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DEFENSE MECHANISMS OF AN
ALCOHOLIC POPULATION AS COMPARED
TO A NORMAL POPULATION



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DEFENSE MECHANISMS OF AN
ALCOHOLIC POPULATION AS COMPARED TO A
NORMAL POPULATION

by

Ronald G. Aldridge
Gail I. Baxter
Lowell M. Nofziger
Anita L. Roggenbuck
Robert L. Shimanski
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AN ABSTRACT

Submitted in partial fulfillment
of the requirements for
the degree of

MASTER OF SOCIAL WORK

Michigan State University
School of Social Work
East Lansing, Michigan

1967

THESIS

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AN ABSTRACT

From an understanding of the psychosexual development of individuals as well as the resultant pattern of defenses which the ego uses to ward off anxiety, the following hypotheses regarding alcoholics' defenses were formulated:

Hypothesis #1: Alcoholics differ from an established norm on the use of ego defense mechanisms.

Hypothesis #2: With an increase in sobriety, the alcoholic will differ less from normals in the use of the ego defense mechanism of turning-against-self.

It was theorized that alcoholic persons lack assertive, aggressive defenses in their attempts to cope with stressful situations and therefore use turning-against-object very little. In an effort to allay anxiety, alcoholics tend to internalize stress, thus turning-against-self. It is known that alcoholics tend to deny reality situations and frequently use drinking to reinforce the defense of denial (reversal). Because alcoholics are frequently viewed as persons with little ego strength, it would follow that the defense of principalization would be used less than it would by non-alcoholics. The preceding is in keeping with the established norms which indicate that dependent subjects are high on turning-against-self and reversal, but low on turning-against-object.

The instrument selected to measure the ego defense patterns was the Defense Measuring Instrument (DMI).

The investigation of the major problem included a research group of 54 subjects. These subjects were divided into three groups: (1) active alcoholics who had been admitted for treatment at Hurley Hospital in Flint, Michigan; (2) active alcoholics who were clients of the Flint Committee on Alcoholism; and (3) inactive alcoholics who were clients of the Flint Committee on Alcoholism.

Because the DMI and accompanying questionnaire were self-explanatory and no directions were necessary, it was administered to the subjects by hospital personnel and staff members of the Flint Committee on Alcoholism.

When the data regarding the ego defense patterns of alcoholics was computed and analyzed, the following results were obtained.

Alcoholics differed from normals in these ways: they were (1) lower on the use of turning-against-others; (2) lower on principalization; (3) higher on turning-against-self; and (4) higher on reversal. Further, it was found that with an increase in length of sobriety, the alcoholics' use of turning-against-self approaches that of the established norm. This trend toward the norm, however, was not statistically significant.

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We wish to acknowledge those who assisted in administering the tests without whose cooperation this study would not have been possible: Mr. John Crane of the Flint Committee on Alcoholism, and Mr. Robert Cross, Mr. John Keaton, and their staff of Hurley Hospital in Flint.

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INTRODUCTION

For some time now, laymen, psychologists, and social workers have been impressed by the phenomenon of compulsive drinking found in alcoholics. Both physiological deterioration and ego breakdown are seen, but a scientifically prepared demonstration of the cause-effect relationship in alcoholism is lacking. Much of the confusion seems to stem from the difficulty in typifying the alcoholic personality. Several psychological testing instruments have been administered in an attempt to find some homogeneity among alcoholic subjects. Many trends have been noted and generalizations drawn, resulting in contradictory theories. Stimulated by this previously unsuccessful search for a profile of the alcoholic personality, the present study used a recently developed defense measuring instrument to determine the ego defense mechanisms of alcoholics.

Statement of purpose

The purpose of this study is to examine the ego defense mechanisms of alcoholics. The object of this examination is twofold: (1) to show that alcoholics differ from an established norm in the use of defense mechanisms, and (2) to show that with increasing continuous sobriety, the alcoholic's use of turning-against-self will differ less from the norm. Since the defense mechanisms of alcoholics have not been scientifically outlined, this study may contri-

bute to an understanding of the alcoholic personality.

Definition of terms

As defined in this study, the term "alcoholic" refers to a person who has been medically diagnosed as an alcoholic and/or is a member of Alcoholics Anonymous. "Ego defense mechanisms" are the methods, conventionally defined, which are used by the ego (self) to protect against experiencing excessive anxiety. This is a dynamic process which involves coming to terms with affects, fantasies, and memories associated with instinctual impulses. Ego defense mechanisms have been catagorized under five titles, and each is defined on page 9. The "established norm" is defined in the section describing the Defense Measuring Instrument.

Review of Literature

According to psychoanalytic theory, the inability of an infant to meet his own biological needs results in a state of tension. Continued high states of biological tension are experienced as diffuse anxiety, which is later differentiated into specific ego emotions. The ego then learns to ward off dangerous or inappropriate internal impulses and external stimuli in order to protect itself from painful anxiety. Mechanisms that were first directed toward external stimuli may become turned against inner drives if sufficient anxiety is not alleviated. The ego's primary aim is to reduce anxiety, and it is paradoxical that, in order to do so, it must turn against its own desires. This happens for two

reasons: (1) The infant realizes his needs must be met externally. Since the external world cannot always be at his immediate disposal, he experiences pain. The memory of previous painful experiences provides him with the first impression that his primary excitations may be dangerous, and these must be repressed. (2) The violent force of his own repressed impulses is projected and makes him expect drastic punishment from a misunderstood external world.¹ He then becomes guilty because he feels he deserves this punishment, but since others do not give it to him, he resorts to self-punishment, and "turns-against-self" in order to reduce anxiety.

