

brief self control scale

your name: _____

today's date: _____

using the 1 to 5 scale below, please indicate how much each of the following statements reflects how you typically are:

not at all

very much

1

2

3

4

5

	<i>type of activity</i>	<i>frequency</i>
1.	I am good at resisting temptation	
2.	<i>I have a hard time breaking bad habits</i>	
3.	<i>I am lazy</i>	
4.	<i>I say inappropriate things</i>	
5.	<i>I do certain things that are bad for me, if they are fun</i>	
6.	I refuse things that are bad for me	
7.	<i>I wish I had more self-discipline</i>	
8.	people would say that I have iron self-discipline	
9.	<i>pleasure and fun sometimes keep me from getting work done</i>	
10.	<i>I have trouble concentrating</i>	
11.	I am able to work effectively toward long-term goals	
12.	<i>sometimes I can't stop myself from doing something, even if I know it is wrong</i>	
13.	<i>I often act without thinking through all the alternatives</i>	

italicised questions (2, 3, 4, 5, 7, 9, 10, 12, 13) should be reverse scored (subtract score from 6).

total score (13-65) =

average (mean) score for 606 students was 39.5, with approximately 70% falling in the range 31 to 48, and approximately 95% in the range 22.5 to 56.

Tangney, J. P., R. F. Baumeister, et al. (2004). "High self-control predicts good adjustment, less pathology, better grades, and interpersonal success." J Pers 72(2): 271-324. What good is self-control? We incorporated a new measure of individual differences in self-control into two large investigations of a broad spectrum of behaviors. The new scale showed good internal consistency and retest reliability. Higher scores on self-control correlated with a higher grade point average, better adjustment (fewer reports of psychopathology, higher self-esteem), less binge eating and alcohol abuse, better relationships and interpersonal skills, secure attachment, and more optimal emotional responses. Tests for curvilinearity failed to indicate any drawbacks of so-called overcontrol, and the positive effects remained after controlling for social desirability. Low self-control is thus a significant risk factor for a broad range of personal and interpersonal problems.