Instrument Title: The College Adjustment Test (CAT)
Instrument Author: Pennebaker, J.W
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 = q9 + q10 + q12 + q13 + q18 + q19

Negative affect = q4 + q5 + q6 + q7 + q8 + q14 + q15 + q16 + q17

Home sickness = q1 + q2 + q3 + q15 + q16 + (8 - q11)

Overall adjustment = (64 - (q1 + q2 + q3 + q4 + q5 + q6 + q7 + q8)) + q9 + q10 + q11 + q12 + q13 + (32 - (q14 + q15 + q16 + q17)) + q18 + q19