Throughout the literature, the alcoholic personality has been variously described as follows. Arieti,² Cameron,³ Fox,⁴ Lewis,⁵ Peltenburg,⁶ Pike,⁷ and Sapir⁸ typify the

¹Otto Fenichel, The Psychoanalytic Theory of Neurosis, New York: W.W. Norton and Company, Inc., 1956.

²Silvano Arieti, Ed., American Handbook of Psychiatry, Vol. 1. New York: Basic Books, Inc., 1959.

³Norman Cameron, Personality Development and Psychopathology, Boston: Houghton Mifflin Company, 1963.

⁴Ruth Fox, "Psychiatric Aspects of Alcoholism," American Journal of Psychotherapy, Vol. 19, No. 3 (408-416), 1965.

⁵Margaret L. Lewis, "The Initial Contact with Wives of Alcoholics," Social Casework, Vol. 27, No. 2, 1956.

⁶Cathrin M. Peltenburg, "Casework with the Alcoholic Patient," Social Casework, Vol. 27, No. 2, 1956.

⁷Lillian Pike, Ed., Manual on Alcoholism for Social Workers, North Carolina: 1965.

⁸Jean V. Sapir, "The Alcoholic as an Agency Client," Social Casework, Vol. 24, No. 7, 1953.

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alcoholic as an oral dependent person who is childishly impulsive. Many authors, including Fox and Pittman,⁹ see the alcoholic as narcissistic; Fenichel says the most obvious trait of an alcoholic is depression, and White,¹⁰ Cameron, and Arieti also believe this to be prevalent. The alcoholic has been described as self-depreciative (Wenneis¹¹), self-destructive (Wenneis, Fox, Kuhn,¹² and Palola¹³), having low self esteem (Fox, Peltenburg) and being emotionally insecure, inconfident, and morally depraved (White, Pike, and Peltenburg). Fox, Peltenburg, Pittman, and Kuhn see guilt as being very common in the alcoholic. He is usually thought to have low ego strength (White), and Borowitz¹⁴ says the alcoholic has so few strengths that he needs to drink until he can achieve ego re-integration--his defense mechanisms are inadequate, leaving him anxiety-ridden (as described by Pittman and Pike). His drinking then dulls his perception and allows him to be relatively anxiety-free.

⁹David J. Pittman, Alcoholism, Illinois: Thomas, 1959.

¹⁰William F. White, "Personality and Cognitive Learning Among Alcoholics with Different Intervals of Sobriety," Psychological Reports, Vol. 16, No. 3. (352-355), 1966.

¹¹Arnold J. Kuhn, Ed., What Family Agencies Can Do to Help Alcoholics and their Families, Illinois: 1962.

¹²Anne C. Wenneis, "Responding to the Emotional Needs of the Alcoholic," Social Casework, Vol. 28, No. 4, 1957.

¹³Ernest B. Palola, Joan K. Jackson, and Daniel Kelleher, "Defensiveness of Alcoholics: Measures Based on the MMPI," Journal of Health and Human Behavior, Vol. 2, No. 3 (185-189).

¹⁴G.H. Borowitz, "Some Ego Aspects of Alcoholism," British Journal of Medical Psychology, Vol. 37, No. 3 (257-263), 1964.

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The alcoholic is usually seen as isolated¹⁵ and detached from social responsibility.

These characteristics describe a dependent, narcissistic, helpless infantile state. Since the ego defense of turning-against-self (TAS) is a result of the primary conflict of insufficiently met dependency needs, the person who uses TAS is referred to as arrested at the oral stage of development and is described as oral dependent. He therefore would be expected to use the ego defense mechanism of TAS more than would a non-alcoholic.

Since the alcoholic is dependent and infantile, he lacks assertiveness and is therefore unable to release anxiety through aggressive behavior. It follows, then, that he would employ the ego defense of "turning-against-others less than a member of a normal population.

As stated above, the alcoholic has low ego strength. Literature on defense mechanisms points to a direct correlation between ego strength and the ego defense of intellectualization (PRN). That is, a low use of PRN points to low ego strength, and conversely. Therefore, the alcoholic would be expected to score lower on PRN than normals.

Much of the literature tends to agree that use of denial as a defense mechanism is inadequate in the alcoholic due to defensive disintegration. Contrary to this, Cameron

¹⁵E. Singer, H. Blane, and R. Kasschau, "Alcoholism and Social Isolation," Journal of Abnormal and Social Psychology, Vol. 69, No. 6 (681-685), 1964.

states that denial is a primitive defense, which suggests that a person experiencing defensive disintegration would revert to use of this primitive defense. Therefore, the alcoholic personality would employ denial more than normals. Palola has found that alcoholics were unwilling to admit any unhappiness with their lot in life, thus supporting the conclusion that denial is used to a greater degree by alcoholics than normals.

The above conclusions, then, lead to the formulation of the first hypothesis:

Hypothesis #1: Alcoholics differ from an established norm on the use of ego defense mechanisms.

As an outgrowth of this hypothesis, it was further hypothesized that:

- a. The alcoholic will use the ego defense mechanism of turning-against-others less than the non-alcoholic.
- b. The alcoholic will use the ego defense mechanism of turning-against-self more than the non-alcoholic.
- c. The alcoholic will use the ego defense mechanism of intellectualization less than the non-alcoholic.
- d. The alcoholic will use the ego defense mechanism of denial more than the non-alcoholic.

Relatively little has been written about the effects of continuous sobriety on the alcoholic's personality characteristics. Several authors agree, however, that with sustained abstinence the alcoholic becomes less distinguishable from the norm. White has done extensive studies on the

effects of continuous sobriety on the personality factors of alcoholics. He found that the long-term sober individual became more mature, had more ego strength, was less guilt-prone, developed a higher self-concept, retained less tension, and decreased his narcissistic investment. Fox concurs that many of the distinguishing characteristics of the alcoholic abate when he becomes consistently abstinent.

