The Self-Attributes Questionnaire

This questionnaire has to do with your attitudes about some of your activities and abilities. For the first ten items below, you should rate yourself relative to other women your own age by using the following scale:

<table>
<thead>
<tr>
<th></th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
<th>F</th>
<th>G</th>
<th>H</th>
<th>I</th>
<th>J</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bottom</td>
<td>lower</td>
<td>lower</td>
<td>lower</td>
<td>lower</td>
<td>upper</td>
<td>upper</td>
<td>upper</td>
<td>upper</td>
<td>upper</td>
<td>upper</td>
</tr>
<tr>
<td>5%</td>
<td>10%</td>
<td>20%</td>
<td>30%</td>
<td>50%</td>
<td>50%</td>
<td>30%</td>
<td>20%</td>
<td>10%</td>
<td>5%</td>
<td></td>
</tr>
</tbody>
</table>

An example of the way the scale works is as follows: if one of the traits that follows were “height”, a woman who is just below average height would choose “e” for this question, whereas a woman who is taller than 80% (but not taller than 90%) of women her age would mark “H”, indicating that she is in the top 20% on this dimension.

1. intellectual ability _____
2. social skills/ social competence____
3. artistic and/or musical ability _____
4. athletic ability _____
5. physical attractiveness _____
6. leadership ability _____
7. common sense _____
8. emotional stability _____
9. sense of humor _____
10. discipline _____

Now rate how certain you are of your standing on each of the above traits (you may choose any letter):

<table>
<thead>
<tr>
<th></th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
<th>F</th>
<th>G</th>
<th>H</th>
<th>I</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not at all certain</td>
<td>moderately certain</td>
<td>extremely certain</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

11. intellectual ability _____
12. social skills/ social competence____
13. artistic and/or musical ability _____
14. athletic ability _____
15. physical attractiveness _____
16. leadership ability _____
17. common sense _____
18. emotional stability _____
19. sense of humor _____
20. discipline _____
Now rate how personally important each of these domains is to you (you may choose any letter):

<table>
<thead>
<tr>
<th></th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
<th>F</th>
<th>G</th>
<th>H</th>
<th>I</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Not at all important to me</td>
<td></td>
<td></td>
<td>moderately important to me</td>
<td></td>
<td></td>
<td>extremely important to me</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

21. intellectual ability ____
22. social skills/social competence____
23. artistic and/or musical ability ____
24. athletic ability ____
25. physical attractiveness ____
26. leadership ability ____
27. common sense ____
28. emotional stability ____
29. sense of humor ____
30. discipline ____

Now rate yourself relative to your “ideal self” – the person you would be if you were exactly the way you would like to be (you may choose any letter):

<table>
<thead>
<tr>
<th></th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
<th>F</th>
<th>G</th>
<th>H</th>
<th>I</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Very short of my ideal self</td>
<td>somewhat like and somewhat unlike my ideal self</td>
<td>very much like my ideal self</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

31. intellectual ability _____
32. social skills/social competence____
33. artistic and/or musical ability ____
34. athletic ability ____
35. physical attractiveness ____
36. leadership ability ____
37. common sense ____
38. emotional stability ____
39. sense of humor ____
40. discipline ____
Now, how would the clinical graduate student (who is making the personality assessment of you) rate you compared with other people your age on each of these:

<table>
<thead>
<tr>
<th></th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
<th>F</th>
<th>G</th>
<th>H</th>
<th>I</th>
<th>J</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Bottom</td>
<td>lower</td>
<td>lower</td>
<td>lower</td>
<td>lower</td>
<td>upper</td>
<td>upper</td>
<td>upper</td>
<td>upper</td>
<td>upper</td>
</tr>
<tr>
<td></td>
<td>5%</td>
<td>10%</td>
<td>20%</td>
<td>30%</td>
<td>50%</td>
<td>50%</td>
<td>30%</td>
<td>20%</td>
<td>10%</td>
<td>5%</td>
</tr>
</tbody>
</table>

41. intellectual ability ____
42. social skills/ social competence____
43. artistic and/or musical ability ____
44. athletic ability ____
45. physical attractiveness ____
46. leadership ability ____
47. common sense ____
48. emotional stability ____
49. sense of humor ____
50. discipline ____

Now, rank these areas in order of how much you would desire feedback from the clinical graduate student on your ability in the following areas. Please match the area with the number that best describes the order which you would desire. Use the 1 to 10 scale provided. Use each number only once.

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>most like to have discussed in report</td>
<td>least like to have discussed in report</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

51. intellectual ability ____
52. social skills/ social competence____
53. artistic and/or musical ability ____
54. athletic ability ____
55. physical attractiveness ____
56. leadership ability ____
57. common sense ____
58. emotional stability ____
59. sense of humor ____
60. discipline ____
Note 1: The short form includes the first five items only.
Note 2. To score the SAQ attributes (top 10 items above), just convert the letters into numbers (e.g., A = 1; B = 2, etc) and add. Beyond that, it depends on what you want to learn. If you are interested in their overall self-concept, you add (or average) all 10 attributes together. If you want to know their overall certainty score, you add (or average) all 10 together. The same applies to importance.