

Pre- and Peri-Natal Psychology, 4(3), Spring 1990

## The Roots of Personality

Thomas R. Verny, M.D., D. Psych., FRCP(C)

This questionnaire is intended to help researchers study the factors in pre- and peri-natal life that may influence personality formation. Send your questionnaire to: PPPJ, Dr. Charles Laughlin, Rm. B570, Loeb Bldg., Carleton University, Ottawa, Ont. Canada K1S 5B6

Try to answer all applicable questions. If you do not know an answer, ask your mother. If she does not remember or is unavailable, make an educated guess.

1. Age \_\_\_\_\_ Sex \_\_\_\_\_
2. Birth weight \_\_\_\_\_
3. Condition at birth:
  - a. excellent (alert)
  - b. very good
  - c. fair
  - d. poor
  - e. very poor (blue and not breathing)
  - f. don't know
4. Birth order:
  - a. first
  - b. second
  - c. third
  - d. fourth
  - e. fifth
  - f. sixth or later
5. Are you a twin?
  - a. yes
  - b. no
6. Were you adopted?
  - a. yes
  - b. no
7. Did your mother want to have a baby when you were conceived?
  - a. yes
  - b. no
8. Your mother wanted
  - a. a boy
  - b. a girl
  - c. didn't matter
9. Did your father want to have a baby?
  - a. yes
  - b. no

10. Your father wanted
  - a. a boy
  - b. a girl
  - c. didn't matter
11. Did your mother have any major calamities during pregnancy?
  - a. yes
  - b. no
12. During pregnancy your mother was generally
  - a. happy
  - b. unhappy
13. During your intrauterine life, did your mother talk or sing to you?
  - a. yes
  - b. no
14. Did your father?
  - a. yes
  - b. no
15. During her pregnancy, your mother was exposed to noise from
  - a. machinery
  - b. planes or trains
  - c. loud music
16. During your intrauterine life, you felt (circle as many as apply)
  - a. wanted
  - b. loved
  - c. connected to your mother
  - d. to your father
  - e. peaceful
  - f. anxious
  - g. fearful
  - h. guilty
  - i. happy
  - j. bored
  - k. alone
  - l. unloved
17. While she was pregnant with you, your mother often felt (circle as many as apply)
  - a. angry
  - b. fearful
  - c. anxious
  - d. depressed
  - e. happy
  - f. content
18. Did you dream in the womb?
  - a. yes
  - b. no

Reprinted with permission from OMNI Mg. August 1989.

19. During her pregnancy, your mother generally
- smoked cigarettes
  - smoked marijuana
  - consumed excessive amounts of alcohol
  - drank more than one or two cups of coffee a day
  - used drugs, such as cocaine or heroin
  - used tranquilizers or antidepressants
20. You were born
- in a hospital
  - at home
  - elsewhere
21. During delivery your mother received
- painkillers
  - local anesthesia
  - general anesthesia
22. Your birth was
- vaginal, no forceps
  - vaginal, with forceps
  - cesarean section
  - induced with Pitocin
  - breach
  - delayed (doctor not available)
23. After your birth, you were
- placed on your mother's breast
  - put in a baby nursery
  - put in an incubator
  - taken to a neonatal intensive care unit
24. During birth, you and your mother were probably
- in sync
  - at odds
25. You are primarily
- heterosexual
  - bisexual
  - homosexual
26. You like touching, hugging, and cuddling
- an inordinate amount
  - very much
  - an average amount
  - very little
  - not at all
27. With food, you tend to
- overeate
  - eat until full
  - nibble
  - have trouble eating
28. In regard to sex, you (circle as many as apply)
- can't get enough of it
  - have it on your mind all the time
  - consider it important
  - find it a problem
  - think you'd be better off without it
29. You have at some point been dependent on (circle any that apply)
- tranquilizers
  - antidepressants
  - sleeping pills
  - painkillers
  - speed
  - marijuana
  - cocaine
  - heroin
  - crack
30. Are you attracted to large, fat people?
- yes
  - no
31. You suffer from
- a learning disability
  - panic attacks
  - phobias
  - depression
  - manic-depression
  - schizophrenia
  - antisocial behavior
32. You sometimes dream of
- falling or trembling
  - floating in water
  - tunnels or openings
  - quicksand or swamps
  - shipwrecks or breaking into pieces
33. Are you, or would you like to be, employed by a major organization offering good benefits and a pension plan?
- yes
  - no
34. You describe yourself as
- optimistic
  - outgoing
  - people oriented
  - pessimistic
  - withdrawn
  - shy
  - rootless
  - cautious
  - reckless
  - aggressive
  - adventurous
  - prudent
35. You enjoy
- getting ahead
  - diving into things
  - exploring new horizons
36. You fear
- losing your temper
  - going crazy
  - becoming violent and destructive
  - becoming helpless
  - being raped
37. You often experience

- a. the inability to get into what you are doing
  - b. inexplicable fatigue
  - c. lack of willpower
  - d. intellectual stagnation
  - e. the feeling that something is missing
38. You try to avoid wearing
- a. scarves
  - b. hats
  - c. turtlenecks
  - d. neckties
39. You have a fear of
- a. open spaces
  - b. closed spaces
40. You react to stress with
- a. increased activity
  - b. decreased activity
  - c. immobilization
  - d. confusion
  - e. anxiety
  - f. anger
41. Record any intrauterine life or birth recollections on a separate sheet and attach it to this questionnaire.