On the basis of these reports, the second hypothesis was formed:

Hypothesis #2: With an increase in sobriety, the alcoholic will differ less from normals in the use of the ego defense mechanism of turning-against-self.*

* It was decided to examine only one of the five ego defense mechanisms for this second hypothesis. TAS was chosen because it was thought likely to show the greatest initial deviation from the norm.

METHOD

Selection of the Defense Measuring Instrument (DMI)

In the selection of the instrument to be used in this study, certain criteria were judged as important. Its administration and scoring for a group of subjects had to be characterized by ease, rapidity, and facility. It was necessary that the test could be administered by laymen and that it was relatively uncomplicated to take. Availability of the instrument as well as its validity were also weighty considerations.

The Defense Measuring Instrument (DMI) was selected as having met all of the criteria described above, as well as the fact that one of the originators of this instrument (David Ihilevich) was available for consultation. The DMI is a test recently developed by Mr. Ihilevich and Dr. Goldine Gleser. The instrument has not yet been published, but data thus far accumulated suggests this test has more validity indicators than any other known device for assessing ego defense mechanisms. The instrument consists of a form for men (Form M) and a form for women (Form F), each made up of ten stories, eight of which are designed for use by both sexes, and two sets of two stories specifically designed for each sex. Following each story the subject is asked to respond to four questions (regarding his actual behavior, impulsive behavior, thoughts, and feelings) by marking a

plus for the most representative and a minus for the least representative response for him. Each response is designed to represent one of five defense mechanisms. These defenses were defined in the following manner:¹⁶

Turning-Against-Object (TAO) refers to a process of conflict resolution whereby aggressive behavior is directed against an external object which the subject considers to be the cause of a threat to his ego. This category includes such classical defenses as displacement, acting out, and identification-with-the-aggressor.

Projection (PRO) refers to a process of conflict resolution in which the subject attributes behavior with a negative connotation to an external object without having an objective, unequivocal basis for doing so. Various forms of externalization can be subsumed under the concept of projection as used here.

Principalization (PRN) refers to a process of conflict resolution in which a general principle is employed in order to separate affect from content, content from content, or affect from affect. This category includes such defenses as intellectualization, isolation and rationalization.

Turning-Against-Self (TAS) refers to a process of conflict resolution in which the subject directs his aggressive behavior against himself. Masochism and autosadism are considered forms of TAS.

Reversal (REV) refers to a process of conflict resolution in which behavior of a positive quality is expressed under conditions where a negative type of behavior would be expected. Negation, denial, reaction formation, and repression can be subsumed under this category.

The means and standard deviations for each of the five defense mechanisms of the DMI for a normal sample are shown in Table I. This is the "established norm."

¹⁶David Ihilevich, from unpublished literature regarding the Defense Measuring Instrument.

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TABLE I
MEANS AND STANDARD DEVIATIONS FOR THE
FIVE DEFENSE MECHANISMS OF THE DMI FOR A NORMAL SAMPLE

	N	TAO	PRO	PRN	TAS	REV
Men	43					
\bar{X}		39.40	38.44	48.42	34.40	39.58
SD		7.77	6.68	6.76	7.58	6.33
Women	71					
\bar{X}		34.80	36.90	47.30	41.90	40.50
SD		8.05	5.39	6.43	4.92	6.75

Description of populations

The subjects used in this study were drawn from two populations: (a) males between the ages of 22 and 65 who were admitted to the alcoholic ward or seen as out-patients at Hurley Hospital in Flint, Michigan between March 1, 1967 and May 1, 1967; and, (b) males between the ages of 22 and 65 who are members of Alcoholics Anonymous and clients of the Flint Committee on Alcoholism in Flint, Michigan who have had varying lengths of continuous sobriety, from one to twenty years. The subjects were limited to males in order to control any variation due to sex which may exist. They were age-limited because the DMI's validity has been proven with this age group. The subjects were drawn from Flint, Michigan for practical reasons, as they were readily available. It was these groups, along with the normal sample (above) that finally constituted the samples used for comparison in this study.

Administration of the DMI

For purposes of this study, the DMI was administered with a brief questionnaire concerning age, sex, date, length of sobriety (continuous or not), education, occupation, and previous treatment. Although occupation and education were included on this questionnaire, these indicators of social class were not analyzed as variables when comparing the subjects' DMI scores because a preliminary examination of questionnaires showed no relationship between ego defense patterns and social class. In addition, it was initially thought that length of sobriety and defense mechanism change could be correlated to quantity and quality of treatment. For this reason, items pertaining to length and kind of previous treatment for drinking problem were included on the questionnaire. However, the individual's involvement in his mode of treatment was not measured and, therefore, conclusions concerning the relevance of treatment to defense mechanism change could not be drawn.

The DMI and questionnaire were administered by hospital personnel and members of the Flint Committee on Alcoholism. They were simply handed to the subjects with the statement that both test and questionnaire were self-explanatory and no further directions were necessary. The questionnaire included the following instructions:

This test is given in cooperation with a student research project at Michigan State University. Your participation is greatly appreciated. Before taking the test, please complete the following questions.

• 2

The instructions for completing the DMI were described on pages eight and nine above. The subjects were permitted to have as much time available to them as they needed to complete the task.

