

ID: _____

DATE: ___/___/___

DOTS-R

AGE: ___

MALE: 1 FEMALE: 2

REVISED DIMENSIONS OF TEMPERAMENT SURVEY

HOW TO ANSWER: On the following pages are some statements about how people like you may behave. Some of the statements may be true of your own behavior, and others may not apply to you. For each statement we would like you to indicate if the statement is usually true of you, is more true than false of you, is more false than true of you, or is usually false of you. There are no "right" or "wrong" answers because all people behave in different ways. All you have to do is answer what is true for you.

To what extent does each statement describe how you act/react to your environment?

| | usually FALSE <u>1</u> | more FALSE than true <u>2</u> | more TRUE than false <u>3</u> | usually TRUE <u>4</u> |
|---|------------------------------|-------------------------------------|-------------------------------------|-----------------------------|
| 1. It takes me a long time to get used to a new thing in the home. | 1 | 2 | 3 | 4 |
| 2. I can't stay still for long. | 1 | 2 | 3 | 4 |
| 3. I laugh and smile at a lot of things. | 1 | 2 | 3 | 4 |
| 4. I wake up at different times. | 1 | 2 | 3 | 4 |
| 5. Once I am involved in a task, nothing can distract me from it. | 1 | 2 | 3 | 4 |
| 6. I persist at a task until it's finished. | 1 | 2 | 3 | 4 |
| 7. I move around a lot. | 1 | 2 | 3 | 4 |
| 8. I can make myself at home anywhere. | 1 | 2 | 3 | 4 |
| 9. I can always be distracted by something else, no matter what I may be doing. | 1 | 2 | 3 | 4 |
| 10. I stay with an activity for a long time. | 1 | 2 | 3 | 4 |
| 11. If I have to stay in one place for a long time, I get very restless. | 1 | 2 | 3 | 4 |
| 12. I usually move towards new objects shown to me. | 1 | 2 | 3 | 4 |
| 13. It takes me a long time to adjust to new schedules. | 1 | 2 | 3 | 4 |
| 14. I do not laugh or smile at many things. | 1 | 2 | 3 | 4 |
| 15. If I am doing one thing, something else occurring won't get me to stop. | 1 | 2 | 3 | 4 |
| 16. I eat about the same amount for dinner whether I am at home, visiting someone, or traveling. | 1 | 2 | 3 | 4 |
| 17. My first reaction is to reject something new or unfamiliar to me. | 1 | 2 | 3 | 4 |
| | usually FALSE | more FALSE than true | more TRUE than false | usually TRUE |

| | <u>1</u> | <u>2</u> | <u>3</u> | <u>4</u> |
|--|----------|------------|-----------|----------|
| 18. Changes in plans make me restless. | 1 | 2 | 3 | 4 |
| 19. I often stay still for long periods of time. | 1 | 2 | 3 | 4 |
| 20. Things going on around me can <i>not</i> take away from what I am doing. | 1 | 2 | 3 | 4 |
| 21. I take a nap, rest, or break at the same times every day. | 1 | 2 | 3 | 4 |
| 22. Once I take something up, I stay with it. | 1 | 2 | 3 | 4 |
| 23. Even when I am supposed to be still, I get very fidgety after a few minutes. | 1 | 2 | 3 | 4 |
| 24. I am hard to distract. | 1 | 2 | 3 | 4 |
| 25. I usually get the same amount of sleep each night. | 1 | 2 | 3 | 4 |
| 26. On meeting a new person I tend to move toward him or her. | 1 | 2 | 3 | 4 |
| 27. I get hungry about the same time each day. | 1 | 2 | 3 | 4 |
| 28. I smile often. | 1 | 2 | 3 | 4 |
| 29. I never seem to stop moving. | 1 | 2 | 3 | 4 |
| 30. It takes me no time at all to get used to new people. | 1 | 2 | 3 | 4 |
| 31. I usually eat the same amount each day. | 1 | 2 | 3 | 4 |
| 32. I move a great deal in my sleep. | 1 | 2 | 3 | 4 |
| 33. I seem to get sleepy just about the same time every night. | 1 | 2 | 3 | 4 |
| 34. I do not find that I laugh often. | 1 | 2 | 3 | 4 |
| 35. I move towards new situations. | 1 | 2 | 3 | 4 |
| 36. When I am away from home I still wake up at the same time each morning. | 1 | 2 | 3 | 4 |
| 37. I eat about the same amount at breakfast from day to day. | 1 | 2 | 3 | 4 |
| 38. I move a lot in bed. | 1 | 2 | 3 | 4 |
| | usually | more FALSE | more TRUE | usually |

| | <u>FALSE</u> | <u>than true</u> | <u>than false</u> | <u>TRUE</u> |
|--|--------------|------------------|-------------------|-------------|
| | <u>1</u> | <u>2</u> | <u>3</u> | <u>4</u> |
| 39. I feel full of pep and energy at the same time each day. | 1 | 2 | 3 | 4 |
| 40. I have bowel movements at about the same time each day. | 1 | 2 | 3 | 4 |
| 41. No matter when I go to sleep, I wake up at the same time the next morning. | 1 | 2 | 3 | 4 |
| 42. In the morning, I am still in the same place as I was when I fell asleep. | 1 | 2 | 3 | 4 |
| 43. I eat about the same amount at supper from day to day. | 1 | 2 | 3 | 4 |
| 44. When things are out of place, it takes me a long time to get used to it. | 1 | 2 | 3 | 4 |
| 45. I wake up at the same time on weekends and holidays as on other days of the week. | 1 | 2 | 3 | 4 |
| 46. I don't move around much at all in my sleep. | 1 | 2 | 3 | 4 |
| 47. My appetite seems to stay the same day after day. | 1 | 2 | 3 | 4 |
| 48. My mood is generally cheerful. | 1 | 2 | 3 | 4 |
| 49. I resist changes in routine. | 1 | 2 | 3 | 4 |
| 50. I laugh several times a day. | 1 | 2 | 3 | 4 |
| 51. My first response to anything new is to move my head toward it. | 1 | 2 | 3 | 4 |
| 52. Generally I am happy. | 1 | 2 | 3 | 4 |
| 53. The number of times I have a bowel movement on any day varies from day to day. | 1 | 2 | 3 | 4 |
| 54. I never seem to be in the same place for long. | 1 | 2 | 3 | 4 |