sheet

Not true=- tick not true

No (not true)

Sometimes true

Often true

Q10- Do you think it is important to understand how you feel inside?

Yes- Sometimes true or often true using score sheet

No- tick not true

No (not true)

Sometimes true

Often true

Q11- Do you find it hard to say how you feel about other people?

Yes- Sometimes true or often true using score sheet
No- tick not true

No (not true)

Sometimes true

Often true

Q12- Do other people tell you that you should talk more about how you feel inside?

Yes- Sometimes true or often true using score sheet
No- tick not true

No (not true)

Sometimes true

Often true

Q13-Is it true that you don't know what is going on inside of you?

Yes- Sometimes true or often true using score sheet
No- tick not true

No (not true)

Sometimes true

Often true

Q14- Are there times that you feel angry but you do not know why?

Yes- Sometimes true or often true using score sheet

No- tick not true

Simplify: Do you always know the cause/ why you feel angry, when you feel angry?

No- Sometimes true or often true using score sheet

Yes- tick not true

No (not true)

Sometimes true

Often true

Q15- - Turn over scoring card and ask client to look at you.

Do you prefer:

a- (raise left hand) talking to people about everyday things for example, going out, seeing friends, activities, Or

b- (raise right had) talking to people about how they feel, for example talking to staff about how they are are?

Repeat the options without the examples to the client and ask them to chose either a hand or say.

If the client picks a- everyday things- show them the score card and ask them sometimes or often.

If the client picks b- how others feel- tick not true

No (not true)

Sometimes true

Often true

Q16- Turn over scoring card and ask client to look at you.

Do you prefer watching:

a- (raise left hand) funny tv programmes Or

b- (raise right had) sad films about other peoples problems (e.g. romances)?

Repeat the options to the client and ask them to chose either a hand or say.

If the client picks a- funny- show them the score card and ask them sometimes or often.

If the client picks b- sad films- tick not true

No (not true)

Sometimes true

Often true

Q17- Do you find it difficult to say how you really feel, even to a best friend?

Yes- Sometimes true or often true using score sheet

No- tick not true

No (not true)

Sometimes true

Often true

Q-18- You know when you are sitting quietly with staff or family? Do you feel close or comfortable with them even if you are sitting still not saying anything?

Yes- Sometimes true or often true using score sheet

No- tick not true

No (not true)

Sometimes true

Often true

Q19- Turn over scoring card and ask client to look at you.

When you have a problem, is it helpful to:

a- (raise left hand) think about how you feel Or

b- (raise right had) just get on with it?

Repeat the options to the client and ask them to chose either a hand or say.

If the client picks a- think about feelings- show them the score card and ask them sometimes or often.

If the client picks b- just get on- tick not true

No (not true)

Sometimes true

Often true

Q20- When you have to concentrate on a film, really focus on it, to understand it, do you enjoy it less?

Yes- Sometimes true or often true using score sheet

No- tick not true

No (not true)

Sometimes true

Often true

Many thanks

Protocol for Administering the Alexithymia Questionnaire for Children

Some of the questions have been difficult for clients to answer, I have tried to make them easier by adapting them slightly. I explain at the beginning that sometimes I will ask them to use the AQC scoring sheet, other times I will turn it over and ask them to look at me.

If clients appear unsure read the statement out again and ask them if they think it is true or false, if they say true ask them to pick sometimes or often on the scoring sheet.

Please phrase the questions as follows:

Q1- Do you get confused about the way you feel inside?

Q2- Do you find it difficult to say how you feel inside?

Q3- Do you feel things in your body that even doctors don't understand?
You may need to simplify this further to:

Do you feel things inside that doctors don't understand?

Q4- Can you easily say how you feel inside?

Clarity: would you find it easy to tell staff how you felt inside?

Q5- Turn over scoring card and ask client to look at you.

When you have a problem do you want to

c- (raise left hand) know where it comes from or

d- (raise right hand) just talk about it?

Repeat the options to the client and ask them to choose either a hand or say.

If they pick a- know where it comes from-turn the score card back over and ask them sometimes true or often true?

If they respond b- just talk about it then tick "not true"

Q6- When you are upset do you not know if you are sad, scared or angry?

If they say one emotion e.g. scared, ask them would they know if they were scared or sad? (or any other combination). Do you always know what you are feeling?

If they feel they would know then it is not true

If they don't then again ask them sometimes or often

Q7- Are you puzzled by things you feel in your body?

Q8- Turn over scoring card and ask client to look at you.

Would you rather

c- (raise left hand) wait and see what happens or

d- (raise right hand) think about why things happen?

Repeat the options to the client and ask them to choose either a hand or say.

If the client picks a- wait and see- show them the score card and ask them sometimes or often.

If the client picks b- think about why things happen- tick not true

Q9- Is it true that you can't find the words to say how you feel inside?

True= ask sometimes or often true using score sheet

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Q10- Do you think it is important to understand how you feel inside?

Yes- Sometimes true or often true using score sheet

No- tick not true

Q11- Do you find it hard to say how you feel about other people?

Yes- Sometimes true or often true using score sheet

No- tick not true

Q12- Do other people tell you that you should talk more about how you feel inside?

Yes- Sometimes true or often true using score sheet

No- tick not true

Q13-Is it true that you don't know what is going on inside of you?

Yes- Sometimes true or often true using score sheet

No- tick not true

Q14- Are there times that you feel angry but you do not know why?

Yes- Sometimes true or often true using score sheet

No- tick not true

Simplify: Do you always know the cause/ why you feel angry, when you feel angry?

No- Sometimes true or often true using score sheet

Yes- tick not true

Q15- - Turn over scoring card and ask client to look at you.

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Q16- Turn over scoring card and ask client to look at you.

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If the client picks a- funny- show them the score card and ask them sometimes or often.

If the client picks b- sad films- tick not true

Q17- Do you find it difficult to say how you really feel, even to a best friend?

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No- tick not true

Q-18- You know when you are sitting quietly with staff or family? Do you feel close or comfortable with them even if you are sitting still not saying anything?

Yes- Sometimes true or often true using score sheet

No- tick not true

Q19- Turn over scoring card and ask client to look at you.

When you have a problem, is it helpful to:

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Repeat the options to the client and ask them to chose either a hand or say.

If the client picks a- think about feelings- show them the score card and ask them sometimes or often.

If the client picks b- just get on- tick not true

Q20- When you have to concentrate on a film, really focus on it, to understand it, do you enjoy it less?

Yes- Sometimes true or often true using score sheet

No- tick not true