Preliminary treatment of the data

Answer sheets were scored using a previously prepared key. The responses pertaining to each defense mechanism were scored by giving a value of two (2) to a + (most likely) response, zero (0) to a - (least likely) response, and one (1) to no response. These values were added to provide a score for each of the five defense mechanisms, thus yielding a raw score profile of ego defense mechanisms. These raw scores were computed to produce a mean defense pattern for all alcoholics tested.

RESULTS AND DISCUSSION

The purpose of this section is to report and discuss results obtained in the present study. To facilitate clarity and understanding of the results, the following will be treated in two separate parts, each dealing with one of the major hypotheses.

In consideration of the first hypothesis, a one tail test was used to compare alcoholics with normals. The alcoholic group consisted of alcoholics who were either active (those who were still drinking at the time they completed the DMI or who had been continuously sober less than one year) or inactive (those who had been continuously sober one or more years at the time they completed the test). The results of this comparison are shown in Table II.

TABLE II

MEAN DIFFERENCES BETWEEN ALCOHOLIC AND
NORMAL MALE POPULATIONS ON THE FIVE DEFENSES OF THE DMI

	Normals (N=43)		Alcoholics (N=54)		Mean diff.	t	p
	Mean	SD	Mean	SD			
TAO	39.40	7.77	35.24	9.93	4.16	2.298	.025
PRO	38.44	6.68	37.13	6.72	1.31	.960	n.s.
PRN	48.42	6.76	46.24	6.50	2.18	1.590	.10
TAS	34.40	7.58	38.77	8.96	4.37	2.590	.01
REV	39.58	6.33	42.61	10.20	3.03	1.770	.05

In this comparison of alcoholics and normals, several conclusions may be drawn. Alcoholics scored significantly

different on all of the defense mechanisms with the exception of PRO, the one defense for which no prediction was made. Alcoholics were found to use TAO and PRN less than normals, thus substantiating the original predictions. Alcoholics scored significantly higher on both TAS and REV than did normals. These results substantiate the predictions that alcoholics would turn-against-self and deny more than normals.

From the above results on the Defense Measuring Instrument, many generalizations may be drawn regarding the alcoholic personality. Alcoholics, as expected, lack assertive, aggressive defenses in their coping with stress. They tend rather to internalize the stressful situation and turn-against-self. This is in keeping with ego defense patterns showing that dependent subjects are high on TAS and REV and low on TAO. Since the alcoholic did score higher on denial, he does revert to this primitive defense in order to aid his disintegrated ego in coping with the reality situation. The fact that the alcoholic has low ego strength is shown by the low PRN score, and this again explicates his difficulty in dealing with reality on a day-to-day basis.

In dealing with the second hypothesis, the alcoholic sample was subdivided into three groups: (a) active alcoholics, (b) one to three year inactive alcoholics, and (c) four or more year inactive alcoholics. The mean scores of these three groups were compared with the mean of the

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normal sample as shown in Table III.

TABLE III

A COMPARISON OF TAS MEAN SCORES
OF ALCOHOLICS WITH VARYING LENGTHS OF SOBRIETY

	Alcoholics			Normals (N=43)
	Active (N=33)	1-3 years Inactive (N=10)	4 or more years Inactive (N=9)	
Mean Scores	38.82	37.10	36.67	34.40

On the basis of these results, it appears that with an increase in the length of sobriety, the alcoholic does move toward the TAS score of the established norm. However, this movement toward the norm was not statistically established by use of the t test.

Limitations of the study

For purposes of the first hypothesis (comparing both active and inactive alcoholics with the norm), the sample drew only persons who were accepting treatment for alcoholism and who cooperated in taking the test. This excluded many alcoholics who were unable or unwilling to accept treatment and who, if tested, might have altered the findings considerably. Because of the selectivity of the sample, these results are not applicable to all alcoholics.

In the conclusions surrounding the second hypothesis (comparing alcoholics with varying lengths of sobriety with

normals), it is felt that the sample size was not adequate to support the hypothesis.

The questionnaire which was administered with the DMI referred to the DMI as a "test". It would have been wiser to avoid use of the word test because unnecessary anxiety may have been aroused.

There was a general lack of cooperation on the part of the authorities approached in administering the DMI. Since Alcoholics Anonymous is a traditionally closed organization, outsiders were not allowed to do the testing. It was therefore necessary to rely on professional and clerical workers within A.A. to administer the test. In some cases, considerable resistance was encountered. Even more resistance was found in several medical settings where medical doctors vehemently opposed allowing their patients to take the DMI.

There were limitations with the DMI itself in that it is a profile test and responses on each of the five defense mechanisms are dependent on responses on the other four. In addition, the subjects were forced to choose both the most and the least likely response in each set of questions with no room for qualitative gradations. While the subject might view one response as more representative of his reaction than another, each was scored with the same weight.

Implications of the study

This study revealed a greater use of TAS and REV and a lesser use of PRN and TAO among alcoholics when compared with an established norm. These differences suggest a therapeutic focus when working with alcoholics in a treatment setting. One therapeutic goal may be to aid the alcoholic in reaching defensive homeostasis, i.e., to employ defense mechanisms in a more healthy manner (nearer the DMI established norm).

It is generally assumed by the layman that, "Once an alcoholic, always an alcoholic." If, as the review of literature implied, alcoholism is caused by emotional need, with increasing sobriety or therapy, this need could be dissipated and the problem resolved. The description of the alcoholic personality's ego defense pattern (low TAO and PRN, high TAS and REV) shown in this study was substantiated, and therefore a change in this pattern (movement toward the norm) might show the dissolution of the alcoholic's "emotional need". The DMI could be used, then, as a tool in identifying the alcoholic personality and evaluating his progress.

