

CONSENT STATEMENT
RELAXATION PREDICTION FACTORS
ROOSEVELT UNIVERSITY STRESS INSTITUTE
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The purpose of this study is to compare different types of experiences and ideas people have about relaxation activities. This project is being conducted by the Roosevelt University Stress Institute under the supervision of its Director, Dr. Jonathan C. Smith. It has been approved by the Roosevelt University Institutional Review Board. Completion of this three-page questionnaire should take about 10 minutes and has no known risks. The potential benefits of this study are an increase in our understanding of the effects of different types of relaxation activities.

Participation in this study is entirely voluntary and you may choose to discontinue participation at any time without penalty. This project is completely anonymous. Please do not put your name on the questionnaire.

Questionnaires will be kept in the office of the Roosevelt University Stress Institute (room 1263, Roosevelt University, 430 S. Michigan Ave., Chicago, IL 60605) for two years. When required by law, the records of this study may be reviewed by an appropriate government agency. You may not obtain your personal scores on the questionnaires in this study; however, results will be posted on [Http://faculty.roosevelt.edu/jsmith](http://faculty.roosevelt.edu/jsmith). You may have a copy of this consent form for your records.

You may contact us at: (312) 341-3753 or e-mail us at jsmith@roosevelt.edu. If you would rather speak with someone other than the researcher, you may contact the Roosevelt University Institutional Review Board at (847) 619-8830. If you have questions or concerns about the rights of participants, or ethical concerns, you may contact the Roosevelt University Ethics Officer at (312) 341-3762

There are many relaxation techniques, including muscle relaxation, yoga, breathing exercises, imagery, self-suggestion, imagery/visualization, and meditation.

Please rate how well each of the following statements fit you. Please use this key.

“I might want to learn to relax in order to . . . ” (rate each statement)

①	②	③	④
NOT	SLIGHTLY	MODERATELY	VERY
INTERESTED	INTERESTED	INTERESTED	INTERESTED

(G)

- | | |
|---|--|
| <ul style="list-style-type: none"> 1. Reduce physical tension in my muscles. 2. Feel a state of nice detachment (where I feel far away and indifferent to the concerns of the day). 3. Manage anger and irritation. 4. Increase my energy level. 5. Experience an “altered state of consciousness.” 6. Deal with distracting concerns and worries. 7. Manage anxiety or nervousness. 8. Resist I and deal with unwanted urges and addictions. 9. Manage pain or discomfort 10. Increase my self-control. 11. Experience mental quiet, where my mind is still and without thought 12. Feel spiritual (prayerful, reverence). 13. Think of new ideas and insights. 14. Deepen my relationship to God or my Higher Power. 15. Be more creative or inventive 16. Improve my productivity and effectiveness. 17. Help the healing and recovery process. 18. Have fun and enjoy myself. 19. Deal with insomnia and sleep better. 20. Overcome “creative blocks.” 21. Experience “getting high.” 22. Increase my level of motivation and enthusiasm. 23. Reduce feelings of fatigue. 24. Stay healthy. 25. To keep focused on what I’m doing. 26. Improve my sexual performance. | <ul style="list-style-type: none"> 27. Do better at I sports or fitness exercises. 28. Help me I at work or school. 29. Learn how to have effective “catnaps” or “power naps.” 30. Reduce manage stress, tension, negative emotion, or worry. 31. Manage physical pain, discomfort, or other negative symptoms. 32. Speed up recovery from I illness, injury, or surgery. 33. Maintain health and resistance to disease. 34. Increase my energy level, strength, and stamina for work, sports, and life and its activities. 35. Increase my ability to calmly sustain focus on a, ignore external distraction, and cope with diverting impulses and desires to do something else. 36. Help me finish what I want to do and resist distracting or disruptive impulses and urges (to smoke, drink, eat, take drugs, give in to boredom). 37. Enhance my effectiveness at work, school or sports 38. Have fun and enjoy myself, to contribute to the enjoyment of other activities. 39. Increase my creativity, overcome “creative blocks,” and nurture an expressive sources of ideas and insights. 40. Enhance personal spirituality, to celebrate and relate to God or my Higher Power, or to deepen my relationship to God or Higher Power. 41. Develop a meditative or mindful state of awareness in which I am calmly aware and focus, both during times of quiet and times of action. 42. Stretch out the tensions of the day. 43. Help me when I feel “blue,” “down,” or depressed. 44. Deal with feelings of frustration. |
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PLEASE CONTINUE ON NEXT PAGE

"I want more of this . . ."

①	②	③	④
NOT	SLIGHTLY	MODERATELY	VERY
INTERESTED	INTERESTED	INTERESTED	INTERESTED

- (R)
1. I want my mind to be SILENT and calm (not thinking about anything).
 2. I want my muscles to feel less TIGHT and TENSE (clenched fist or jaws; furrowed brow).
 3. I want to feel AT PEACE.

 4. I want to be able to get DROWSY and SLEEPY when I need.
 5. I want to experience things that are AMAZING, AWESOME, and EXTRAORDINARY.
 6. I want to feel the wisdom of sometimes ACCEPTING things as they are.

