

Name of the Test	Exploring my emotions (माझ्या भावनांचा शोध)
Author	Kulkarni Pradnya
Availability	Jnana Prabodhini's Institute of Psychology, Pune For research
Training Levels	Level B (No specific training but prior knowledge in test administration expected)
Uses	For screening and counseling purpose
Year of standardization/adaptation	2004
Year of revised edition	-----
Description of the test	
Language	English, Marathi
Level	Adolescent, Adult, literate (basic reading skill)
What is measured?	Status of negative emotions
Type of Test	Paper-pencil, Forced choice, Verbal
Total no. of Items with parts if any	33 items with 3 areas each area consist of 11 items
Item type	Rating scale
Kind of Response	Candidate has to put tick mark for appropriate rating as rarely, sometimes, often and frequently
Areas	3 areas - anxiety, anger, sadness expression.
Time	15 -20 minutes approximately
Scoring procedure	Manual and can be computerized. Scoring key appropriately adjusted for positive and negative direction. Total no. of points for each area as per the key and for the whole test are treated separately.
Statistics studied while standardizing the test	
Sample (for standardization and norms)	577 boys and girls from VII std. from more than 10 schools spread over the city.
Reliability	-----
Validity	Content validity was ascertained by inter-judges' agreement. Concurrent validity has been seen through correlation with mental health score in Vyaktitva Shodhika – a personality inventory. ($r = 0.40$)
Norms	Means and standard deviations of adolescents and parents. (N = 577 each group) are available.
Standardization category	Semi-standardized
More about the test	The test was used in the project "Exploring relationship between negative emotional expression of parents and children". Students of P.G. Diploma in School Psychology have participated in test development and project.
References	Exploring various correlates of emotional stability submitted to JPIP, 2005 Kulkarni, P. (2005). Exploring relationship between negative emotional expression of parents and children. Marathi Manas-shastra Patrika