

The CAT

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

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

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

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

Scoring Key

Positive affect= $q9+q10+q12+q13+q18+q19$

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

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

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