The real question may emerge: "How much of the alcoholic's drinking problem is in response to emotional needs and how much due to biological needs?" Experts in the past have seen alcoholism as a biological disease-- if this could be substantiated, a change in defense pattern may not dissipate the alcoholic's desire to drink. The

results of this study, on the other hand, show the presence of a significant emotional component within the alcoholic personality.

Indications for additional research

In future research, it would be necessary to increase the size of the sample to further study the second hypothesis. In addition, it would be helpful to obtain a sample more representative of alcoholics as a whole. To this end, better understanding and working cooperation with medical doctors would be desirable.

Close consideration could be given to the length, kind and quality of treatment as an influence on the defense mechanism change which may or may not occur with increasing sobriety.

Additional research could be done in the area of the biological origin of alcoholism. After the physiological deterioration of sustained alcoholism, the alcoholic may consume alcohol in response to a biological rather than emotional need.

Summary

The first hypothesis that alcoholics differ from normals in the use of defense mechanisms was substantiated as shown in the preceding section. Specifically, alcoholics differed from normals in the following ways: they were (1) (1) lower on use of turning-against-others, (2) lower on

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principalization, (3) higher on turning-against-self, and (4) higher on reversal.

The second hypothesis that with an increase in length of sobriety the alcoholics' use of turning-against-self would approach that of the norm was found to be correct as a trend but the differences were not statistically significant. However, the sample used in both groups of inactive alcoholics were very small, and thus the second hypothesis is in need of additional testing.

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1. The first part of the document discusses the importance of maintaining accurate records of all transactions and activities. It emphasizes that proper record-keeping is essential for transparency and accountability, particularly in financial matters. The text suggests that organizations should implement robust systems to track and document every aspect of their operations, from procurement to sales.

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APPENDIX

This test is given in cooperation with a student research project at Michigan State University. Your participation is greatly appreciated. Before taking the test, please complete the following questions.

DATE _____

AGE _____ SEX-- Male _____ Female _____

EDUCATION-- last grade completed _____

OCCUPATION _____

MARITAL STATUS-- Married _____ Separated _____
Single _____ Divorced _____

PREVIOUS TREATMENT FOR DRINKING PROBLEM:

1. Alcoholics Anonymous-- Yes _____ No _____
Number of meetings _____
Approximately when? _____

2. Physician-- Yes _____ No _____
For how long? _____
Approximately when? _____

3. Hospital-- Yes _____ No _____
For how long? _____
Approximately when? _____

4. Psychiatric-- Yes _____ No _____
Individual? _____
Group? _____

5. Other (please explain)-- _____

HOW LONG SOBER? _____
Continuous? Yes _____ No _____

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DO NOT MAKE ANY MARKS ON THIS BOOKLET

INSTRUCTIONS: Read carefully

On each of the following pages is a short story. Following each story are four questions with a choice of five answers for each. The four questions relate to the following four kinds of behavior: actual behavior, impulsive behavior in fantasy, thoughts, and feeling. Of the four, it is only actual behavior which is outwardly expressed; the other three take place only in the privacy of one's mind and, therefore, have no external repercussions.

What we want you to do is to select the one answer of the five which you think is the most representative of how you would react, and mark the number corresponding to that answer on the attached answer sheet, with a plus (+) sign. Then select the one answer which you think is least representative of how you would react and mark it with a minus (-) sign. For example, let us assume that out of the five possible answers to a question (e.g., numbers 236, 237, 238, 239, 240), response number 237 is the one you consider most representative of the way you would react, and response number 240 as the least representative. In this case, the corresponding part of the answer sheet would look like this:

236	_____
237	_____ +
238	_____
239	_____
240	_____ -

Read all the five answers following the question before you make your selections. In marking your answers on the answer sheet, be sure that the number of the statement agrees with the number on the answer sheet.

There are no right or wrong answers here, the only thing that should guide your selections is your own knowledge of yourself. Allow your mind to imagine for a moment that the event described in the story is really happening to you, even though you may never have experienced such an event. When you select your responses remember we are not asking which answer you like most and like least, but rather the answers which would best and least represent the way you would act and feel in these situations.

If you have no questions, please turn to the next page and begin.

Condition	Control (%)	MCI (%)	AD (%)
1	95	85	75
2	90	80	70
3	85	75	65
4	85	75	65

You are waiting for the bus at the edge of the road. The streets are wet and muddy after the previous night's rain. A car sweeps through a puddle in front of you, splashing your clothing with mud.

A. What would your ACTUAL reaction be?

1. I would note the car's licence number in order to find out whether the driver had a motive for splashing me.
2. I'd wipe myself off with a smile.
3. I'd yell curses after the driver.
4. I would scold myself for not having worn at least a raincoat.
5. I'd shrug it off, after all things like that are unavoidable.

B. What would you IMPULSIVELY (in fantasy) want to do?

6. Wipe that driver's face in the mud.
7. Report that incompetent driver to the police
8. Kick myself for standing too close to the edge of the road.
9. Let the driver know that I don't really mind.
10. Let that driver know that bystanders also have rights.

C. What THOUGHT might occur to you?

11. Why do I always get myself into things like this?
12. To hell with that driver!
13. I'm sure that basically that driver is a nice fellow.
14. One can expect something like this to happen on wet days.
15. I wonder if that fellow splashed me on purpose.

D. How would you FEEL and why?

16. Satisfied, after all it could have been worse.
17. Depressed, because of my bad luck.
18. Resigned, for you've got to take things as they come.
19. Resentment, because the driver was so thoughtless and inconsiderate.
20. Furious that he got me dirty.

In the army you hold a post of responsibility for the smooth operation of an important department which is constantly under great pressure to meet deadlines. Because things haven't been running as smoothly as they should lately, despite your initiative and resourcefulness, you have planned some changes in personnel for the near future.

