|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Date | *year* *month* *day* | | | Grade | □ Master’s Program:　1st 2nd  □ Doctoral Program:　1st 2nd 3rd  □ Research Student | |
| Student ID |  | | |
| (Planned) Research Field | □ Knowledge Science　□ Information Science　□ Materials Science  □ Transdisciplinary Sciences □ undecided | | | | | |
| Name |  | | | | Sex | □ Male　 □ Female　□ Other |
| Age |  | Nationality | □ Japan □ Other ( ) | | | |
| Financial  Condition | □ very good　　□ good　　□ fair　　□ bad　　□ very bad | | | | | |
| Questions only for international  students | So far, how long have you been living in Japan?  　（　　　　　　　　）year(s)　（　　　　　　　　）month(s) | | | | | |
| What do you think about your Japanese language skills?  　□ very good　　□ good　　□ fair　　□ poor　　□ very poor | | | | | |

**Please send the completed form to the Student Counseling Service (soudan@ml.jaist.ac.jp)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| The following questions ask about how you have been feeling during past 30 days. For each question, please circle the number that best describes how often you had this feeling.  ***During the past 30 days, about how often did you feel*** | | All  of the time | Most of the time | Some of the time | A little of the time | None of the time |
| a | … nervous? | 4 | 3 | 2 | 1 | 0 |
| b | … hopeless? | 4 | 3 | 2 | 1 | 0 |
| c | … restless or fidgety? | 4 | 3 | 2 | 1 | 0 |
| d | … so depressed that nothing could cheer you up? | 4 | 3 | 2 | 1 | 0 |
| e | … that everything was an effort? | 4 | 3 | 2 | 1 | 0 |
| f | … worthless? | 4 | 3 | 2 | 1 | 0 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **What kind of difficulties have you met recently?** Please select the appropriate number. | | no problem | few problems | somewhat problems | serious problems |
| 1 | making friends | 1 | 2 | 3 | 4 |
| 2 | problems with professors | 1 | 2 | 3 | 4 |
| 3 | academic problems | 1 | 2 | 3 | 4 |
| 4 | health problems | 1 | 2 | 3 | 4 |
| 5 | homesickness | 1 | 2 | 3 | 4 |
| 6 | financial problems | 1 | 2 | 3 | 4 |
| 7 | interpersonal problems | 1 | 2 | 3 | 4 |
| 8 | housing | 1 | 2 | 3 | 4 |
| 9 | climate | 1 | 2 | 3 | 4 |
| 10 | Japanese language \*only for international students | 1 | 2 | 3 | 4 |
| 11 | adjusting to Japanese culture  \*only for international students | 1 | 2 | 3 | 4 |
| 12 | other ( ) | 1 | 2 | 3 | 4 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Please circle the response that best represents your answer.** | | False of me | Not usually true for me | Sometimes false/true for me | Mostly true for me | True of me |
| 1 | I often find myself performing tasks that I had intended to do days before | 1 | 2 | 3 | 4 | 5 |
| 2 | Even with jobs that require little else except sitting down and doing them, I find they seldom get done for days | 1 | 2 | 3 | 4 | 5 |
| 3 | I generally delay before starting on work I have to do | 1 | 2 | 3 | 4 | 5 |
| 4 | In preparing for some deadlines, I often waste time by doing other things | 1 | 2 | 3 | 4 | 5 |
| 5 | I am continually saying “I’ll do tomorrow.” | 1 | 2 | 3 | 4 | 5 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Please circle the response that best represents your answer.** | | Definitely No | No | Unsure | Yes | Definitely Yes |
| 1 | I am sure that good things will happen in the future | 1 | 2 | 3 | 4 | 5 |
| 2 | I think I have a bright future | 1 | 2 | 3 | 4 | 5 |
| 3 | I feel positive about my future | 1 | 2 | 3 | 4 | 5 |
| 4 | I have a clear goal for the future | 1 | 2 | 3 | 4 | 5 |
| 5 | I am striving towards my future goal | 1 | 2 | 3 | 4 | 5 |

★Please fill out the next column if you are worried about something.

★Do you want to get counseling on another day?

(Reservation is required: about 45 minutes per session) 　□ Yes 　□ No

The information written on this form will be addressed for supporting your life in JAIST. Additionally, if you agree, it will be utilized in a study on mental health among university students. You will not have any disadvantages by disagreement. When the data are used for research purposes, your student ID and your name will be excluded from the database, and group statistics will be published in order not to identify certain individuals.

**【Contact Information】**Principal Investigator: Megumi Sasaki E-mail: msasaki@jaist.ac.jp

(Associate Professor, Public Psychologist, Clinical Psychologist, Health Care Center)

Co-Investigator: Michie Nakamura & Masaru Wada

(Counselor, Public Psychologist, Clinical Psychologist, Health Care Center)

I ( agree / disagree ) that my data will be utilized for research purposes.

**★ When you would like to withdraw your consent later, please contact the principal investigator**