

APPENDIX A

LETTER OF APPROVAL TO CONDUCT RESEARCH

APPENDIX A

From: 60c Psychologist/SYMB
To: 60a Hd Psychological Med Br
Subject: Research Proposal
Date: 12 July 1999 09:41
Priority: High

I am seeking approval to carry out a research on recruits. This will look at how the personality of each recruit and the coping strategies that he uses affects his sense of well-being. The purpose of this research is to help us plan a future psychological approaches for recruits who are vulnerable to break down or feel extremely stressed and to find out the feasibility of preventive work which such recruits. The results of this research will have current applications for Orientation Officers and mental health professionals. I will require to have a Company of recruits as my sample.

This research will involve 3 stages. At the beginning when they enter BMTC, I will administer a personality questionnaire, a questionnaire on perceived anxiety level and another one on the coping strategy that the recruit uses to solve his problem. Basic biodata (educational level, name, IC number etc) will also be obtained.

At the second stage, at a time in training which will be a high stress stage (eg. when SOC starts), I will administer questionnaires on coping strategies and perceived stress level.

At the 3rd stage, I will do the same questionnaires as the second stage, but this will be during a time when the stress level is low, probably just before passing out parade.

I will also need to obtain the number of report sick times and number of MCs taken by each recruit from Tekong Medical Centre.

This research will also be submitted as a dissertation for my Masters in Applied Psychology course at Nanyang Technological University / National Institute of Education.

From: 60a Hd Psychological Med Br
To: 01 CO LTC SURESH K NAIR/BMTC2
Cc: 60c Psychologist/SYMB; SMO(HC)-COL(DR)Wong YS/HQMC
Subject: FW: Research Proposal
Date: 12 July 1999 10:34
Priority: High

LTC Nair, from time to time, we come across soldiers with psychological problems and they require specialised management. We, as well as MINDEF, is keen to study this issue of vulnerability. Why is it that some soldiers can cope whilst others seem to have great difficulties? What factors determine coping skills / styles? Are there vulnerability factors we can determine which can help us to pick up "problematic soldiers" early and handle them differently to prevent mental breakdown? The research proposal, to be done by my Branch psychologist, seeks to answer some of these questions. It is also part of her research project for her own part-time Masters in Applied Psychology (supported by us as part of staff professional development). I hope you can grant her permission to do her project for a company of recruits from point of entry to passing out.

From: 03 COMD LTC SURESH NAIR/TCPDF2
To: 60a Hd Psychological Med Br; 60c Psychologist/SYMB
Cc: 02 COPA 3SG YEE TIEN SHU/BMTC2; 03 SCH2IC MAJ TAN H K/BMTC2
Subject: RE: Research Proposal
Date: 23 July 1999 13:07

Col Ang,
I did send a e-mail back to BMTC that approval is granted, no problems at all.

APPENDIX B

BASIC MILITARY TRAINING STRESS SCALE

APPENDIX B

BASIC MILITARY TRAINING STRESS SCALE

As instructors, you would have a good idea of the difficulty level of the various tasks & situations in basic military training. Please rate the level of difficulty in terms of the amount of effort needed for each of the tasks or situations below over the 10-week period. Please complete **ALL** the boxes by putting a rating from 0 to 4 as follows:

- 0 - Not Applicable
- 1 - Easy
- 2 - Slightly Difficult
- 3 - Moderately Difficult
- 4 - Very Difficult

		WK 0	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9
A	LIVING ARRANGEMENT AND SOCIAL CHANGE										
1	Living with new people										
2	Living away from home environment										
3	Regimentation (obeying orders, following military rules, inspection)										
4	Drills										
B	PHYSICAL TRAINING										
5	Route march										
6	Endurance training										
7	Interval training										
8	Running 4 km uphill										
9	Circuit training										
10	Swimming										
11	Standard Obstacle Course training										
12	Training in Individual Physical Proficiency Test (IPPT)										

		WK 0	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9
C	MILITARY PROFICIENCY TRAINING										
13	M-16 technical handling										
14	Hand grenade										
15	Ranges with live ammunition										
16	Firing with plastics blanks										
17	Throwing thunderflash										
18	Simulated hand grenade										
19	Battle Innoculation Course (BIC)										
20	Bayonet fighting										
21	Individual field craft training										
22	First aid lessons & health talks										
D	TESTS										
23	M-16 technical handling test										
24	Individual field craft test										
25	First aid test										
26	Standard obstacle test										
27	Hand grenade test										
28	Individual Physical Proficiency Test (IPPT)										
29	Swim test										
30	Basic trainfire programme validation test										

My name is : _____ Today's date is: _____

Please indicate your role in training by ticking the appropriate box:

☐ Platoon Commander ☐ Platoon Sergeant ☐ Section Commander

APPENDIX C

TRAINING DIFFICULTY SCORES ON THE BASIC MILITARY TRAINING STRESS SCALE AS RATED BY MILITARY INSTRUCTORS

APPENDIX C

Table 26. Training Difficulty Scores on the Basic Military Training Stress Scale As Rated By Military Instructors

Instructor	Total Scores for Each Week of Basic Military Training									
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
1	32	40	48	44	36	33	22	22	22	20
2	120	120	102	102	72	72	72	42	42	30
3	60	49	39	38	38	38	38	38	38	38
4	25	28	32	24	22	21	22	23	22	19
5	113	105	93	82	70	64	55	50	41	37
6	110	105	91	85	78	77	65	58	51	39
7	114	99	73	58	46	44	32	29	29	27
8	32	32	32	31	31	31	31	31	31	31
9	120	120	104	90	82	74	60	44	44	30
10	73	73	73	73	73	73	73	73	73	73
11	69	69	69	69	69	69	69	69	69	69
12	90	85	78	70	67	63	59	54	46	44
13	32	39	47	44	36	31	22	21	22	19
14	73	73	70	66	61	57	46	44	42	41
Total	1063	1037	951	876	781	747	666	598	572	517
M	75.93	74.07	67.93	62.57	55.79	53.36	47.57	42.71	40.86	36.93
SD	35.92	32.60	24.86	23.54	20.04	19.55	19.45	16.79	15.88	16.55

APPENDIX D

QUESTIONNAIRE BOOKLET 1

As the Ways of Coping Questionnaire is a confidential test, only sample items are included in the appendix. It cannot be reproduced in whole or in part in any form without the written permission of the publisher, Consulting Psychologists Press Inc., USA.

As the General Health Questionnaire is a standardized psychological test, only sample items are included in the appendix. It cannot be reproduced in whole or in part in any form without the written permission of the publisher, NFER-NELSON Publishing Company Ltd., UK.

APPENDIX D



Survey on Coping with BMT

Part 1

We are conducting a study on how you cope with basic military training or BMT. The aim of this research is to look at some factors that may affect your ability to cope. This will help us to understand your problems and help you more effectively in the future.

Please answer ALL the questions as honestly as you can and give the answers that best describes your thoughts and feelings.

Please be assured that all information given by you will be kept confidential.

You are given 30 minutes to complete this questionnaire.

Your Name: _____

Your IC Number: _____

Today's Date: _____

SECTION 1: WAYS OF COPING QUESTIONNAIRE

To respond to the statements in this section, you must have a specific stressful situation in mind. Take a few moments and think about the **MOST STRESSFUL** situation that you have experienced in the last 6 months, **EXCLUDING** today's events.

By "stressful" we mean a situation that was difficult or troubling for you in the last 6 months, either because you felt distressed about what happened, or because you had to use a lot of effort to deal with the situation. The situation may have involved your study, your job, your family, your friends, your girlfriend or something else that is important to you.

Before responding to the statements on pages 3 to 4, think about the details of this stressful situation, such as... where it happened, who was involved, how you acted, and why it was important to you.

As you respond to each of the statements, please keep this stressful situation in mind. Read each statement carefully and indicate, by ticking the appropriate box, to what extent you used it (the way of coping) in the situation. Please respond to each item.

Did not use at all	1 = Used sometimes	2 = Used most of the time	3 = Used almost always
Just concentrated on what I had to do next – the next step.	0	1	2 3
	0	1	2 3
	0	1	2 3
	0	1	2 3
	0	1	2 3
Did something that I didn't think would work, but at least I was doing something.	0	1	2 3
	0	1	2 3
Talked to someone to find out more about the situation.	0	1	2 3
Criticized or lectured myself.	0	1	2 3
	0	1	2 3
Hoped for a miracle.	0	1	2 3
	0	1	2 3
Went on as if nothing had happened.	0	1	2 3
Tried to keep my feelings to myself.	0	1	2 3
	0	1	2 3
	0	1	2 3
	0	1	2 3
	0	1	2 3
	0	1	2 3
I was inspired to do something creative about the problem.	0	1	2 3
	0	1	2 3
	0	1	2 3

Go on to next page

0 = Did not use at all

1 = Used sometimes 2 = **Used most of the time**

3 = Used almost always

23

0 1 2 3

24

0 1 2 3

25

0 1 2 3

26

0 1 2 3

27

0 1 2 3

28

0 1 2 3

29

0 1 2 3

30

0 1 2 3

31

0 1 2 3

32

0 1 2 3

33

0 1 2 3

34

0 1 2 3

35

0 1 2 3

36

0 1 2 3

37

0 1 2 3

38

0 1 2 3

39

0 1 2 3

40

0 1 2 3

41

0 1 2 3

42

0 1 2 3

43

0 1 2 3

44

0 1 2 3

Go on to next page

0 = Did not use at all

1 = Used sometimes

2 = Used most of the time

3 = Used almost always

45.	0	1	2	3
46.	0	1	2	3
47.	0	1	2	3
48.	0	1	2	3
49.	0	1	2	3
50.	0	1	2	3
51.	0	1	2	3
52.	0	1	2	3
53.	0	1	2	3
54.	0	1	2	3
55.	0	1	2	3
56.	0	1	2	3
57.	0	1	2	3
58.	0	1	2	3
59.	0	1	2	3
60.	0	1	2	3
61.	0	1	2	3
62.	0	1	2	3
63.	0	1	2	3
64.	0	1	2	3
65.	0	1	2	3
66.	0	1	2	3

Stop Here.

