

**AARC-10**

**INSTRUCTIONS:** This questionnaire contains statements on how a person may feel about getting older. We are interested in how YOU feel about getting older and what you can tell us about your own experiences. We are mostly interested in whether certain experiences apply to you and to what extent you can relate to them given that you may have experienced them yourself as the years have passed.

Please read each statement carefully and answer in the following way:

<b>Not at all</b>	<b>A little bit</b>	<b>Moderately</b>	<b>Quite a bit</b>	<b>Very much</b>
<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
<b>○</b>	<b>○</b>	<b>○</b>	<b>○</b>	<b>○</b>

- If a statement very much reflects your own experience, then you would fill in the circle under the number “5”, which stands for “*Very much.*”
- If a statement does not reflect your own experience at all, then you indicate that by filling in the circle under the number “1”, which stands for “*Not at all.*”
- If a statement reflects your own experiences more than “a little bit” but less than “quite a bit,” then you should mark the circle under the number “3”, which stands for “*Moderately.*”

There are no “right” or “wrong” answers to the statements on this questionnaire. We are simply interested in your own personal experiences and your honest opinion.

Please read each statement carefully and then answer as spontaneously as possible.

Please turn the page and begin.

<b>With <u>my</u> increasing age, I realize that ...</b>		<b>Not at all</b>	<b>A little bit</b>	<b>Moderately</b>	<b>Quite a bit</b>	<b>Very much</b>
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
1	...I appreciate relationships and people much more.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	...I pay more attention to my health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	...my mental capacity is declining.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	...I have more experience and knowledge to evaluate things and people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	...I have a better sense of what is important to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	...I have to limit my activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	...I have less energy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	...I feel more dependent on the help of others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	...I have more freedom to live my days the way I want.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	...I find it harder to motivate myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>