

I. ИЗМЕРИ ЕМОЦИИТЕ

[Examine feelings]

МЕТОДИКИ ЗА САМООЦЕНКА НА:	АДАПТИРАНИ НА ОСНОВАТА НА:	БРОЙ СТИМУЛИ
1. БАЛАНС В ЕМОЦИИТЕ И НИВО НА НЕЩАСТИЕТО	Emotional Balance and Misery Index (Diener et al. 2010; Kahneman & Kruger, 2006)	90
2. СЛОЖНИ ЧУВСТВА	Affective Scenes (Demorest et al., 2010)	24
3. СОЦИАЛНА ЖЕЛАТЕЛНОСТ	Social Desirability-Gamma Short Scale (Nießen et al., 2019)	6

Връзка към допитването: <https://testrain.info/short/introbg.php>

English version: <https://testrain.info/short/intro.php>

Резултати се получават веднага.

Начална дата: 01.11.2020 г.

ВАЖНО! Индивидуалните резултатите от допитвания II. – V. се актуализират на 24 часа.

II. РАЗПОЗНАВАШ ЛИ ДОБРЕ ЕМОЦИИ И КАК СЕ ЧУВСТВАШ КАТО ЦЯЛО?

[Do you recognize emotions and how do you feel at general?]

МЕТОДИКИ ЗА САМООЦЕНКА НА:	АДАПТИРАНИ НА ОСНОВАТА НА:	БРОЙ СТИМУЛИ
1. РАЗПОЗНАВАНЕ НА ЕМОЦИИ	Facial Emotions Recognition Task (Ekman & Friesen, 1975)	30
2. ЕМОЦИОНАЛЕН БАЛАНС	Affective Balance Scale (Bradburn, 1969)	10
3. ЧЕРТИ НА ЛИЧНОСТТА	Big Six Inventory-12 (Rammstedt & John, 2007)	12
4. СОЦИАЛНА ЖЕЛАТЕЛНОСТ	The Balanced Inventory of Desirable Responding Short Form (Hart et al., 2011)	16
5. ПРЕУСПЯВАНЕ	Brief Inventory of Thriving (Su et al., 2014)	10

Връзка към допитването: <https://forms.office.com/r/v3NniXkx41>

Резултати: <https://testrain.info/download/recognition.xls>

Начална дата: 22.09.2021 г.



III. КОИ СА ТВОИТЕ СИЛНИ И СЛАБИ СТРАНИ?

[Explore your strengths and weaknesses]

МЕТОДИКИ ЗА САМООЦЕНКА НА:	АДАПТИРАНИ НА ОСНОВАТА НА:	БРОЙ СТИМУЛИ
1. ПЕТ ЧЕРТИ НА ЛИЧНОСТТА	Big Five Inventory-2-S (Soto & John, 2017)	30
2.1 ПРЕДИМСТВА И СЛАБОСТИ (първи етап, за 7-17 години)	The Strengths and Difficulties Questionnaire (Goodman, 1997)	25
2.2 ЛИЧНИ ТРУДНОСТИ (втори етап, >10 годишни)	The Personality Inventory For DSM-5 Brief Form (Krueger et al., 2013)	25
3. СОЦИАЛНА ЖЕЛАТЕЛНОСТ	The Balanced Inventory of Desirable Responding Short Form (Hart et al., 2015)	16
4. ПРЕУСПЯВАНЕ	Brief Inventory of Thriving (Su et al., 2015)	10

Връзка към допитването от първия етап: <https://forms.office.com/r/0cz6tKeP0N> и

връзка към втория етап: <https://forms.office.com/r/X55wR7F09e>

Резултати от първия етап са достъпни на <https://testrain.info/download/results.xls>.

Резултати от втория етап са достъпни на <https://testrain.info/download/feedback.xls>

Начална дата: 27.11.2020 г.

IV. КАКВО ТИ ПОМАГА И ПРЕЧИ ДА СЕ ЧУВСТВАШ ДОБРЕ?

[What helps you and hinders you to feel good during the COVID-19 pandemic?]