Before you do so, however, your superior officer arrives unexpectedly, asks some brusque questions about the work of the department and then tells you that he is relieving you of your post and assigning your assistant to your place.

A. What would your ACTUAL reaction be?

- 21. I'd accept my dismissal gracefully, since the superior is only doing his job.
- 22. I'd blame my superior for having made up his mind against me even before the visit.
- 23. I'd be thankful for being relieved of such a tough job.
- 24. I'd complain about my superior to the appropriate authorities.
- 25. I'd blame myself for not being competent enough.

B. What would you IMPULSIVELY (in fantasy) want to do?

- 26. Congradulate my assistant on his promotion.
- 27. Expose the probable plot between my superior and my assistant to get rid of me.
- 28. Tell my superior to go to hell.
- 29. I'd like to kill myself for not having made the necessary changes sooner.
- 30. I'd like to quit, but one can't do that in the army.

C. What THOUGHT might occur to you?

- 31. I wish I could come face to face with my superior in a dark alley.
- 32. In the army it is essential to have the right man in the right job.
- 33. There is no doubt that this was just an excuse to get rid of me.
- 34. I'm really lucky that I only lost my job and not my rank as well.
- 35. How could I be so dumb!

D. How would you FEEL and why?

- 36. Resentful, because he had it in for me.
- 37. Angry, because he took away my job.
- 38. Delighted that nothing worse had happened.
- 39. Upset that I am a failure.
- 40. Resigned, after all, one must be satisfied with having done the best one can.

You are living with your aunt and uncle, who are helping to put you through college. They have taken care of you since your parents were killed in an automobile accident when you were in your early teens. On a night that you have a late date with your "steady", there is a heavy storm outside. Your aunt and uncle insist that you call and cancel your date because of the weather and the late hour. You are about to disregard their wishes and go out the door when your uncle says in a commanding tone of voice, "Your aunt and I have said that you can't go, and that is that."

A. What would your ACTUAL reaction be?

- 41. I would do as my uncle said because he has always wanted what was best for me.
- 42. I'd tell them, "You think that I am not old enough to take care of myself."
- 43. I would cancel my date, since one must keep peace in the family.
- 44. I'd tell them that I was going anyway.
- 45. I'd agree to remain at home and apologize for having upset them.

B. What would you IMPULSIVELY (in fantasy) want to do?

- 46. Knock my head against the wall.
- 47. Tell them to stop ruining my life.
- 48. Thank them for being so concerned with my welfare.
- 49. Leave, slamming the door in their faces.
- 50. Make them realize that it is important that I keep my engagements, rain or shine.

C. What THOUGHT might occur to you?

- 51. Why don't they shut up and let me alone?
- 52. They think that I owe them blind obedience.
- 53. They are so good to me, I should follow their advice without question.
- 54. You can't take without giving something in return.
- 55. It's all my own fault for planning such a late date.

D. How would you FEEL and why?

- 56. Annoyed, that they think I am a baby.
- 57. Miserable, because there is nothing much I can do.
- 58. Grateful for their concern.
- 59. Resigned, after all you can't get your own way every time.
- 60. Furious, because they interfere with my business.

You are extremely eager to do well in sports, but of all those at which you have tried your hand, only in basketball have you been able to achieve a measure of success. However, until now, whenever you have applied for membership in a team or sports club, although the judges have appeared impressed with your initial performance, their final decision has always been the same---they tell you that you've just missed making the grade.

One afternoon your car breaks down and you are forced to take a bus home during the rush hour. As you stand in the crowded bus, you hear your wife's voice. She is seated together with the manager of the team to which you have just applied. You overhear the manager tell her, "Your husband has a nice style of play, we're thinking of asking him to join our club." Then you hear your wife laugh and reply, "Take it from me, he hasn't got what it takes in the long run."

A. What would your ACTUAL reaction be?

- 61. I'd have it out with her.
- 62. I would greet her affectionately, as usual, when I arrived home because I know she really appreciates me.
- 63. I'd be quiet and withdrawn for the rest of the evening, not mentioning what I had overheard.
- 64. I'd take it in my stride, for women's talk is never taken seriously.
- 65. I'd tell her that I wasn't surprised by what I'd overheard because I had always thought she was two-faced.

B. What would you IMPULSIVELY (in fantasy) want to do?

- 66. Tell my wife that I overheard her, and was proud of her frankness.
- 67. Break her neck.
- 68. Tell her that men expect loyalty from their wives.
- 69. Let her know that I'd always suspected her of talking behind my back.
- 70. Stop off somewhere so I wouldn't have to face her.

C. What THOUGHT might occur to you?

- 71. I bet she talks about me that way to everybody.
- 72. What could I have done that makes her feel this way about me?
- 73. I'm sure she's only kidding.
- 74. One shouldn't be bothered by such talk.
- 75. She needs to be taught a lesson.

D. How would you FEEL and why?

- 76. Worthless, because I'd realize what a failure I was as a husband.
- 77. Outraged, that she had spoken of me that way.
- 78. Unconcerned, because women are like that.
- 79. Furious, because her gossip has probably contributed to most of my past failures.
- 80. Serene, because I know the manager will realize that she doesn't know what she is saying.

At your job you want to impress upon your foreman the fact that you are more skilled than your fellow workers! You are eagerly awaiting an opportunity to prove yourself.

One day a new machine is brought into the factory. The foreman calls all the workers together and asks whether anyone knows how to operate it.. You sense the chance you have been waiting for, so you tell the foreman that you have worked with a similar machine and would like a chance to try your hand at this one. But he refuses, saying, "Sorry, we can't take a chance," and calls a veteran worker to come over and try to get the machine started.