Scoring the Ways of Coping Questionnaire

Raw Scores

To score the Ways of Coping Questionnaire, add the raw score for each item on the scale to get a total score. There are four possible responses 0, 1, 2, and 3. These are also the weights that should be used to get the raw score. Note that not all 66 items are scaled.

# of items	Item in the scale	Scale
6	6, 7, 17, 28, 34, 46	Confrontive Coping
6	12, 13, 15, 21, 41, 44	Distancing
7	10, 14, 35, 43, 54, 62, 63	Self-Controlling
6	8, 18, 22, 31, 42, 45	Seeking Social Support
4	9, 25, 29, 51	Accepting Responsibility
8	11, 16, 33, 40, 47, 50, 58, 59	Escape-Avoidance
6	1, 26, 39, 48, 49, 52	Planful Problem Solving
7	20, 23, 30, 36, 38, 56, 60	Positive Reappraisal

Raw scores describe the coping effort for each of the eight types of coping. High raw scores indicate that the person often used the behaviors described by that scale in coping with the stressful event.

SECTION 2: THE GENERAL HEALTH QUESTIONNAIRE

Section 2 on the following page asks you to evaluate your general health. There are 2 sides on the answer sheet.

Before you start, please write your identity card number on the top right hand corner on the following page.

Please ignore the boxes "A, B, C, D, E and TOTAL" on the last page.

THE GENERAL HEALTH QUESTIONNAIRE

GHQ 28

David Goldberg

Please read this carefully.

We should like to know if you have had any medical complaints and how your health has been in general, *over the past few weeks*. Please answer ALL the questions on the following pages simply by underlining the answer which you think most nearly applies to you. Remember that we want to know about present and recent complaints, not those that you had in the past.

It is important that you try to answer ALL the questions.

Thank you very much for your co-operation.

Have you recently

A1 - been feeling perfectly well and in good health?	Better than usual	Same as usual	Worse than usual	Much worse than usual
A2 -	Not at all	No more than usual	Rather more than usual	Much more than usual
A3 -	Not at all	No more than usual	Rather more than usual	Much more than usual
A4 -	Not at all	No more than usual	Rather more than usual	Much more than usual
A5 -	Not at all	No more than usual	Rather more than usual	Much more than usual
A6 -	Not at all	No more than usual	Rather more than usual	Much more than usual
A7 -	Not at all	No more than usual	Rather more than usual	Much more than usual
B1 - lost much sleep over worry?	Not at all	No more than usual	Rather more than usual	Much more than usual
B2 -	Not at all	No more than usual	Rather more than usual	Much more than usual
B3 -	Not at all	No more than usual	Rather more than usual	Much more than usual
B4 -	Not at all	No more than usual	Rather more than usual	Much more than usual
B5 -	Not at all	No more than usual	Rather more than usual	Much more than usual
B6 -	Not at all	No more than usual	Rather more than usual	Much more than usual
B7 -	Not at all	No more than usual	Rather more than usual	Much more than usual

Please turn over

Have you recently

C1 – been managing to keep yourself busy and occupied?	More so than usual	Same as usual	Rather less than usual	Much less than usual
C2 –	Quicker than usual	Same as usual	Longer than usual	Much longer than usual
C3 –	Better than usual	About the same	Less well than usual	Much less well
C4 –	More satisfied	About same as usual	Less satisfied than usual	Much less satisfied
C5 –	More so than usual	Same as usual	Less useful than usual	Much less useful
C6 –	More so than usual	Same as usual	Less so than usual	Much less capable
C7 –	More so than usual	Same as usual	Less so than usual	Much less than usual

D1 – been thinking of yourself as a worthless person?	Not at all	No more than usual	Rather more than usual	Much more than usual
D2 –	Not at all	No more than usual	Rather more than usual	Much more than usual
D3 –	Not at all	No more than usual	Rather more than usual	Much more than usual
D4 –	Definitely not	I don't think so	Has crossed my mind	Definitely have
D5 –	Not at all	No more than usual	Rather more than usual	Much more than usual
D6 –	Not at all	No more than usual	Rather more than usual	Much more than usual
D7 –	Definitely not	I don't think so	Has crossed my mind	Definitely has

A	<input type="text"/>	B	<input type="text"/>	C	<input type="text"/>	D	<input type="text"/>	TOTAL	<input type="text"/>
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Published by The NFER-NELSON Publishing Company Ltd
Darville House 2 Oxford Road East, Windsor, Berks SL4 1DF

First published 1978



Code 4075 02 4
3 12 89 1103

Scoring Key for General Health Questionnaire

Scales:

Somatic Symptoms : Items A1 to A7

Anxiety : Items B1 to B7

Social Dysfunction : Items C1 to C7

Depression : Items D1 to D7

Minimum score for each scale is 0 and the maximum score is 21.

APPENDIX E

QUESTIONNAIRE BOOKLET 2

As the Eysenck Personality Questionnaire –Revised is a standardized psychological test, only sample items are included in the appendix. It cannot be reproduced in whole or in part in any form without the written permission of the publisher, Hodder and Stoughton Ltd., UK.

APPENDIX E



Survey on Coping with BMT

Part

2

We are conducting a study on how you cope with basic military training or BMT. The aim of this research is to look at some factors that may affect your ability to cope. This will help us to understand your problems and help you more effectively in the future.

Please answer ALL the questions as honestly as you can and give the answers that best describes your thoughts and feelings.

Please be assured that all information given by you will be kept confidential.

You are given 60 minutes to complete this questionnaire.

Your Name: _____

Your IC Number: _____

Today's Date: _____

SECTION 3: EPQ -R

In the next 4 pages, you will find the EPQ-R answer form.

Before you start, please write down your identity card number on the top right corner of the following page.

INSTRUCTIONS: Please answer each question by putting a circle around the 'YES' or 'NO' following the question. There are no right or wrong answers, and no trick questions. Work quickly and do not think too long about the exact meaning of the questions.

PLEASE REMEMBER TO ANSWER EACH QUESTION

PAGE 1

1	Do you have many different hobbies?	YES	NO
2	Do you stop to think things over before doing anything?	YES	NO
3	Does your mood often go up and down?	YES	NO
4	Have you ever taken the praise for something you knew someone else had really done?	YES	NO
5		YES	NO
6		YES	NO
7	Would being in debt worry you?	YES	NO
8		YES	NO
9		YES	NO
10		YES	NO
11		YES	NO
12		YES	NO
13		YES	NO
14		YES	NO
15		YES	NO
16		YES	NO
17		YES	NO
18		YES	NO
19		YES	NO
20		YES	NO
21		YES	NC
22		YES	NC
23		YES	NC
24		YES	NC
25		YES	NC

YES	NO
-----	----

YES | NO

YES | NO

YES | NO

YES	NO
-----	----

YES | NO

YES | NO

YES | NO

YES	NO
-----	----

YES	NO
-----	----

	YES	NO
1. Do you have a current driver's license?		
2. Do you have a current vehicle registration?		
3. Do you have a current insurance policy?		
4. Do you have a current title?		
5. Do you have a current sales tax certificate?		
6. Do you have a current license plate?		
7. Do you have a current title transfer fee?		
8. Do you have a current title transfer tax?		
9. Do you have a current title transfer fee?		
10. Do you have a current title transfer tax?		

