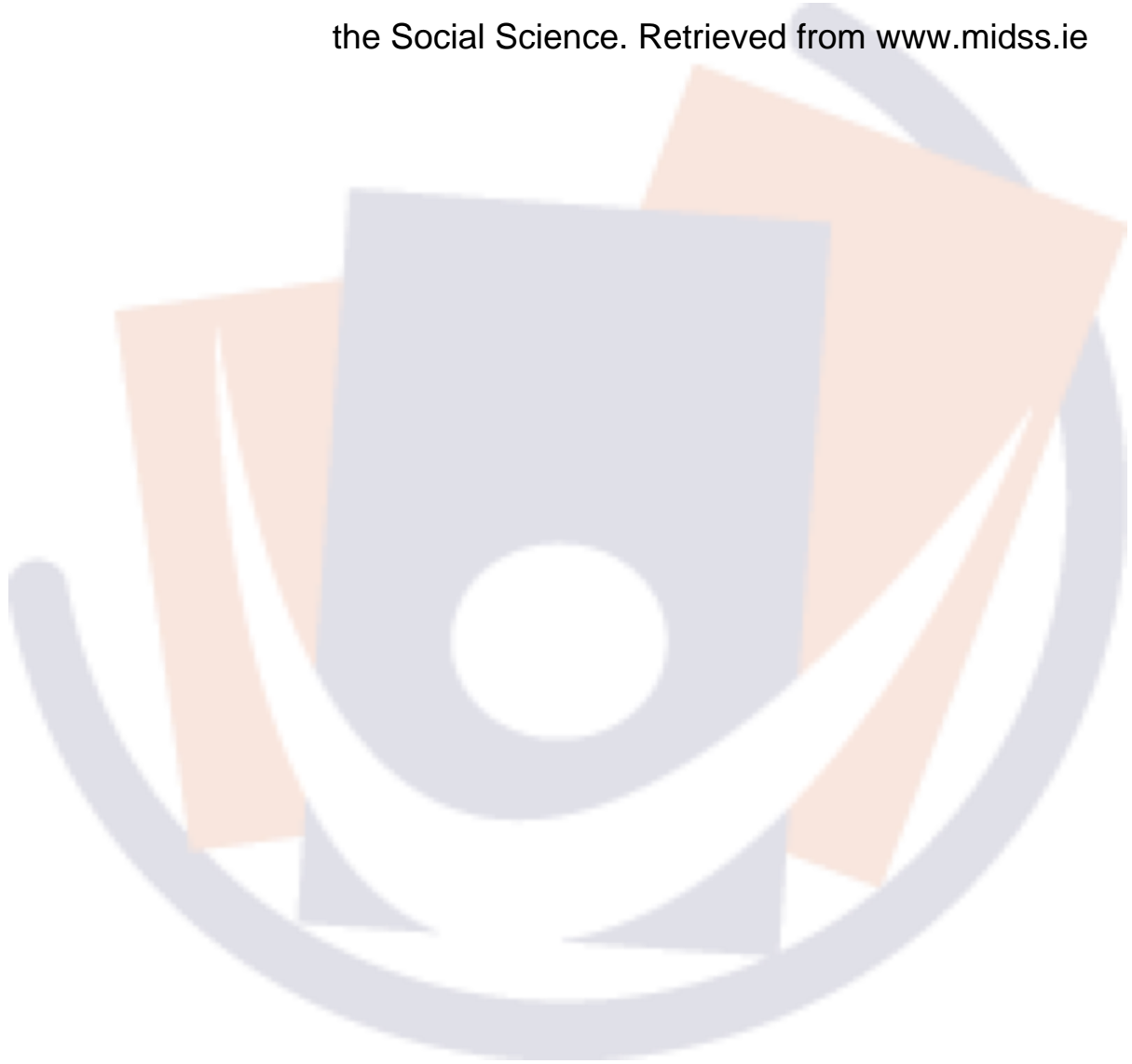


Instrument Title: The College Adjustment Test (CAT)
Instrument Author: Pennebaker, J.W
Cite instrument as: Pennebaker, J.W. (2013) . The College Adjustment Test (CAT) . Measurement Instrument Database for the Social Science. Retrieved from www.midss.ie



The CAT

Use a 7-point scale to answer each of the following questions, where:

1 2 3 4 5 6 7
not at all somewhat a great deal

Within the **LAST WEEK**, to what degree have you:

1. Missed your friends from high school _____
2. Missed your home _____
3. Missed your parents and other family members _____
4. Worried about how you will perform academically at college _____
5. Worried about love or intimate relationships with others _____
6. Worried about the way you look _____
7. Worried about the impression you make on others _____
8. Worried about being in college in general _____
9. Liked your classes _____
10. Liked your roommate(s) _____
11. Liked being away from your parents _____
12. Liked your social life _____
13. Liked college in general _____
14. Felt angry _____
15. Felt lonely _____
16. Felt anxious or nervous _____
17. Felt depressed _____
18. Felt optimistic about your future at college _____
19. Felt good about yourself _____

Scoring Key

Positive affect= $q_9+q_{10}+q_{12}+q_{13}+q_{18}+q_{19}$

Negative affect= $q_4+q_5+q_6+q_7+q_8+q_{14}+q_{15}+q_{16}+q_{17}$

Home sickness= $q_1+q_2+q_3+q_{15}+q_{16}+(8-q_{11})$

Overall adjustment= $(64-(q_1+q_2+q_3+q_4+q_5+q_6+q_7+q_8))+q_9+q_{10}+q_{11}+q_{12}+q_{13}+(32-(q_{14}+q_{15}+q_{16}+q_{17}))+q_{18}+q_{19}$

