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Apêndice A

SINTAXE SPSS PARA ANÁLISES PARALELAS

Comandos do pacote estatístico SPSS para extração do número de fatores através da Análise Paralela, especificando número de casos, variáveis, conjunto de dados e o percentil desejável para inicializar o programa.

```
set mxloops=9000 length=none printback=none width=80 seed = 1953125.
matrix.
```

```
* enter your specifications here.
compute Ncases = 871.
compute Nvars = 16.
compute Ndatasets = 100.
compute percent = 95.
```

```
* computing random data correlation matrices & eigenvalues.
compute evals = make(nvars,ndatsets,-9999).
compute nm1 = 1/(ncases-1).
loop #nds = 1 to ndatsets.
compute x = sqrt(2 * (ln(uniform(ncases,nvars)) * -1) ) &*
           cos(6.283185 * uniform(ncases,nvars) ).
compute vcv = nm1 * (sscp(x) - ((t(csum(x))/ncases))).
compute d = inv(mdiag(sqrt(diag(vcv)))).
compute evals(:,#nds) = eval(d * vcv * d).
end loop.
```

```
* identifying the eigenvalues corresponding to the desired percentile.
compute num = rnd((percent*ndatsets)/100).
compute results = { t(1:nvars), t(1:nvars), t(1:nvars) }.
loop #root = 1 to nvars.
compute ranks = rnkorder(evals(#root,:)).
loop #col = 1 to ndatsets.
do if (ranks(1,#col) = num).
compute results(#root,3) = evals(#root,#col).
break.
end if.
end loop.
end loop.
compute results(:,2) = rsum(evals) / ndatsets.
```

```
compute specifs = {ncases; nvars; ndatsets; percent}.
print specifs /title="Specifications for this Run."
/rlabels="Ncases" "Nvars" "Ndatasets" "Percent".
```

```
print results /title="Random Data Eigenvalues"
/clabels="Root" "Means" "Prcntyle".
```

```
end matrix.
```

Apêndice B

QUESTIONÁRIO DE PREOCUPAÇÃO DO ESTADO DA PENSILVÂNIA (PSWQ)

Por favor, escreva o número que melhor representa o quanto cada afirmativa se adequa à sua forma de ser.

Não me adequo 1	Adequo-me pouco 2	Adequado 3	Muito adequado 4	Extremamente adequado 5
☐				
☐				
☐				
☐				
☐				
☐				
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Anexo 1

QUESTIONÁRIO DE AUTO-AVALIAÇÃO

IDATE (PARTE II) - TRAÇO

Leia cada afirmativa e faça um círculo ao redor do número à direita da afirmação que melhor indicar como você geralmente se sente.

Não gaste muito tempo numa única afirmação, mas tente dar a resposta que mais se aproximar de como você se sente geralmente.

		AVALIAÇÃO			
		Quase sempre	4	Às vezes	2
		Freqüentemente	3	Quase nunca	1
1.	Sinto-me bem		1	2	3 4
2.	Canso-me facilmente		1	2	3 4
3.	Tenho vontade de chorar		1	2	3 4
4.	Gostaria de poder ser tão feliz quanto os outros parecem ser		1	2	3 4
5.	Perco oportunidades porque não consigo tomar decisões rapidamente		1	2	3 4
6.	Sinto-me descansado(a)		1	2	3 4
7.	Sou calmo(a), poderado(a) e senhor(a) de mim mesmo		1	2	3 4
8.	Sinto que as dificuldades estão se acumulando de tal forma que não as consigo resolver		1	2	3 4
9.	Preocupo-me demais com coisas sem importância		1	2	3 4
10.	Sou feliz		1	2	3 4
11.	Deixo-me afetar muito pelas coisas		1	2	3 4
12.	Não tenho muita confiança em mim mesmo(a)		1	2	3 4
13.	Sinto-me seguro(a)		1	2	3 4
14.	Evito ter que enfrentar crises ou problemas		1	2	3 4
15.	Sinto-me deprimido(a)		1	2	3 4
16.	Estou satisfeito(a)		1	2	3 4
17.	Às vezes, idéias sem importância me entram na cabeça e ficam-me preocupando		1	2	3 4
18.	Levo os desapontamentos tão a sério que não consigo tirá-los da cabeça		1	2	3 4
19.	Sou uma pessoa estável		1	2	3 4
20.	Fico tenso(a) e perturbado(a) quando penso em meus problemas do momento		1	2	3 4

Anexo 2

PENN STATE WORRY QUESTIONNAIRE (PSWQ)

Enter the number that best describes how typical or characteristic each item is of you, putting the number next to the item.

Not at all typical 1	2	Somewhat typical 3	4	Very typical 5
☐				
1. If I do not have time to do everything, I don't worry about it.				
☐				
2. My worries overwhelm me.				
☐				
3. I do not tend to worry about things.				
☐				
4. Many situations make me worry.				
☐				
5. I know I should not worry about things, but I just cannot help it.				
☐				
6. When I am in a pressure, I worry a lot.				
☐				
7. I am always worrying about something.				
☐				
8. I find it easy to dismiss worrisome thoughts.				
☐				
9. As soon as I finish one task, I start to worry about everything else I have to do.				
☐				
10. I never worry about anything.				
☐				
11. When there is nothing more that I can do about a concern, I don't worry about it anymore.				
☐				
12. I have been worrier all my life.				
☐				
13. I have been worrying about things.				
☐				
14. Once I start worrying, I cannot stop.				
☐				
15. I worry all the time.				
☐				
16. I worry about projects until they are done.				