YES	NO
-----	----

YES | NO

YES | NO

	YES	NO
1. The respondent has been convicted of a crime involving violence or sexual offense.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2. The respondent has been convicted of a crime involving domestic violence.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
3. The respondent has been convicted of a crime involving child abuse or neglect.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
4. The respondent has been convicted of a crime involving drug possession or distribution.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
5. The respondent has been convicted of a crime involving alcohol consumption or distribution.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
6. The respondent has been convicted of a crime involving fire or explosion.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
7. The respondent has been convicted of a crime involving weapons possession or use.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
8. The respondent has been convicted of a crime involving fraud or deception.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
9. The respondent has been convicted of a crime involving harassment or stalking.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
10. The respondent has been convicted of a crime involving identity theft or impersonation.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
11. The respondent has been convicted of a crime involving computer-related offenses.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
12. The respondent has been convicted of a crime involving public safety or security.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
13. The respondent has been convicted of a crime involving environmental damage or pollution.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
14. The respondent has been convicted of a crime involving cultural heritage or historical site damage.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
15. The respondent has been convicted of a crime involving intellectual property infringement.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
16. The respondent has been convicted of a crime involving labor law violations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
17. The respondent has been convicted of a crime involving consumer protection violations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
18. The respondent has been convicted of a crime involving financial services regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
19. The respondent has been convicted of a crime involving health care regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
20. The respondent has been convicted of a crime involving education regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
21. The respondent has been convicted of a crime involving transportation regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
22. The respondent has been convicted of a crime involving energy regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
23. The respondent has been convicted of a crime involving telecommunications regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
24. The respondent has been convicted of a crime involving media regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
25. The respondent has been convicted of a crime involving advertising regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
26. The respondent has been convicted of a crime involving product labeling regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
27. The respondent has been convicted of a crime involving food safety regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
28. The respondent has been convicted of a crime involving drug safety regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
29. The respondent has been convicted of a crime involving medical device regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
30. The respondent has been convicted of a crime involving occupational safety regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
31. The respondent has been convicted of a crime involving workplace safety regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
32. The respondent has been convicted of a crime involving fire safety regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
33. The respondent has been convicted of a crime involving building code regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
34. The respondent has been convicted of a crime involving electrical code regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
35. The respondent has been convicted of a crime involving plumbing code regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
36. The respondent has been convicted of a crime involving mechanical code regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
37. The respondent has been convicted of a crime involving structural code regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
38. The respondent has been convicted of a crime involving accessibility regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
39. The respondent has been convicted of a crime involving signage regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
40. The respondent has been convicted of a crime involving parking regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
41. The respondent has been convicted of a crime involving traffic regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
42. The respondent has been convicted of a crime involving vehicle safety regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
43. The respondent has been convicted of a crime involving aviation regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
44. The respondent has been convicted of a crime involving maritime regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
45. The respondent has been convicted of a crime involving space regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
46. The respondent has been convicted of a crime involving nuclear regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
47. The respondent has been convicted of a crime involving hazardous waste regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
48. The respondent has been convicted of a crime involving environmental impact regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
49. The respondent has been convicted of a crime involving land use regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
50. The respondent has been convicted of a crime involving zoning regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
51. The respondent has been convicted of a crime involving subdivision map regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
52. The respondent has been convicted of a crime involving platting regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
53. The respondent has been convicted of a crime involving surveying regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
54. The respondent has been convicted of a crime involving title insurance regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
55. The respondent has been convicted of a crime involving real estate brokerage regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
56. The respondent has been convicted of a crime involving mortgage lending regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
57. The respondent has been convicted of a crime involving consumer credit reporting regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
58. The respondent has been convicted of a crime involving debt collection regulations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
59. The respondent has been convicted of a crime involving bankruptcy court rules.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
60. The respondent has been convicted of a crime involving federal court rules.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
61. The respondent has been convicted of a crime involving state court rules.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
62. The respondent has been convicted of a crime involving local court rules.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
63. The respondent has been convicted of a crime involving arbitration rules.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
64. The respondent has been convicted of a crime involving mediation rules.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
65. The respondent has been convicted of a crime involving dispute resolution rules.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
66. The respondent has been convicted of a crime involving contract law principles.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
67. The respondent has been convicted of a crime involving tort law principles.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
68. The respondent has been convicted of a crime involving criminal law principles.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
69. The respondent has been convicted of a crime involving constitutional law principles.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
70. The respondent has been convicted of a crime involving administrative law principles.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
71. The respondent has been convicted of a crime involving regulatory law principles.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
72. The respondent has been convicted of a crime involving international law principles.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
73. The respondent has been convicted of a crime involving foreign law principles.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
74. The respondent has been convicted of a crime involving comparative law principles.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
75. The respondent has been convicted of a crime involving legal research principles.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
76. The respondent has been convicted of a crime involving legal writing principles.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
77. The respondent has been convicted of a crime involving legal ethics principles.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
78. The respondent has been convicted of a crime involving professional responsibility principles.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
79. The respondent has been convicted of a crime involving judicial conduct principles.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
80. The respondent has been convicted of a crime involving legal malpractice principles.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
81. The respondent has been convicted of a crime involving legal fees principles.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
82. The respondent has been convicted of a crime		

YES	NO
-----	----

YES	NO
-----	----

YES	NO
-----	----

[illegible]

YES | NO

YES | NO

	YES	NO
1. Do you have a current driver's license?		
2. Do you have a current vehicle registration?		
3. Do you have a current insurance policy?		
4. Do you have a current safety inspection?		
5. Do you have a current title?		
6. Do you have a current license plate?		
7. Do you have a current VIN?		
8. Do you have a current odometer reading?		
9. Do you have a current maintenance record?		
10. Do you have a current accident history?		
11. Do you have a current traffic violation record?		
12. Do you have a current criminal record?		
13. Do you have a current credit history?		
14. Do you have a current employment history?		
15. Do you have a current income statement?		
16. Do you have a current tax return?		
17. Do you have a current bank statement?		
18. Do you have a current credit report?		
19. Do you have a current insurance policy?		
20. Do you have a current vehicle registration?		
21. Do you have a current title?		
22. Do you have a current license plate?		
23. Do you have a current VIN?		
24. Do you have a current odometer reading?		
25. Do you have a current maintenance record?		
26. Do you have a current accident history?		
27. Do you have a current traffic violation record?		
28. Do you have a current criminal record?		
29. Do you have a current credit history?		
30. Do you have a current employment history?		
31. Do you have a current income statement?		
32. Do you have a current tax return?		
33. Do you have a current bank statement?		
34. Do you have a current credit report?		
35. Do you have a current insurance policy?		
36. Do you have a current vehicle registration?		
37. Do you have a current title?		
38. Do you have a current license plate?		
39. Do you have a current VIN?		
40. Do you have a current odometer reading?		
41. Do you have a current maintenance record?		
42. Do you have a current accident history?		
43. Do you have a current traffic violation record?		
44. Do you have a current criminal record?		
45. Do you have a current credit history?		
46. Do you have a current employment history?		
47. Do you have a current income statement?		
48. Do you have a current tax return?		
49. Do you have a current bank statement?		
50. Do you have a current credit report?		

YES | NO

YES | NO

YES | NO

YES | NO

YES | N

YES | N

	YES	NO
1. Is there a significant change in the number of people who are employed?		
2. Is there a significant change in the number of people who are unemployed?		
3. Is there a significant change in the number of people who are self-employed?		
4. Is there a significant change in the number of people who are part-time employees?		
5. Is there a significant change in the number of people who are full-time employees?		
6. Is there a significant change in the number of people who are working as contractors or subcontractors?		
7. Is there a significant change in the number of people who are working as independent consultants?		
8. Is there a significant change in the number of people who are working as temporary employees?		
9. Is there a significant change in the number of people who are working as seasonal employees?		
10. Is there a significant change in the number of people who are working as volunteers?		
11. Is there a significant change in the number of people who are working as unpaid family workers?		
12. Is there a significant change in the number of people who are working as unpaid community workers?		
13. Is there a significant change in the number of people who are working as unpaid religious workers?		
14. Is there a significant change in the number of people who are working as unpaid political workers?		
15. Is there a significant change in the number of people who are working as unpaid cultural workers?		
16. Is there a significant change in the number of people who are working as unpaid educational workers?		
17. Is there a significant change in the number of people who are working as unpaid health workers?		
18. Is there a significant change in the number of people who are working as unpaid social workers?		
19. Is there a significant change in the number of people who are working as unpaid legal workers?		
20. Is there a significant change in the number of people who are working as unpaid artistic workers?		
21. Is there a significant change in the number of people who are working as unpaid scientific workers?		
22. Is there a significant change in the number of people who are working as unpaid technical workers?		
23. Is there a significant change in the number of people who are working as unpaid administrative workers?		
24. Is there a significant change in the number of people who are working as unpaid clerical workers?		
25. Is there a significant change in the number of people who are working as unpaid service workers?		
26. Is there a significant change in the number of people who are working as unpaid agricultural workers?		
27. Is there a significant change in the number of people who are working as unpaid manufacturing workers?		
28. Is there a significant change in the number of people who are working as unpaid construction workers?		
29. Is there a significant change in the number of people who are working as unpaid transportation workers?		
30. Is there a significant change in the number of people who are working as unpaid communication workers?		
31. Is there a significant change in the number of people who are working as unpaid information workers?		
32. Is there a significant change in the number of people who are working as unpaid financial workers?		
33. Is there a significant change in the number of people who are working as unpaid business workers?		
34. Is there a significant change in the number of people who are working as unpaid professional workers?		
35. Is there a significant change in the number of people who are working as unpaid executive workers?		
36. Is there a significant change in the number of people who are working as unpaid managerial workers?		
37. Is there a significant change in the number of people who are working as unpaid supervisory workers?		
38. Is there a significant change in the number of people who are working as unpaid operative workers?		
39. Is there a significant change in the number of people who are working as unpaid laborer workers?		
40. Is there a significant change in the number of people who are working as unpaid unskilled workers?		
41. Is there a significant change in the number of people who are working as unpaid semi-skilled workers?		
42. Is there a significant change in the number of people who are working as unpaid skilled workers?		
43. Is there a significant change in the number of people who are working as unpaid highly skilled workers?		
44. Is there a significant change in the number of people who are working as unpaid top-level workers?		
45. Is there a significant change in the number of people who are working as unpaid middle-level workers?		
46. Is there a significant change in the number of people who are working as unpaid lower-level workers?		
47. Is there a significant change in the number of people who are working as unpaid entry-level workers?		
48. Is there a significant change in the number of people who are working as unpaid trainee workers?		
49. Is there a significant change in the number of people who are working as unpaid apprentice workers?		
50. Is there a significant change in the number of people who are working as unpaid intern workers?		
51. Is there a significant change in the number of people who are working as unpaid student workers?		
52. Is there a significant change in the number of people who are working as unpaid research workers?		
53. Is there a significant change in the number of people who are working as unpaid development workers?		
54. Is there a significant change in the number of people who are working as unpaid testing workers?		
55. Is there a significant change in the number of people who are working as unpaid quality control workers?		
56. Is there a significant change in the number of people who are working as unpaid production workers?		
57. Is there a significant change in the number of people who are working as unpaid assembly workers?		
58. Is there a significant change in the number of people who are working as unpaid packaging workers?		
59. Is there a significant change in the number of people who are working as unpaid distribution workers?		
60. Is there a significant change in the number of people who are working as unpaid sales workers?		
61. Is there a significant change in the number of people who are working as unpaid marketing workers?		
62. Is there a significant change in the number of people who are working as unpaid advertising workers?		
63. Is there a significant change in the number of people who are working as unpaid public relations workers?		
64. Is there a significant change in the number of people who are working as unpaid customer service workers?		
65. Is there a significant change in the number of people who are working as unpaid support workers?		
66. Is there a significant change in the number of people who are working as unpaid maintenance workers?		
67. Is there a significant change in the number of people who are working as unpaid janitorial workers?		
68. Is there a significant change in the number of people who are working as unpaid security workers?		
69. Is there a significant change in the number of people who are working as unpaid cleaning workers?		
70. Is there a significant change in the number of people who are working as unpaid food service workers?		
71. Is there a significant change in the number of people who are working as unpaid beverage service workers?		
72. Is there a significant change in the number of people who are working as unpaid retail workers?		
73. Is there a significant change in the number of people who are working as unpaid wholesale workers?		
74. Is there a significant change in the number of people who are working as unpaid inventory workers?		
75. Is there a significant change in the number of people who are working as unpaid logistics workers?		
76. Is there a significant change in the number of people who are working as unpaid shipping workers?		
77. Is there a significant change in the number of people who are working as unpaid receiving workers?		
78. Is there a significant change in the number of people who are working as unpaid warehousing workers?		
79. Is there a significant change in the number of people who are working as unpaid transportation workers?		
80. Is there a significant change in the number of people who are working as unpaid communication workers?		
81. Is there a significant change in the number of people who are working as unpaid information workers?		
82. Is there a significant change in the number of people who are working as unpaid financial workers?		
83. Is there a significant change in the number of people who are working as unpaid business workers?		
84. Is there a significant change in the number of people who are working as unpaid professional workers?		
85. Is there a significant change in the number of people who are working as unpaid executive workers?		
86. Is there a significant change in the number of people who are working as unpaid managerial workers?		
87. Is there a significant change in the number of people who are working as unpaid supervisory workers?		
88. Is there a significant change in the number of people who are working as unpaid operative workers?		
89. Is there a significant change in the number of people who are working as unpaid laborer workers?		
90. Is there a significant change in the number of people who are working as unpaid unskilled workers?		
91. Is there a significant change in the number of people who are working as unpaid semi-skilled workers?		
92. Is there a significant change in the number of people who are working as unpaid skilled workers?		
93. Is there a significant change in the number of people who are working as unpaid highly skilled workers?		
94. Is there a significant change in the number of people who are working as unpaid top-level workers?		
95. Is there a significant		