МЕТОДИКИ ЗА САМООЦЕНКА НА:	АДАПТИРАНИ НА ОСНОВАТА НА:	БРОЙ СТИМУЛИ
1. ЕМОЦИОНАЛЕН БАЛАНС	Affective Balance Scale (Bradburn, 1969)	10
2. ЧЕРТИ НА ЛИЧНОСТТА	Big Six Inventory-12 (BSI-12; Rammstedt & John, 2007)	12
3. ПОДХОДИ ЗА СПРАВЯНЕ	Brief-COPE Scale (Carver, 1997)	28
4. СОЦИАЛНА ЖЕЛАТЕЛНОСТ	The Balanced Inventory of Desirable Responding Short Form (Hart et al., 2011)	16
5. ПРЕУСПЯВАНЕ	Brief Inventory of Thriving (Su et al., 2014)	10
6. СПАЗВАНЕ НА МЕРКИТЕ СРЕЩУ COVID-19	Compliance with COVID-19 Measures (Roma et al. 2020)	10

Връзка към допитването: <https://forms.office.com/r/VcQvuZwz49>

Резултати: <https://testrain.info/download/feelgood.xls>

Начална дата: 01.09.2021 г.



V. КАКВО ТЕ КАРА ДА СЕ ЧУВСТВАШ ДОБРЕ И КАК ГО ПОСТИГАШ?

[What makes you feel good and how do you achieve it?]

МЕТОДИКИ ЗА САМООЦЕНКА НА:	АДАПТИРАНИ НА ОСНОВАТА НА:	БРОЙ СТИМУЛИ
1. ЕМОЦИОНАЛЕН БАЛАНС	Affective Balance Scale (Bardburn, 1969)	10
2. УДОВЛЕТВОРЕНИЕ ОТ ЖИВОТА.	Satisfaction with life Scale (Diener et al., 1985)	5
3. ИЗДРЪЖЛИВОСТ НА ИЗПИТАНИЯ	Brief Resilience Scale (Smith et al., 2008)	6
4. ПЕТ ЧЕРТИ НА ЛИЧНОСТТА.	Ten-Item Personality Inventory (TIPI; Goslin et al., 2003)	10
5. ЕМОЦИОНАЛНА РЕГУЛАЦИЯ	Emotion Regulation Questionnaire (Gross & John, 2003)	10
6. ЧУВСТВИТЕЛНОСТ КЪМ ЛИЧНИТЕ ПРЕЖИВЯВАНИЯ, МНЕНИЕТО НА ДРУГИТЕ И ПРИТЕСНИТЕЛНОСТ.	Private self-consciousness, Public self-consciousness & Social anxiety Scale (Fenigstein et al., 1975)	15
7. ЕМОЦИОНАЛНА ИЗРАЗИТЕЛНОСТ.	Berkeley Expressivity Questionnaire (Gross & John, 1997)	16
8. ПРОТИВОРЕЧИЕ В ИЗРАЗЯВАНЕ НА ЕМОЦИИ.	Ambivalence Over Emotional Expressiveness Questionnaire – SV (King & Emmons, 1991)	12
9. СОЦИАЛНА ЖЕЛАТЕЛНОСТ.	Social Desirability-Gamma Short Scale (Nießen et al., 2019)	6
10. ПОДХОДИ ЗА СПРАВЯНЕ СЪС СТРЕСА.	Brief-COPE Scale (Carver, 1997)	28
11. СМИСЪЛЪТ В ЖИВОТА.	Meaning in Life Questionnaire (Steger et al., 2006)	10
12. ТЪМНАТА ЧЕТВОРКА	The Short Dark Tetrad (SD4, Paulhus, 2020)	28
13. АВТЕНТИЧНОСТ.	Authenticity Scale (Wood et al., 2008)	12
14. СОЦИАЛНА ЖЕЛАТЕЛНОСТ.	The Balanced Inventory of Desirable Responding - Brief Form (Hart et al., 2015).	6
15. ПРЕУСПЯВАНЕ.	Brief Inventory of Thriving (Su et al., 2015)	10
16. ПОСТОЯНСТВО И ОТДАДЕНОСТ НА ЖИТЕЙСКИ ЦЕЛИ.	Short grit Scale (Grit-s; Duckworth & Quinn, 2009)	12

Връзка към допитването: <https://forms.office.com/r/mg91jAL398>

English version: <https://forms.office.com/r/kpehN4zr6>

Резултати: <https://testrain.info/download/reflections.xls>

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Описание на показателите е достъпно на адреса <https://testrain.info/download/constructs.pdf>

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