No sooner has the veteran worker pulled the starter, than sparks begin to fly and the machine grinds to a halt. At this point the foreman calls and asks you if you still want a chance to try and start the machine.

A. What would your ACTUAL reaction be?

- 81. I'd say that I doubt if I could do it either.
- 82. I'd tell my fellow workers that the foreman wants to hold me responsible for the machine's crack-up.
- 83. I'd tell the foreman that I appreciated his giving me the chance.
- 84. I'd decline, cursing the foreman under my breath.
- 85. I'd tell the foreman that I would try because one must never back down from a challenge.

B. What would you IMPULSIVELY (in fantasy) want to do?

- 86. Tell that foreman that he'll not make me the scapegoat for a broken machine.
- 87. Thank the foreman for not letting me try it first.
- 88. Tell the foreman that he should try to start a broken machine himself.
- 89. Point out to the foreman that experience doesn't guarantee success.
- 90. Kick myself for talking myself into an unbearable situation.

C. What THOUGHT might occur to you?

- 91. That foreman is really a pretty decent guy.
- 92. Damn him and his blasted machine.
- 93. This foreman is out to get me.
- 94. Machines are not always reliable.
- 95. How could I be so stupid as to even think of operating that machine.

D. How would you FEEL and why?

- 96. Indifferent, because when one's abilities are not appreciated one's enthusiasm is lost.
- 97. Angry that I was asked to do an impossible job.
- 98. Glad that I didn't wreck the machine.
- 99. Annoyed that I was purposely put on the spot.
- 100. Disgusted with myself because I risked making a fool out of myself.

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On your way to catch a train, you are hurrying through a narrow street lined with tall buildings. Suddenly a piece of masonry comes crashing down from a roof where repairmen are working. A piece of brick bounces off the sidewalk, bruising you in the leg.

A. What would your ACTUAL reaction be?

- 101. I'd tell them I ought to sue them.
- 102. I'd curse myself for having such bad luck.
- 103. I'd hurry on, for one should not permit oneself to be diverted from one's plans.
- 104. I'd continue on my way, grateful that nothing worse had happened.
- 105. I'd try to discover who the negligent persons are.

B. What would you IMPULSIVELY (in fantasy) want to do?

- 106. Remind the men of their obligation to public safety.
- 107. Assure those men that nothing serious had happened.
- 108. Give them a piece of my mind.
- 109. Kick myself for not having watched where I was going.
- 110. See to it that those careless workers lose their job.

C. What THOUGHT might occur to you?

- 111. Those men don't know how to do their job right.
- 112. I'm lucky that I wasn't seriously hurt.
- 113. Damn those men!
- 114. Why do these things always happen to me?
- 115. One can't be too careful these days.

D. How would you FEEL and why?

- 116. Furious, because I was hurt.
- 117. Angered, because I was almost killed by their negligence.
- 118. Calm, for one must practice self control.
- 119. Upset by my bad luck.
- 120. Thankful that I'd gotten away with no more than a scratch.

1. The first part of the paper discusses the importance of the study of the history of the United States. It is argued that a knowledge of the past is essential for a full understanding of the present and for the development of a sound perspective on the future.

2. The second part of the paper discusses the role of the individual in the history of the United States. It is argued that the actions of individuals, particularly those of the founding fathers, have shaped the course of the nation's history. The paper also discusses the role of the individual in the development of the American character.

3. The third part of the paper discusses the role of the government in the history of the United States. It is argued that the government has played a central role in the development of the nation, and that its actions have shaped the course of the nation's history. The paper also discusses the role of the government in the development of the American character.

4. The fourth part of the paper discusses the role of the people in the history of the United States. It is argued that the actions of the people, particularly those of the common man, have shaped the course of the nation's history. The paper also discusses the role of the people in the development of the American character.

Driving through town in the late afternoon, you arrive at one of the busiest intersections. Although the light has changed in your favor, you see that pedestrians are not obeying the "wait" sign and are blocking your path. You attempt to complete your turn with due caution before the light turns against you. As you complete the turn, a traffic policeman orders you over to the side and charges you with violating the pedestrians' right-of-way. You explain that you had taken the only possible course of action, but the policeman proceeds to give you a ticket nevertheless.

A. What would your ACTUAL reaction be?

- 121. I'd blame myself for having been careless.
- 122. I'd go to court and bring counter charges against the policeman.
- 123. I'd ask the policeman why he has such a grudge against drivers.
- 124. I'd try to cooperate with the policeman, who, after all, is a good guy.
- 125. I'd take the ticket without question, since the policeman was just doing his duty.

B. What would you IMPULSIVELY (in fantasy) want to do?

- 126. Tell the policeman he can't use his position to push me around.
- 127. Kick myself for not having waited for the next green light.
- 128. Thank the policeman for saving me from a possible accident.
- 129. Stand up for my rights as a matter of principle.
- 130. Slam the door in his face and drive off.

C. What THOUGHT might occur to you?

- 131. He's doing the right thing, actually I ought to thank him for teaching me an important lesson.
- 132. Each man must carry out his job as he sees it.
- 133. This guy ought to go back to pounding a beat.
- 134. How could I be so stupid!
- 135. I bet he gets a kick out of giving tickets to people.

D. How would you FEEL and why?

- 136. Boiling anger, because he's making trouble for me.
- 137. Resentment, because he's picking on me.
- 138. Ashamed, because I was negligent.
- 139. Indifferent, after all, this sort of thing happens all the time.
- 140. Relieved, because I'd been prevented from getting into worse trouble.