VES | N

YES | NO

58	YES	NO
59	YES	NO
60	YES	NO
61	YES	NO
62	YES	NO
63	YES	NO
64	YES	NO
65	YES	NO
66	YES	NO
67	YES	NO
68	YES	NO
69	YES	NO
70	YES	NO
71	YES	NO
72	YES	NO
73	YES	NO
74	YES	NO
75	YES	NO
76	YES	NO
77	YES	NO
78	YES	NO
79	YES	NO
80	YES	NO
81	YES	NO
82	YES	NO
83	YES	NO
84	YES	NO
85	YES	NC
86	YES	NC
87	YES	NC

88	YES	NO
89	YES	NO
90	YES	NO
91	YES	NO
92	YES	NO
93	YES	NO
94	YES	NO
95	YES	NO
96	YES	NO
97	YES	NO
98	YES	NO
99	YES	NO
100	YES	NO
101	YES	NO
102	YES	NO
103	YES	NO
104	YES	NO
105	YES	NO
106	YES	NO

☒ PLEASE CHECK THAT YOU HAVE ANSWERED ALL THE QUESTIONS

ADULT EPQ-R: Scoring Template 1

P, E and N Scales

PAGE1		PAGE2		PAGE3		PAGE4	
E	P	E	E	E	P		P
N		P		N		E	
	P	P		E		P	
E	P	N			P		
N	P	P	E	N		E	
	P	N		E	P		P
E	P	E		E			
N	P	P	P	N		N	
	P	N	E	E			
E	P	P	P	E	P		
N	P	N		N			
	P	E		P			
E		P	E	E	P		
N		N		N			
	P	E		P	P		
E		P		N			
N	E	P		N	P		
P		E	P	N			
N		P		N			
		E		N			
		P					

1

ADULTIVE QUESTIONNAIRE: Scoring Template

I

PAGE 1

	I
	I
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PAGE 2

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SECTION 4 : PERSONAL PROBLEM CHECKLIST

For each of the statements below, please indicate if you have any problems in your family and personal life in the last 6 months by ticking the box that best applies to you. Please tick only one box for each item.

		Not Applicable	Not at all	A little problem	A moderate problem	A big problem
		<i>NA</i>	<i>0</i>	<i>1</i>	<i>2</i>	<i>3</i>
	FAMILY PROBLEMS					
1	There are financial problems in my family.					
2	I have a family member or members suffering from physical illness.					
3	There is mental illness in the family.					
4	I have problems in relating to my father.					
5	I have problems in relating to my mother.					
6	I have problems in relating to my brother(s).					
7	I have problems in relating to my sister(s).					
8	I have problems in relating to my relative(s).					
9	I am affected by my parents' divorce or separation.					
10	I have problems in relating to my step-parent.					
11	I have problems in relating to my step-brother(s) or sister(s).					
12	I have problems in relating to my wife.					
13	I have problems in relating to my in-laws.					
14	I have problems in managing my child or children.					
15	I have other family problems.					
	PERSONAL PROBLEMS					
16	I have problems with my girlfriend.					
17	I have problems with my friends.					
18	I feel lonely.					
19	I feel unhappy about my school results.					
20	I have problems in getting along with non-family members living in the house.					
21	I have problems repaying my own financial debts.					
22	I am involved with gangs or have trouble with gang members.					
23	I overuse tobacco, drugs, or alcohol.					
24	I suffer from a physical illness.					
25	I suffer from mental illness.					

Please tick only one box for each item.

		Not Applicable	Not at all	A little problem	A moderate problem	A big problem
		NA	0	1	2	3
26	I have problems with my sexuality.					
27	I struggle with my religious or personal beliefs.					
28	I have problems with the law as a result of illegal activities.					
29	I feel I am not as good as others.					
30	I feel easily depressed.					

Please tell us more about the above mentioned problems that are troubling you.

SECTION 5: PERCEIVED SUPPORT QUESTIONNAIRE

We are interested in your feelings about how much social support that you have. For each statement, please indicate how you feel by ticking one box that best applies to you.

		Strongly disagree	Disagree	Agree	Strongly agree
		1	2	3	4
1	I have someone close who will be there for me when I need support				
2	My family tries to help me				
3	My friends really try to help me.				
4	I have someone close who encourages me.				
5	I get emotional support from my family.				
6	I can count on my friends when things go wrong.				
7	I have someone close with whom I can share my happiness and sadness.				
8	I can talk about my problems with my family.				
9	I have friends with whom I can share my happiness and sadness.				
10	I have someone close who cares about my feelings.				
11	My family is willing to help me make decisions.				
12	I can talk about my problems with my friends.				
13	I have someone close with whom I can do things together.				
14	I have friends with whom I can do things together.				
15	My family spends time with me.				

SECTION 6: PERSONAL INFORMATION

Please answer ALL the questions below as best as you can. Please tick the appropriate box(es).

1 Name _____

2 NRIC No _____

3 Date of Birth _____

4 Age _____

5 I am a /an

- ☐ Chinese
- ☐ Malay
- ☐ Indian
- ☐ Eurasian
- ☐ Other (Please specify _____)

6 I live in a

- ☐ 1 or 2 room HDB flat
- ☐ 3 to 4 room HDB flat
- ☐ 5 room to executive HDB flat
- ☐ condominium or private apartment
- ☐ private house

7 The total income per month of my family is

- ☐ less than \$1 000.
- ☐ \$1 001 to \$2 000.
- ☐ \$2 001 to \$3 000.
- ☐ \$3 001 to \$4 000.
- ☐ more than \$4000.

8 In my family, I am the

- ☐ youngest son.
- ☐ middle son.
- ☐ oldest son
- ☐ only child.

9 I speak the following language(s) (You may tick more than one box)

- ☐ Mandarin
- ☐ Chinese dialect
- ☐ English
- ☐ Malay
- ☐ Tamil
- ☐ Other (Please Specify _____).

10 My highest level of education is

- ☐ Primary education
- ☐ Secondary education (Please tick one below)
 - ☐ Up to Secondary ____ (Please specify level that you studied until)
 - ☐ Up to 'N' level
 - ☐ Up to 'O' level
- ☐ ITE education
- ☐ Pre-University education (Please tick one below)
 - ☐ I did not pass 'A' level
 - ☐ I passed 'A' level
- ☐ Diploma
- ☐ Degree
- ☐ Other (Please specify _____).

11 Have you attempted GCE 'O' Levels?

- ☐ YES I took the examination _____ time(s). (Please specify number of attempts made)
- ☐ NO (Go to question 13)

12 If YES to question 11, the sum total of my best 5 subjects is _____ (aggregate points).

13 My result on the NAFA test (physical fitness test) is

- ☐ passed with no award.
- ☐ passed with Silver award.
- ☐ passed with Gold award.

14 Please rate how physically prepared you feel in doing BMT.

- ☐ Not prepared at all
- ☐ Somewhat unprepared
- ☐ Prepared
- ☐ Confident

15 Please rate how mentally prepared you feel in doing BMT.

- ☐ Not prepared at all
- ☐ Somewhat unprepared
- ☐ Prepared
- ☐ Confident

THANK YOU FOR COMPLETING THIS QUESTIONNAIRE

APPENDIX F
QUESTIONNAIRE BOOKLET 3

APPENDIX F



Survey on Coping with BMT

Part 3

We are conducting a study on how you cope with basic military training or BMT. The aim of this research is to look at some factors that may affect your ability to cope. This will help us to understand your problems and help you more effectively in the future.

Please answer ALL the questions as honestly as you can and give the answers that best describes your thoughts and feelings.

Please be assured that all information given by you will be kept confidential.

You are given 15 minutes to complete this questionnaire.

Your Name: _____

Your IC Number: _____

Today's Date: _____

SECTION 1: WAYS OF COPING QUESTIONNAIRE

Take a few moments and think about the **MOST STRESSFUL** situation that you have experienced in the last **3 WEEKS OF BASIC MILITARY TRAINING**.

By "stressful" we mean a situation that was difficult or troubling for you in the last 3 weeks of training, either because you felt distressed about what happened, or because you had to use a lot of effort to deal with the situation. The situation may have involved aspects of training, adapting to military lifestyle and regimentation, your relationship with your platoon mates or superiors or some other aspect of army life.

