

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:

A	B	C	D	E	F	G	H	I	J
Bottom	lower	lower	lower	lower	upper	upper	upper	upper	upper
5%	10%	20%	30%	50%	50%	30%	20%	10%	5%

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):

A	B	C	D	E	F	G	H	I
Not at all				moderately				extremely
certain				certain				certain

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):

A	B	C	D	E	F	G	H	I
Not at all important to me				moderately important to me				extremely important to me

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):

A	B	C	D	E	F	G	H	I
Very short of my ideal self				somewhat like and somewhat unlike my ideal self				very much like my ideal self

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:

A	B	C	D	E	F	G	H	I	J
Bottom	lower	lower	lower	lower	upper	upper	upper	upper	upper
5%	10%	20%	30%	50%	50%	30%	20%	10%	5%

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.

1	2	3	4	5	6	7	8	9	10
most like to have discussed in report									least like to have discussed in report

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 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.