

Content & Variables of the Self Description Questionnaire

Demographic Questions, etc.

1. What is your age ? (quantitative)
2. Sex assigned at birth (2 categories)
3. Circle your ethnic/racial (6 categories)
4. Circle the type of family in which you were raised (4 categories)
5. What was your families' income during your senior year in high school? (quantitative)
6. How many siblings do you have ? (quantitative)
7. How many times did you move as a child ? (quantitative)
8. What was the population of your hometown ? (quantitative)
9. How many people do you think of as your close friends ? (quantitative)
10. How many people do you think would list you as a close friend of theirs ? (quantitative)
11. Are you a member of a fraternity or sorority (2 categories)
12. Are you currently in a romantic relationship ? (2 categories)
13. How long was your current or most recent romantic relationship? (quantitative)
14. Please rate the seriousness of your current or most recent romantic relationship. (quantitative)
15. How many different dating relationships have you been in during the last year ? (quantitative)

Scales

- 16 Index of Self-Esteem (ISE) – single scale score** (higher scores mean higher self-esteem)
The ISE is a 25-item scale designed to measure the degree, severity or magnitude of problem with self-esteem, an evaluative component of self-concept.
Reference: Hudson, W. W. (1992). *The Walmyr Assessment Scales Scoring Manual*. Tempe, AZ: WALMYR Publishing Co.
- 17-18 Affective Balance Scale (ABS) – Positive Affect** (higher scores mean higher positive affect) **and Negative Affect subscales** (higher scores mean higher negative affect)
The ABS is a 10-item instrument designed to measure psychological well-being, especially mood state. It has two subscales positive affect and negative affect
Reference: Bradburn, N. M. and Noll, E. (1969). *The Structure of Psychological Well-Being*. Chicago: Adine.
- 19-21 Compulsiveness Inventory (CI) – Indecision and Double-Checking, Order and Regularity, and Detail and Perfection subscales** (higher scores mean greater compulsiveness for each subscale)
The CI is an 11-item scale designed to measure behaviors that are common in the "normal" population(non-pathological compulsiveness).
Reference: Kagan, D. M. and Squires, R. L. (1985). Measuring non-pathological compulsiveness. *Psychological Reports*, 57, 559-563.
- 22 Obsessive-Compulsive Scale (OSC) – single scale score** (higher scores mean greater compulsiveness)
The OSC is a 20-item instrument that measures the general tendency toward obsessive thoughts and compulsive behaviors.
Reference: Gibb, G. D., Bailey, J. R., Best, R. H., and Lambirth, T. T. (1983). The measurement of the obsessive compulsive personality. *Educational and Psychological Measurement*, 43, 1233-1237.
- 23 Boredom Proneness (BP) – single scale score** (higher scores mean greater proneness to boredom)
The BP is a 28-item instrument designed to measure the tendency or predisposition to boredom.
Reference: Farmer, R. and Sundberg, N. D. (1986). Boredom proneness – The development and correlates of a new scale. *Journal of Personality Assessment*, 50, 4-17.
- 24-27 Automatic Thoughts Questionnaire (ATQ) – Personal Adjustment and Desire for Change, Negative Self-concepts, Low Self-Esteem, and Helplessness subscales** (higher scores mean more negative thoughts)
The ATQ is a 30-item instrument that measures the frequency of automatic negative statements about the self.
Reference: Hollon, S. D., Kendall, P. C. (1980). Cognitive self-statements in depression: Development of an Automatic Thoughts Questionnaire, *Cognitive Therapy and Research*, 4, 383-395.
- 28 Authority Behavior Inventory (ABI) – single scale score** (higher scores mean greater acceptance of authority)
The ABI is a 24-item instrument that measures the acceptance of authority
Reference: Rigby, K. (1987). An authority behavior inventory. *Journal of Personality Assessment*, 51, 615-625.