Before responding to the statements on pages 3 to 4, think about the details of this stressful situation, such as where it happened, who was involved, how you acted, and why it was important to you.

As you respond to each of the statements, please keep this stressful situation in mind. Read each statement carefully and indicate, by ticking the appropriate box, to what extent you used it (the way of coping) in the situation. Please respond to each item.

SECTION 2: THE GENERAL HEALTH QUESTIONNAIRE

We would like to know if you have had any medical complaints, and how your health has been in general, over the past **3 WEEKS OF BASIC MILITARY TRAINING**. Please answer ALL the questions by circling the appropriate box that you think most nearly applies to you. Remember that we want to know about your present and recent complaints, not those that you had in the past.

SECTION 3: PERSONAL INFORMATION

Please tick the boxes that apply to you.

1. I have a secondary appointment in my platoon.
☐ YES (Please specify your appointment: _____)
☐ NO

2. I have seen
☐ the orientation officer.
☐ a counsellor or a psychologist.
☐ a psychiatrist.
☐ a priest or religious counsellor of my religion.
☐ nil or not applicable. (If nil, go to question 4.)

3. I went to see my orientation officer / counsellor / psychologist / psychiatrist / priest because (tick the boxes that apply)
☐ I had family problems.
☐ I had problems with my girlfriend.
☐ I had problems with people from outside of camp.
☐ I had problems with my platoon mates.
☐ I had problems with my superiors.
☐ I had difficulties in training.
☐ I felt anxious or depressed.
☐ I felt like harming myself.
☐ I had difficulties in controlling my anger or felt like harming another person.
☐ Other reasons. (Please specify: _____)

4. The number of times that I have gone to see my medical officer or family doctor is
☐ not at all.
☐ once.
☐ twice.
☐ three times.
☐ more than three times.

5. My medical officer or family doctor has given me (tick boxes that apply)
☐ Nil or not applicable.
☐ "Attend B" or light duties or excuse training for a short period.
☐ "Attend C" with permission to rest in the bunk.
☐ "Attend C" with permission to rest at home.

6. I have been given weekend confinements.
- ☐ YES (Number of confinements is _____ times).
 - ☐ NO

Thank you for completing this questionnaire

APPENDIX G
QUESTIONNAIRE BOOKLET 4

APPENDIX G



Survey on Coping with BMT

Part **4**

We are conducting a study on how you cope with basic military training or BMT. The aim of this research is to look at some factors that may affect your ability to cope. This will help us to understand your problems and help you more effectively in the future.

Please answer ALL the questions as honestly as you can and give the answers that best describes your thoughts and feelings.

Please be assured that all information given by you will be kept confidential.

You are given 45 minutes to complete this questionnaire.

Your Name: _____

Your IC Number: _____

Today's Date: _____

SECTION 1: WAYS OF COPING QUESTIONNAIRE

Take a few moments and think about the **MOST STRESSFUL** situation that you have experienced in the last **3 WEEKS OF BASIC MILITARY TRAINING (Week 7 to 9)**.

By “stressful” we mean a situation that was difficult or troubling for you in the last 3 weeks of training, either because you felt distressed about what happened, or because you had to use a lot of effort to deal with the situation. The situation may have involved aspects of training, adapting to military lifestyle and regimentation, your relationship with your platoon mates or superiors or some other aspect of army life.

Before responding to the statements on pages 3 to 4, think about the details of this stressful situation, such as.... where it happened, who was involved, how you acted, and why it was important to you.

As you respond to each of the statements, please keep this stressful situation in mind. Read each statement carefully and indicate, by ticking the appropriate box, to what extent you used it (the way of coping) in the situation. Please respond to each item.

SECTION 2: THE GENERAL HEALTH QUESTIONNAIRE

We would like to know if you have had any medical complaints, and how your health has been in general, over the past **3 WEEKS OF BASIC MILITARY TRAINING (Week 7 to 9)**. Please answer ALL the questions by circling the appropriate box that you think most nearly applies to you. Remember that we want to know about your present and recent complaints, not those that you had in the past.

SECTION 3 : PERSONAL PROBLEM

On your first day of enlistment, you were first given a problem list like that in the table below. Please look at the table and answer the following questions.

1. Has there been a major deterioration in your personal and family circumstances since you enlisted?
 - ☐ Yes. (Please proceed to the next question)
 - ☐ No. (Please ignore the following questions in this section and move on to the next section)
2. If YES to question 1, on which week of training did the deterioration in personal or family circumstances affect you most? Tick the box(es) that apply to you.
 - ☐ Week 0 to Week 2 (from first week of training up to time you answered the questionnaire booklets the 2nd time round at Week 2)
 - ☐ Week 3 to Week 6
 - ☐ Week 7 to Week 9
3. If YES to question 1, do these problems still affect you currently?
 - ☐ Yes.
 - ☐ No.
4. If YES to question 1, please indicate if you have any problems in your family and personal life in the last 9 weeks. Please tick the box that best applies to you. Please tick only one box for each item.

		Not Applicable	Not at all	A little problem	A moderate problem	A big problem
		NA	0	1	2	3
	FAMILY PROBLEMS					
1	There are financial problems in my family.					
2	I have a family member or members suffering from physical illness.					
3	There is mental illness in the family.					
4	I have problems in relating to my father.					
5	I have problems in relating to my mother.					
6	I have problems in relating to my brother(s).					
7	I have problems in relating to my sister(s).					
8	I have problems in relating to my relative(s).					
9	I am affected by my parents' divorce or separation.					
10	I have problems in relating to my step-parent.					
11	I have problems in relating to my step-brother(s) or sister(s).					
12	I have problems in relating to my wife.					

		Not Applicable	Not at all	A little problem	A moderate problem	A big problem
13	I have problems in relating to my in-laws.					
14	I have problems in managing my child or children.					
15	I have other family problems.					
	PERSONAL PROBLEMS					
16	I have problems with my girlfriend.					
17	I have problems with my friends.					
18	I feel lonely.					
19	I feel unhappy about my school results.					
20	I have problems in getting along with non-family members living in the house.					
21	I have problems repaying my own financial debts.					
22	I am involved with gangs or have trouble with gang members.					
23	I overuse tobacco, drugs, or alcohol.					
24	I suffer from a physical illness.					
25	I suffer from mental illness.					
26	I have problems with my sexuality.					
27	I struggle with my religious or personal beliefs.					
28	I have problems with the law as a result of illegal activities.					
29	I feel I am not as good as others.					
30	I feel easily depressed.					

Please tell us more about the above mentioned problems that are troubling you.

SECTION 4: PERCEIVED SUPPORT

On your first day of enlistment, you listed the social support network that was available to you then, in the same format found in the table below. Please look at the table and answer the following questions.

1. Has there been a major deterioration in your support network since you enlisted?
 - ☐ Yes. (Please proceed to the next question)
 - ☐ No. (Please ignore the following questions in this section and move on to the next section.)

2. If YES to question 1, on which week of training did the deterioration in social support network affect you most? Tick the box(es) that apply.
 - ☐ Week 0 to Week 2 (from first week of training up to time you answered the questionnaire booklet the 2nd time round at Week 2)
 - ☐ Week 3 to Week 6
 - ☐ Week 7 to Week 9

3. If YES to question 1, does the deterioration in social support still affect you currently?
 - ☐ Yes.
 - ☐ No.

4. If YES to question 1, please indicate how you feel about each statement. Tick the box that best applies to you for each statement.

		Strongly disagree	Disagree	Agree	Strongly agree
		1	2	3	4
1	I have someone close who will be there for me when I need support.				
2	My family tries to help me.				
3	My friends really try to help me.				
4	I have someone close who encourages me.				
5	I get emotional support from my family.				
6	I can count on my friends when things go wrong.				
7	I have someone close with whom I can share my happiness and sadness.				

		Strongly disagree	Disagree	Agree	Strongly agree
8	I can talk about my problems with my family.				
9	I have friends with whom I can share my happiness and sadness.				
10	I have someone close who cares about my feelings.				
11	My family is willing to help me make decisions.				
12	I can talk about my problems with my friends.				
13	I have someone close with whom I can do things together.				
14	I have friends with whom I can do things together.				
15	My family spends time with me.				

SECTION 5: PERSONAL INFORMATION

Please tick the boxes that apply to you.

1. Over the period of training (Week 0 to Week 9), I have developed medical conditions (not including colds, fever and influenza).
 - ☐ Nil
 - ☐ Medical condition(s) requiring excuse from training for 3 continuous days or more.
 - ☐ Medical condition(s) requiring excuse from training for 1 continuous week or more.
 - ☐ Medical condition(s) requiring hospitalization for more than 3 continuous days.
2. For medical conditions stated in question 1, the changes affected me most on... (tick the box or boxes that apply)
 - ☐ not applicable.
 - ☐ Week 0 to Week 2. (from first week of training up to time you answered the questionnaire booklet the 2nd time round at Week 2)
 - ☐ Week 3 to Week 6.
 - ☐ Week 7 to Week 9.
3. In the last three weeks (Week 7 to 9), the number of times that I have gone to see my medical officer or family doctor is
 - ☐ not at all.
 - ☐ once.
 - ☐ twice.
 - ☐ three times.
 - ☐ more than three times.
4. In the last three weeks (Week 7 to 9), my medical officer or family doctor has given me (tick boxes that apply)
 - ☐ nil or not applicable.
 - ☐ "Attend B" or light duties or excuse training for a short period.
 - ☐ "Attend C" with permission to rest in the bunk.
 - ☐ "Attend C" with permission to rest at home.
5. In the last three weeks (Week 7 to 9), I have seen
 - ☐ the orientation officer.
 - ☐ a counsellor or a psychologist.
 - ☐ a psychiatrist.
 - ☐ a priest or religious counsellor of my religion.
 - ☐ nil or not applicable. (If nil, go to question 7)

6. In the last three weeks, I went to see my orientation officer / counsellor / psychologist / psychiatrist / priest because (tick the boxes that apply)
- ☐ I had family problems.
 - ☐ I had problems with my girlfriend.
 - ☐ I had problems with people from outside of camp.
 - ☐ I had problems with my platoon mates.
 - ☐ I had problems with my superiors.
 - ☐ I had difficulties in training.
 - ☐ I felt anxious or depressed.
 - ☐ I felt like harming myself.
 - ☐ I had difficulties in controlling my anger or felt like harming another person.
 - ☐ Other reasons. (Please specify: _____)
7. In the last three weeks (Week 7 to 9), I have been given weekend confinements...
- ☐ YES (Number of confinements is _____ times).
 - ☐ NO

THANK YOU FOR YOUR PARTICIPATION IN THIS STUDY.