 7. I want my muscles to feel RELAXED and LIMP.
 8. I want to feel HAPPY.
 9. I want to WORRY less.

 10. I want to feel AT EASE.
 11. I want to feel DISTANT and FAR AWAY from my cares and concerns.
 12. I feel ENERGIZED, CONFIDENT, and STRENGTHENED.

 13. I want to be able to DOZE OFF and NAP.
 14. I want to feel THANKFUL.
 15. I to live fully and SIMPLY in the PRESENT, not distracted by past or future concerns.

 16. I want to have feelings where things seem TIMELESS, BOUNDLESS, or INFINITE
 17. I want to feel less IRRITATED or ANGRY.
 18. I want to feel JOYFUL.

 19. I want to feel less SAD, DEPRESSED, or BLUE.
 20. I want to feel AWARE, FOCUSED, and CLEAR.
 21. I want my hands, arms, or legs to feel SO RELAXED that they feel WARM and HEAVY.

 22. I want to feel INNOCENT and CHILDLIKE.
 23. I want my BREATHING to be less NERVOUS and UNEVEN (Or shallow and hurried).
 24. I want to feel LOVING.

 25. I want to feel FRESH and NEW, as if I am seeing things for the first time.
 26. I want to feel INDIFFERENT and DETACHED from my cares and concerns.
 27. I want to feel PRAYERFUL or REVERENT.

 28. I want to feel less PHYSICAL DISCOMFORT or PAIN (backaches, headaches, fatigue)
 29. I want my mind to be QUIET and STILL.
 30. I want to feel less ANXIOUS.

 31. I want to feel the DEEP MYSTERY of things beyond my understanding.
 32. I want to feel RESTED and REFRESHED
 33. I want to feel CAREFREE.

 34. I want fewer TROUBLESOME THOUGHTS to go through my mind.
 35. I want my body to feel PHYSICALLY RELAXED.
 36. I want to feel there's no need to try to change things that simply can't be changed.

 37. I want to feel fully focused and ABSORBED in what I am doing
 38. I want to feel OPTIMISTIC, HOPEFUL, or TRUSTING that I can rely on someone or something.

Please rate how well each of the following statements fit you. Please use this key.

①	②	③	④
FITS	FITS	FITS	FITS
NOT AT ALL	SLIGHTLY	MODERATELY	VERY WELL

(A)

- I have a physical problem or condition that might limit the extent I could move my limbs during some relaxation exercises.
- I am not a particularly spiritual person.
- I am too easily distracted to try meditation.
- I am a quiet person and enjoy the solitude of being by myself.
- I think I am generally a calm and relaxed person.
- I think I would find it hard to focus during a relaxation exercise.
- I am good at fantasy and visualization.
- I have an imaginative and spiritual side.
- I can get so absorbed in a story that it seems almost real.
- I would have difficulty concentrating during a relaxation exercise.
- I have breathing difficulties that might interfere with what relaxing exercises I can do.
- I might seriously consider a relaxation exercise that I can learn quickly and practice almost anywhere (at work, at school, on the bus).
- I might seriously consider a relaxation exercise that is strictly practical, not related to spirituality or "inner growth."
- I might seriously consider a relaxation exercise that involves yoga.
- I might seriously consider a relaxation exercise that involves massage.
- I might seriously consider a relaxation exercise that involves meditation.
- I might seriously consider a relaxation exercise that involves some action, stimulation, and excitement.
- I might seriously consider a physical exercise, one that involve some sort of physical movement.
- I might seriously consider a mental relaxation exercise, one that involves little physical movement.
- I might seriously consider a relaxation exercise that involves a lot of silence, and a minimum of instructor guidance.

(H)

- I have my own stretching exercises.
- I have my own muscle relaxation exercise.
- I have my own form of relaxing self-suggestion.
- I have my own form of self-hypnosis.
- I have my own breathing exercises.
- I have my own meditation exercise.
- I have learned mindfulness or Zen meditation.
- I have my own imagery or visualization exercise.
- I have my own prayer techniques.
- I might seriously consider a relaxation exercise that involves a moderate amount of instructor guidance and assistance.
- I might seriously consider a relaxation exercise that involves clearly described rules and formal instructions at every step.
- I might seriously consider a relaxation exercise that involves relatively few formal rules and formal instructions.

(P)

- I enjoy sports or physical activity.
- I might seriously consider mindfulness meditation or Zen meditation.
- I enjoy a good hot bath.
- Visualization and imagery DO NOT appeal to me.
- I might seriously consider a relaxation exercise that involves imagery or fantasy.
- I might seriously consider a relaxation exercise that involves a safe and easy form of self-hypnosis.
- I might seriously consider a relaxation exercise that involves simple stretching.
- I might seriously consider relaxation exercises that involves deep breathing.
- I might seriously consider a visualization relaxation exercise.
- I might seriously consider a simple breathing exercise to breathe out tension.

YOUR AGE: _____

GENDER: M F