

Questionnaire on centenarian psychology

DO YOU HAVE :		No Never	Little Rarely +/-	Medium Average +	Much Often ++	Constant Always +++
1	The will to continue living, even with a handicap?	0	1	2	3	4
2	The courage to grow old and look old?	0	1	2	3	4
3	Projects for the future?	0	1	2	3	4
4	The impression of being useful?	0	1	2	3	4
5	An active profession?	0	1	2	3	4
6	Adaptability to new situations?	0	1	2	3	4
7	Positive attitudes (a tendency to see the good, the sunny side of life and to express it in many positive words and actions)?	0	1	2	3	4
8	Do you avoid excessive stress and anxiety?	0	1	2	3	4
9	Do you cope well with problems, resourcefulness (easy problem solving)?	0	1	2	3	4
10	Self-determination (you determine your own life, not somebody else does if for you)?	0	1	2	3	4
11	A good memory, clear thinking?	0	1	2	3	4
12	A high Intelligence and education?	0	1	2	3	4
13	A tendency to develop good social contacts?	0	1	2	3	4
14	Love and loving attitudes?	0	1	2	3	4
15	A high sexual activity?	0	1	2	3	4
16	Close family life?	0	1	2	3	4
17	A feeling of freedom?	0	1	2	3	4
18	Passion, the "sparkle of life", some eccentricity?	0	1	2	3	4
19	Humor?	0	1	2	3	4
20	A feeling of being young inside, even in an old body?	0	1	2	3	4
21	Religious faith and spirituality?	0	1	2	3	4
22	Basic values and beliefs in ecology, morality, duty, etc. ?	0	1	2	3	4
23	A well-balanced sleep-wake cycle?	0	1	2	3	4
24	A well-balanced work rhythm?	0	1	2	3	4
25	A good sleep?	0	1	2	3	4
26	Anxiety?	5	4	3	2	0
27	Depression?	5	4	3	2	0
28	Stress?	5	4	3	2	0
29	Aggressiveness?	5	4	3	2	0
30	A tendency to keep negative emotions inside of yourself?	5	4	3	2	0
TOTAL						
OVERALL TOTAL						
SCORE	Between 0 and 29	Very low score, you should urgently improve if you want to live long				
	Between 30 and 60	Low score, your are impairing your life expectancy, please be positive				
	Between 60 and 90	You can live a normal lifespan, but being even more positive will help reduce the risk of disease and help live longer than others				
	Between 90 and 110	You are a positive person. People must enjoy being with you. You may live 10 to 13 years longer than average				
	Between 111 and 120	Psychologically, you have the possibility to live up to 100 years and beyond.				