APPENDIX H

COMPARISON OF MEAN PERSONALITY SCORES ON THE EYSENCK PERSONALITY SCALES BETWEEN RECRUITS AND THE EYSENCK SAMPLE

APPENDIX H

Table 27. Comparison of Mean Personality Scores on the Eysenck Personality Scales between Recruits and the Eysenck Sample

Personality	Recruits		Eysenck's Sample	
	<u>X</u>	<u>SD</u>	<u>X</u>	<u>SD</u>
Neuroticism	10.96	5.05	11.08	5.37
Extraversion	14.32	4.42	14.50	5.64
Psychoticism	6.50	3.41	3.65	4.56
Social Desirability	9.17	3.78	5.53	3.39
Impulsiveness	10.75	2.28	7.93	4.12

APPENDIX I
VERBAL INSTRUCTIONS

APPENDIX I

Verbal Instructions on 1st Administration (Booklet 1)

Thank you for being here. We are from the Psychological Care Centre, which is part of the HQ Medical Corps.

You will be participating in a survey on Coping with Basic Military Training or BMT. Over your 10 weeks of training, you will be required to complete several questionnaires at certain points of time. The aim of this study is to look at some factors that may affect your ability to cope. Your participation will help us to better understand the problems that you face as recruits, so we can help you more effectively. Today, you will be doing two sets of questionnaires; one now and the second later in the evening.

You will see a booklet on your desk.

1. Please read the instructions carefully and give the answers that best apply to you. There are no right or wrong answers. We would appreciate if you can be as honest as possible.
2. Please answer **ALL** the questions chronologically. Please **DO NOT** leave blank spaces and then return to the questions at a later point of time.
3. Please **DO NOT** discuss the answers with the person next to you.
4. You have **30 minutes** to complete this booklet.

When you have completed the booklet, please check through to see that you have answered all the questions. Please wait quietly until everyone has finished. When the time is up, we will collect the booklet from you.

This booklet contains seven pages, with two sections. Please check to see if you have the correct amount of pages. Please note that the last page is double sided. Please raise your hand if you have any questions. If not, please begin now.

Verbal Instructions on 1st Administration (Booklet 2)

Thank you for returning for the second half.

You will see a booklet on your desk.

1. Please read the instructions carefully and give the answers that best apply to you. There are no right or wrong answers. We would appreciate if you can be as honest as possible.
2. Please answer **ALL** the questions chronologically. Please **DO NOT** leave blank spaces and then return to the questions at a later point of time.
3. Please **DO NOT** discuss the answers with the person next to you.
4. You have **60 minutes** to complete this booklet.

When you have completed the booklet, please check through to see that you have answered all the questions. Please wait quietly until everyone has finished. When the time is up, we will collect the booklet from you

This booklet contains 11 pages, with four sections (sections three to six). Please check to see if you have the correct amount of pages. Please note that pages one to four are double sided. Please raise your hand if you have any questions. If not, please begin now

Verbal Instructions on 2nd Administration (Booklet 3)

Today, you will be answering similar questionnaires as the last time, that is, on Day One when you first started training. However, this time we want to know about how you are after your three weeks experience in BMT. When you read the instructions, please bear this in mind

In Section 1, we would like you to think about the ways you cope with a stressful situation in BMT. In Section 2, we would like you to think about your health in the last three weeks.

You will see a booklet on your desk.

- 1 Please read the instructions carefully and give the answers that best apply to you. There are no right or wrong answers. We would appreciate if you can be as honest as possible.
- 2 Please answer **ALL** the questions chronologically. Please **DO NOT** leave blank spaces and then return to the questions at a later point of time.
- 3 Please **DO NOT** discuss the answers with the person next to you.
- 4 You have **15 minutes** to complete this booklet.

This booklet contains seven pages, with three sections. Please check to see if you have the correct amount of pages. Please raise your hand if you have any questions. If not, please begin now.

Verbal Instructions on 3rd Administration (Booklet 4)

Today, you will be answering similar questionnaires as the last time, that is, on Day One when you first started training.

In Section 1, we would like you to think about the ways you cope with a stressful situation in BMT within the last three weeks, that is, from Week Seven to Nine.

In Section 2, we would like you to think about your health in the last 3 weeks, that is, from Week Seven to Nine.

In Section 3, we would like you to think about the negative changes or deterioration in your personal and family circumstances from the time you were enlisted on Day One up to the present

In Section 4, we would like you to think about the negative changes or deterioration in your social support network from the time you were enlisted on Day One up to the present

In Section 5, we would like you to answer the following

- Questions one and two ask you to state whether there has been any deterioration in your medical condition since the time you were enlisted on Day One up to the present
- For the rest of the questions, please answer them by thinking about the events in the last three weeks of training, that is Week Seven to Nine

- 1 Please read the instructions carefully and give the answers that best apply to you. There are no right or wrong answers. We would appreciate if you can be as honest as possible.
- 2 Please answer **ALL** the questions chronologically. Please **DO NOT** leave blank spaces and then return to the questions at a later point of time.
- 3 Please **DO NOT** discuss the answers with the person next to you.
- 4 You have **45 minutes** to complete this booklet.

This booklet contains 12 pages, with five sections. Please check to see if you have the correct amount of pages. Please raise your hand if you have any questions. If not, please begin now.

APPENDIX J
OTHER TABLES

APPENDIX J

Table 28. Comparison of Mean General Symptom Scores between Recruits Who Were More and Less Physically Fit before Enlistment

Psychological Symptoms	Pre-Enlistment Physical Fitness						df	t	p
	Less Fit			More Fit					
		<u>M</u>	<u>SD</u>	<u>n</u>	<u>M</u>	<u>SD</u>			
Anxiety	165	6.64	4.87	29	5.14	4.84	192	1.53	.13
Depression	165	3.81	4.72	29	2.03	2.92	192	1.95	.05
Somatic Symptoms	165	9.84	4.83	29	8.69	5.09	192	1.17	.24
Social Dysfunction	165	7.88	3.47	29	6.59	2.80	192	1.91	.06
General Symptoms	165	28.16	15.19	29	22.45	12.19	192	1.92	.06

Note.

Critical $t(192) = 1.96$, $p < .05$.

Table 29. Comparison of Mean General Symptom Scores and Mean Point Scores on the Individual Physical Proficiency Test Results between Recruits with and without Medical Problems before Enlistment

Psychological Symptoms and IPPT Results	Medical Problems Before Enlistment						df	t	p
	No Medical Problems			Minor Medical Problems					
	<u>N</u>	<u>M</u>	<u>SD</u>	<u>n</u>	<u>M</u>	<u>SD</u>			
Anxiety	101	5.94	4.56	91	6.80	5.16	190	-1.23	.22
Depression	101	3.13	3.92	91	3.96	5.11	190	-1.27	.21
Somatic Symptoms	101	9.56	5.05	91	9.80	4.72	190	- .34	.74
Social Dysfunction	101	7.55	3.47	91	7.79	3.43	190	- .47	.64
General Symptoms	101	26.19	14.08	91	28.35	15.81	190	-1.00	.32
IPPT Points	91	21.10	2.72	77	20.56	3.28	166	1.17	.24

Note.

Critical t (190) = 1.96, $p < .05$.

Critical t (166) = 1.96, $p < .05$.

Table 30. Comparison of Mean General Symptom Scores and Mean Point Scores on the Individual Physical Proficiency Test Results between Recruits Who Were and Were Not Given Secondary Appointment

Psychological Symptoms and IPPT Results	Secondary Appointment						df	t	p
	No Appointment			Appointment Given					
	<u>n</u>	<u>M</u>	<u>SD</u>	<u>n</u>	<u>M</u>	<u>SD</u>			
Anxiety	161	6.47	5.06	34	6.00	4.02	193	.50	.62
Depression	161	3.62	4.71	34	3.06	3.55	193	.66	.51
Somatic Symptoms	161	9.53	4.81	34	10.35	5.12	193	-.89	.37
Social Dysfunction	161	7.83	3.57	34	6.82	2.49	193	1.57	.12
General Symptoms	161	27.45	15.49	34	26.24	11.71	193	.43	.67
IPPT Points	141	20.74	3.06	28	21.39	2.56	167	-1.05	.30

Note.

Critical t (193) = 1.96, $p < .05$.

Critical t (167) = 1.96, $p < .05$.

Table 31. Comparison of Mean General Symptom Scores and Mean Point Scores on the Individual Physical Proficiency Test Results between Recruits Who Were Confined and Those Who Were Not Confined

Psychological Symptoms and IPPT Results	Confinement						df	t	p
	Not Confined			Confined					
	<u>n</u>	<u>M</u>	<u>SD</u>	<u>n</u>	<u>M</u>	<u>SD</u>			
Anxiety	189	6.33	4.74	5	6.40	8.91	191	- .02	.98
Depression	189	3.50	4.52	5	2.40	3.58	191	.68	.59
Somatic Symptoms	189	9.71	4.82	5	7.60	6.77	191	.69	.34
Social Dysfunction	189	7.65	3.45	5	7.80	3.27	191	- .10	.92
General Symptoms	189	27.11	14.69	5	24.20	20.63	191	.31	.67
IPPT Points	166	20.86	3.01	3	20.33	1.15	167	.75	.76

Note.

