

## Type A Behaviour

Name \_\_\_\_\_ Date \_\_\_\_\_

	Never	Almost never	Some times	Usually	Almost always	Always
<b>For each question, please tick the box that best represents your behaviour.</b>	0 pt	1 pt	2 pts	3 pts	4 pts	5 pts
1. Are you late for appointments?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Are you competitive when playing games you play at home or at work?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. In conversations do you anticipate what others are going to say (head nod, interrupt, finish sentences for them?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you have to do things in a hurry?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you get impatient in queues or traffic jams?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you try to do several things at once and think about what you are about to do next?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you feel you do most things quickly (eating, walking, talking, driving)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you get easily irritated over trivia?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. If you make a mistake, do you get angry with yourself?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you find fault with, and criticize other people?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Calculate your score using the points</b>						
<b>Multiply your score by 2 for your total</b>						

Evaluation	
0-39	<p>You are slightly and/or rarely impatient and aggravated. You create hardly any unnecessary stress for yourself and your health is probably unaffected.</p> <p style="text-align: right;"><b>Type B</b></p>
40-59	<p>You are fairly and/or occasionally impatient and aggravated. You create some unnecessary stress for yourself and this may affect your health.</p> <p style="text-align: right;"><b>Mild Type B</b></p>
60-79	<p>You are very/or often impatient and aggravated. You generate much unnecessary stress for yourself and this may affect your health.</p> <p style="text-align: right;"><b>Moderate Type A</b></p>
80-100	<p>You are extremely and/or usually impatient and aggravated. You generate TOO MUCH unnecessary stress for yourself and this may affect your health.</p> <p style="text-align: right;"><b>Extreme Type A</b></p>
<p>NOTE: This is a self-assessment of your Type A Behaviour. It is only as accurate as you are honest in your answers. Furthermore Type A are often blind to their own behaviour: for example doing things fast. Type As might not think they are as fast as they actually are.</p>	