[illegible]

You return home after spending two years in the army. At the time you joined you had had a choice between enlistment and a position in your father's business. You preferred the army despite parental advice. Now that you are home again, you find that your range of opportunity hasn't widened appreciably. You can either join your father's business or get a job as an untrained worker. You would like to open a coffee shop, but you lack the capital necessary to carry out such an enterprise. After a great deal of hesitation, you decide to ask your father to put up the money. After listening to your proposal, he reminds you that he had wanted you to take a job with his firm instead of joining the army. Then he tells you, "I'm not prepared to throw away my hard-earned money on your crazy schemes. It's time you started helping me in my business."

A. What would your ACTUAL reaction be?

- 141. I'd accept his offer, since everyone depends on everyone else in this world.
- 142. I would admit to him that I guess I am a bad risk.
- 143. I'd tell him off in no uncertain terms.
- 144. I'd tell him that I'd always suspected that he had a grudge against me.
- 145. I'd thank him for holding a job open for me all these years.

B. How would you IMPULSIVELY (in fantasy) want to react?

- 146. Go to work for him and make him happy.
- 147. Give up trying and end it all.
- 148. Take my father's offer since offers like that don't grow on trees.
- 149. Let him know what a miser everyone thinks he is.
- 150. Tell him that I wouldn't work for him if he were the last man on earth.

C. What THOUGHT might occur to you?

- 151. He'll get what's coming to him one day.
- 152. Family considerations can't enter into business decisions.
- 153. Why was I so stupid as to bring the subject up.
- 154. I must admit that my father is acting for my own good.
- 155. This proves what I've suspected all along, that my father has never believed in me.

D. How would you FEEL and why?

- 156. Angry, because he doesn't want me to succeed on my own.
- 157. Grateful for his offer of a job with a future.
- 158. Resentful that he is sabotaging my future.
- 159. Resigned, since you can't have everything your own way all the time.
- 160. Hopeless, because I couldn't get my father's support.

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Having just come out of an exhibition at the art museum, you stop by to visit your girl friend. You are rather exhausted but impressed, and deeply inspired by what you have just seen. Referring to your visit to the museum, you remark that it must be very exciting to be a creative artist. Your girl friend asks, "Would you really like to be an artist?" You reply eagerly, "Not a painter, but a ballet dancer! A ballet dancer is what I've always wanted to be." Your girl friend jerks away from you in dismay, exclaiming, "What kind of a man are you, anyway?"

A. What would your ACTUAL reaction be?

- 161. I'd tell her that it's obvious now that she'd never liked me.
- 162. I'd tell her, "One's profession is no indicator of one's manliness."
- 163. I'd insult her.
- 164. I'd tell her that I'm sure she doesn't really mean what she is saying.
- 165. I'd tell her how sorry I am to disappoint her.

B. What would you IMPULSIVELY (in fantasy) want to do?

- 166. Tell her I can't help being the way I am.
- 167. Leave, slamming the door in her face.
- 168. Assure her that I have no intention of really going into ballet.
- 169. Tell her that she is ignorant about art and is just jealous because she doesn't know as much about the arts as I do.
- 170. Tell her that there is nothing unmanly about ballet dancing.

C. What THOUGHT might occur to you?

- 171. I deserve such a rebuff.
- 172. A little knowledge is a dangerous thing.
- 173. She is an extremely limited girl.
- 174. This girl deserves to be taught a lesson she won't forget.
- 175. She really cares about me.

D. How would you FEEL and why?

- 176. Happy that she is so frank with me.
- 177. Annoyed at myself for discussing it with her.
- 178. Unaffected, because girls say things like that without really meaning them.
- 179. Angry because she is so stupid.
- 180. Furious that she dared to speak to me in that way.

1. *What is the purpose of the study?*
 2. *What are the research questions or hypotheses?*
 3. *What is the study design?*
 4. *What are the variables?*
 5. *What are the data sources?*
 6. *What are the data collection methods?*
 7. *What are the data analysis methods?*
 8. *What are the results?*
 9. *What are the conclusions?*
 10. *What are the limitations?*
 11. *What are the implications?*
 12. *What are the future research directions?*

[illegible]

You and an old school friend are competing for a newly vacated executive position in the firm where you work. Although both your chances seem about equal, your friend has had more opportunity to show resourcefulness in critical situations. Recently, however, you have successfully pushed through some excellent deals. In spite of this, the board of directors decides to promote your friend rather than you.

A. What would your ACTUAL reaction be?

- 181. I'd try to find out which director "blackballed" me.
- 182. I'd continue to do my duty as a responsible person must.
- 183. I'd accept the outcome as proof that I'm not executive material.
- 184. I'd protest the decision of the board most vehemently.
- 185. I'd congratulate my friend on the promotion.

B. What would you IMPULSIVELY (in fantasy) want to do?

- 186. Ask the board to reconsider, since a mistake would be detrimental to the company.
- 187. Kick myself for having aspired to a job for which I wasn't qualified.
- 188. Show the board how biased they've been in their unjust treatment of me.
- 189. Help my friend make a success at the new job.
- 190. Break the neck of each and every member of the board of directors.

C. What THOUGHT might occur to you?

- 191. I guess I just don't have what it takes.
- 192. I probably wouldn't enjoy an executive position as much as the one I have now.
- 193. There certainly is something fishy about the board's decision.
- 194. One must take a blow such as this in one's stride.
- 195. Damn that board of directors.

D. How would you FEEL and why?

- 196. Happy that I still have the job I am used to.
- 197. Upset because my inadequacy was made public.
- 198. Furious at the directors because of their treatment of me.
- 199. Resigned, for that's the way it goes in the business world.
- 200. Angry, because I have been the victim of an unjust decision..

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