Critical t (191) = 1.96, $p < .05$.

Critical t (167) = 1.96, $p < .05$.

Table 32. Comparison of Mean General Symptom Scores between Recruits from Different Types of Housing

Psychological Symptoms	Type of Housing					df	F Ratio	p
	1 to 2 - Room (A)	3 to 4 - Room (B)	5-Room to Executive (C)	Condo-minium (D)	Private House (E)			
Anxiety	11.50	6.07	6.37	6.43	7.72	4	1.00	.41
Depression	9.50	3.54	3.60	3.21	2.78	4	1.01	.40
Somatic Symptoms	18.50	9.52	9.62	8.36	10.83	4	2.25	.07
Social Dysfunction	12.50	7.84	7.21	8.07	6.94	4	1.56	.19
General Symptoms	52.00	26.98	26.79	26.07	28.28	4	1.46	.22

Note.

(A): $n = 2$, (B): $n = 109$, (C): $n = 52$, (D): $n = 14$, (E): $n = 18$.

Critical $F(4,190) = 2.41$, $p < .05$.

Table 33. Comparison of Mean of General Symptom Scores and Mean Point Scores on the Individual Physical Proficiency Test Results between Recruits of Different Races

Psychological Symptoms and IPPT Results	Race				df	F Ratio	p
	Chinese (A)	Malay (B)	Indian (C)	Eurasian (D)			
Anxiety	6.39	8.71	4.17	4.00	3	1.10	.35
Depression	3.62	4.43	.83	.00	3	1.23	.30
Somatic Symptoms	9.66	11.71	9.00	6.00	3	.83	.48
Social Dysfunction	7.68	9.71	5.83	3.50	3	2.45	.07
General Symptoms	27.36	34.57	19.83	13.50	3	1.65	.18
IPPT Points	20.92	20.67	18.50	21.00	3	.87	.49

Note.

For general symptom scores, (A): $n = 180$, (B): $n = 7$, (C): $n = 6$, (D): $n = 2$.

For IPPT scores, (A): $n = 158$, (B): $n = 6$, (C): $n = 4$, (D): $n = 2$.

Critical $F(3, 191) = 2.65$, $p < .05$.

Critical $F(3, 166) = 2.67$, $p < .05$.

Table 34. Comparison of Mean General Symptom Scores and Mean Point Scores on the Individual Physical Proficiency Test Results between Recruits Who Come from Different Birth Positions

Psychological Symptoms and IPPT Results	Birth Position in Family				df	F Ratio	p
	Youngest Son (A)	Middle Son (B)	Oldest Son (C)	Only Child (D)			
Anxiety	6.55	4.81	6.57	7.50	3	1.18	.32
Depression	3.83	2.00	3.63	4.00	3	1.17	.32
Somatic Symptoms	9.60	8.92	10.04	9.75	3	.35	.79
Social Dysfunction	7.75	6.08	8.07	8.00	3	2.29	.08
General Symptoms	27.72	21.81	28.31	29.25	3	1.39	.25
IPPT Points	20.51	21.42	21.03	21.22	3	.74	.53

Note.

For general symptom scores, (A): $n = 87$, (B): $n = 26$, (C): $n = 70$, (D): $n = 12$.

For IPPT scores, (A): $n = 78$, (B): $n = 24$, (C): $n = 59$, (D): $n = 9$.

Critical $F(3,191) = 2.65$, $p < .05$.

Critical $F(3,166) = 2.67$, $p < .05$.

Table 35. Comparison of Mean General Symptom Scores and Mean Point Scores on the Individual Physical Proficiency Test Results between Bilingual and Multilingual Recruits

Psychological Symptoms and IPPT Results	Number of Spoken Languages						df	t	p
	Bilingual			Multilingual					
	<u>n</u>	<u>M</u>	<u>SD</u>	<u>n</u>	<u>M</u>	<u>SD</u>			
Anxiety	57	6.88	4.54	137	6.22	5.02	192	.85	.39
Depression	57	3.74	4.48	137	3.46	4.57	192	.39	.70
Somatic Symptoms	57	9.47	5.15	137	9.74	4.77	192	- .35	.73
Social Dysfunction	57	8.33	3.66	137	7.42	3.27	192	1.71	.09
General Symptoms	57	28.42	15.18	137	26.85	14.80	192	.67	.50
IPPT Points	47	20.28	3.16	122	21.07	2.89	167	-1.55	.12

Note.

Critical t (192) = 1.96, $p < .05$.

Critical t (167) = 1.96, $p < .05$.

Table 36. Comparison of Mean General Symptom Scores and Mean Point Scores on the Individual Physical Proficiency Test Results between Recruits with Different Levels of Education

Psychological Symptoms and IPPT Results	Educational Level				df	F Ratio	p
	Secondary (A)	Pre-University (B)	Diploma (C)	Degree (D)			
Anxiety	4.50	6.40	6.50	4.50	3	.42	.74
Depression	3.50	1.80	3.62	2.25	3	.37	.78
Somatic Symptoms	8.50	8.60	9.82	5.25	3	1.32	.27
Social Dysfunction	7.00	7.20	7.77	5.25	3	.81	.49
General Symptoms	23.50	24.00	27.71	17.25	3	.82	.49
IPPT Points	21.75	22.40	20.74	22.67	3	1.02	.39

Note.

For general symptom scores, (A): $n = 4$, (B): $n = 5$, (C): $n = 181$, (D): $n = 4$.

For IPPT scores, (A): $n = 4$, (B): $n = 5$, (C): $n = 157$, (D): $n = 3$.

Critical $F(3,190) = 2.65$, $p < .05$.

Critical $F(3,165) = 2.67$, $p < .05$.

Table 37. Comparison of Mean Point Scores on the Individual Physical Proficiency Test Results between Recruits with and without Increase in Personal Problems

IPPT Results	Change in Personal Problems during Enlistment						df	t	p
	No Change			Increase in Problems					
	<u>n</u>	<u>M</u>	<u>SD</u>	<u>n</u>	<u>M</u>	<u>SD</u>			
IPPT Points	163	20.92	2.98	7	19.43	2.76	168	1.30	.20

Note.

Critical $t(168) = 1.96$, $p < .05$.

Table 38. Comparison of Mean Point Scores on the Individual Physical Proficiency Test Results among Recruits with Different Levels of Mental Preparedness

Psychological Symptoms and IPPT Results	Mental Preparedness						
	Not Prepared (A)	Somewhat Prepared (B)	Prepared (C)	Confident (D)	<u>df</u>	F Ratio	<u>p</u>
IPPT Points	20.28	20.50	21.08	22.25	3	1.58	.20

Note.

(A): $\underline{n} = 18$, (B): $\underline{n} = 68$, (C): $\underline{n} = 71$, (D): $\underline{n} = 12$.

Critical \underline{F} (3,165) = 2.67, $p < .05$.

Table 39. Comparison of Mean Point Scores on the Individual Physical Proficiency Test Results between Recruits with and without Deterioration in Medical Status

IPPT Results	Deterioration in Medical Status						df	t	p
	No Change in Medical Status			Deterioration in Medical Status					
	<u>n</u>	<u>M</u>	<u>SD</u>	<u>n</u>	<u>M</u>	<u>SD</u>			
IPPT Points	155	20.85	3.01	14	21.00	2.75	167	-.18	.86

Note.

Critical \underline{t} (167) = 1.96, $p < .05$.

Table 40. Comparison of Mean Point Scores on the Individual Physical Proficiency Test Results among Recruits Who Took Different Types of Medical Leave

IPPT Results	Type of Medical Leave			df	F Ratio	p
	No Medical Leave (A)	Light Duties (B)	Rest in Bunk/Home (C)			
IPPT Points	20.87	20.59	22.57	2	1.37	.26

Note.

For IPPT scores, (A): $n = 54$, (B): $n = 108$, (C): $n = 7$.

Critical $F(2, 166) = 3.06$, $p < .05$.

Table 41. Mental Preparedness and Basic Military Training Pass Rates

Mental Preparedness	Pass Rate in BMT				Total	
	Pass BMT		Out of Course			
	<u>n</u>	%	<u>n</u>	%	<u>n</u>	%
Not Prepared to Somewhat Prepared	91	45.7%	8	4.0%	99	49.7%
Prepared to Confident	93	46.7%	7	30.5%	100	50.3%
Total	184	92.5%	15	7.5%	199	100.0%
$\chi^2(1, N = 199) = .08, p = .77$						

Note.

Critical $\chi^2(1) = 3.84$, $p < .05$.

Table 42. Physical Preparedness and Basic Military Training Pass Rates

Physical Preparedness	Pass Rate in BMT				Total	
	Pass BMT		Out of Course			
	<u>n</u>	%	<u>n</u>	%		<u>n</u>
Not Prepared to Somewhat Prepared	120	60.3%	10	5.0%	130	65.3%
Prepared to Confident	64	32.2%	5	2.5%	69	34.7%
Total	184	92.5%	15	7.5%	199	100.0%
$\chi^2 (1, N = 199) = .01, p = .91$						

Note.

Critical $\chi^2 (1) = 3.84, p < .05$.

Table 43. Pre-Enlistment Physical Fitness Level and Basic Military Training Pass Rates

Pre-Enlistment Physical Fitness Level	Pass Rate in BMT				Total	
	Pass BMT		Out of Course			
	<u>n</u>	%	<u>n</u>	%	<u>n</u>	%
Less Fit	158	79.4%	12	6.0%	170	85.4%
More Fit	26	13.1%	3	1.5%	29	14.6%
Total	184	92.5%	15	7.5%	199	100.0%
$\chi^2 (1, \underline{N} = 199) = .38, p = .54$						

Note.

Critical $\chi^2 (1) = 3.84, p < .05$.

Table 44. Pre-enlistment Medical Status and Basic Military Training Pass Rates

Pre-Enlistment Medical Status	Pass Rate in BMT				Total	
	Pass BMT		Out of Course			
	<u>n</u>	%	<u>n</u>	%	<u>n</u>	%
No Medical Problems	97	49.2%	5	2.5%	102	51.8%
Minor Medical Problems	86	43.7%	9	4.6%	95	48.2%
Total	184	92.9%	14	7.1%	197	100.0%
$\chi^2 (1, \underline{N} = 197) = 1.56, p = .21$						

Note.

Critical $\chi^2 (1) = 3.84, p < .05$.

Table 45. Types of Medical Leave and Basic Military Training Pass Rates

Type of Medical Leave	Pass Rate in BMT				Total	
	Pass BMT		Out of Course			
	<u>n</u>	%	<u>n</u>	%	<u>n</u>	%
Nil	117	60.3%	4	2.1%	121	62.4%
Attend B and C	66	34.0%	7	3.6%	73	37.6%
Total	183	94.3%	11	5.7%	194	100.0%
$\chi^2 (1, \underline{N} = 194) = 3.36, p = .07$						

Note.

Critical $\chi^2 (1) = 3.84, p < .05$.

Table 46. Secondary Appointment and Basic Military Training Pass Rates

Secondary Appointment	Pass Rate in BMT				Total	
	Pass BMT		Out of Course			
	<u>n</u>	%	<u>n</u>	%	<u>n</u>	%
No	151	77.4%	10	5.1%	161	82.6%
Yes	33	16.9%	1	.5%	34	17.4%
Total	184	94.4%	11	5.6%	195	100.0%
$\chi^2 (1, \underline{N} = 195) = .56, p = .45$						

Note.

Critical $\chi^2 (1) = 3.84, p < .05$.

Table 47. Family Income and Basic Military Training Pass Rates

Family Income	Pass Rate in BMT				Total	
	Pass BMT		Out of Course			
	<u>n</u>	%	<u>n</u>	%	<u>n</u>	%
\$3 000 or Less	116	58.0%	6	3.0%	122	61.0%
More than \$3 000	69	34.5%	9	4.5%	78	39.0%
Total	185	92.5%	15	7.5%	200	100.0%
$\chi^2 (1, \underline{N} = 200) = 3.01, p = .08$						

Note.

Critical $\chi^2 (1) = 3.84, p < .05$.

Table 48. Type of Housing and Basic Military Training Pass Rates

Type of Housing	Pass Rate in BMT				Total	
	Pass BMT		Out of Course			
	<u>n</u>	%	<u>n</u>	%	<u>n</u>	%
Government Sponsored Housing	155	78%	12	6.0%	167	83.5%
Private Housing	30	15%	3	1.5%	33	16.5%
Total	185	93%	15	7.5%	200	100.0%
$\chi^2 (1, \underline{N} = 200) = 0.14, \underline{p} = .70$						

Note.

Critical $\chi^2 (1) = 3.84, p < .05$.

Table 49. Birth Position and Basic Military Training Pass Rates

Birth Position	Pass Rate in BMT				Total	
	Pass BMT		Out of Course			
	<u>n</u>	%	<u>n</u>	%	<u>n</u>	%
Only Child or Youngest Son	94	47%	6	3.0%	100	50.0%
Middle and Oldest Son	91	46%	9	4.5%	100	50.0%
Total	185	93%	15	7.5%	200	100.0%
$\chi^2 (1, N = 200) = .65, p = .42$						

Note.

Critical $\chi^2 (1) = 3.84, p < .05$.

Table 50. Number of Spoken Languages and Basic Military Training Pass Rates

Number of Languages Spoken	Pass Rate in BMT				Total	
	Pass BMT		Out of Course			
	<u>n</u>	%	<u>n</u>	%	<u>n</u>	%
Bilingual	54	27.1%	7	3.5%	61	30.7%
Multilingual	130	65.3%	8	4.0%	138	69.3%
Total	184	92.5%	15	7.5%	199	100.0%
$\chi^2 (1, \underline{N} = 199) = 1.96, p = .16$						

Note.

Critical $\chi^2 (1) = 3.84, p < .05$.

Table 51. Education Level and Basic Military Training Pass Rates

Educational Level	Pass Rate in BMT				Total	
	Pass BMT		Out of Course			
	<u>n</u>	%	<u>n</u>	%	<u>n</u>	%
Non-tertiary	9	4.5%	1	5.0%	10	5.0%
Tertiary	175	88.0%	14	7.0%	189	95.0%
Total	184	92.0%	15	7.5%	199	100.0%
$\chi^2 (1, N = 199) = 0.09, p = .76$						

Note.

Critical $\chi^2 (1) = 3.84, p < .05$.

APPENDIX K

**INTER-CORRELATIONS BETWEEN FACTORS AFFECTING GENERAL
SYMPTOM SCORES**

APPENDIX K

Table 52. Inter-correlations between Factors Affecting General Symptom Scores

Factors	1	2	3	4	5	6	7	8	9	10	11	12	13	14
1 General Symptoms	1.00	--	--	--	--	--	--	--	--	--	--	--	--	--
2 Personal Problems	.41**	1.00	--	--	--	--	--	--	--	--	--	--	--	--
3 Increase in Personal Problems	.35**	.20*	1.00	--	--	--	--	--	--	--	--	--	--	--
4 Social Support	-.24*	-.37**	-.19	1.00	--	--	--	--	--	--	--	--	--	--
5 Extraversion	-.29**	-.25**	-.16	.29**	1.00	--	--	--	--	--	--	--	--	--
6 Neuroticism	.53**	.53**	.21*	-.31**	-.34**	1.00	--	--	--	--	--	--	--	--
7 Social Desirability	-.27**	-.31**	-.16	.11	.03	-.28**	1.00	--	--	--	--	--	--	--
8 Impulsiveness	.38**	.38**	.10	-.13	-.12	.67**	-.20*	1.00	--	--	--	--	--	--
9 Escape-avoidance	.38**	.32**	.11	-.19	-.08	.42**	-.30**	.26**	1.00	--	--	--	--	--
10 Planful Problem Solving	-.34**	-.17	-.10	.11	.23*	-.15	.13	-.07	-.02	1.00	--	--	--	--
11 Positive Reappraisal	-.26**	-.10	-.08	.11	.24*	-.04	.07	.01	.13	.64**	1.00	--	--	--
12 Mental Preparedness	-.33**	-.24*	-.13	.21*	.23*	-.42**	.16	-.21*	-.16	.31**	.22*	1.00	--	--
13 Physical Preparedness	-.34**	-.26**	-.20*	.21*	.22*	-.35**	.12	-.17	-.06	.28**	.23*	.53**	1.00	--
14 Deterioration in Medical Status	.22*	.07	.08	.03	.01	.10	-.04	.06	.02	.00	.01	-.11	-.00	1.00

Note.

*p < .05. **p < .01.

Critical r (190) = .20, p < .05.

Critical r (190) = .25, p < .01.

APPENDIX L

INTER-CORRELATIONS BETWEEN FACTORS AFFECTING INDIVIDUAL PHYSICAL PROFICIENCY TEST RESULTS

APPENDIX L

Table 53. Inter-correlations between Factors Affecting Individual Physical Proficiency Test Results

Factors	1	2	3	4	5	6	7
1 IPPT Points	1.00	--	--	--	--	--	--
2 Total Personal Problems	-.21*	1.00	--	--	--	--	--
3 Neuroticism	-.22*	.53**	1.00	--	--	--	--
4 Impulsiveness	-.25**	.38**	.67**	1.00	--	--	--
5 Planful Problem Solving	.26**	-.17	-.15	-.07	1.00	--	--
6 Physical Preparedness	.24*	-.26*	-.35*	-.17	.28**	1.00	--
7 Physical Fitness Level Before Enlistment	.28**	-.07	-.08	-.05	.11	.19	1.00

Note.

* $p < .05$.

** $p < .01$.

Critical r (190) = .20, $p < .05$.

Critical r (190) = .25, $p < .01$.

APPENDIX M

**INTER-CORRELATIONS OF SCALES ON THE EYSENCK PERSONALITY
SCALES**

APPENDIX M

Table 54. Inter-correlations of Scales on the Eysenck Personality Scales

Personality	1	2	3	4	5
1 Extraversion	1.00	--	--	--	--
2 Neuroticism	-.34**	1.00	--	--	--
3 Psychoticism	-.08	.24*	1.00	--	--
4 Social Desirability	.03	-.28**	-.36**	1.00	--
5 Impulsiveness	-.12	.67**	-.02	-.20*	1.00

Note.

* $p < .05$ ** $p < .01$

Critical r (200) = .20, $p < .05$

Critical r (200) = .25, $p < .01$

APPENDIX N
INTER-CORRELATIONS OF SCALES ON THE WAYS OF COPING
QUESTIONNAIRE

APPENDIX N

Table 55. Inter-correlations of Scales on the Ways of Coping Questionnaire

Coping Strategies	1	2	3	4	5	6	7	8
1 Accepting Responsibility	1.00	--	--	--	--	--	--	--
2 Confrontative Coping	.45**	1.00	--	--	--	--	--	--
3 Distancing	.28**	.33**	1.00	--	--	--	--	--
4 Escape-Avoidance	.21**	.47**	.39**	1.00	--	--	--	--
5 Planful Problem- Solving	.52**	.45**	.19*	-.09	1.00	--	--	--
6 Positive Reappraisal	.49**	.52**	.22**	.13	.66**	1.00	--	--
7 Self-Controlling	.50**	.31**	.40**	.27**	.52**	.43**	1.00	--
8 Seeking Social Support	.40**	.37**	.12	.08	.50**	.47**	.32**	1.00

Note:

Mean scores across Day 1, Week 3 and Week 10 are given.

* $p < .05$.

** $p < .01$.

Critical r (192) = .16, $p < .05$. Critical r (192) = .25, $p < .01$.