APPENDIX C
The Problem Solving Inventory (PSI)
Form B
by
Heppner, P. P

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289
The Problem Solving Inventory (PSI)

Name: Class:

Sex:

Date:

Directions

People respond to personal problems in different ways. The statements on this inventory deal with how people react to personal difficulties and problems in their day-to-day life. The term "problems" refers to personal problems that everyone experiences at times, such as depression, inability to get along with friends, choosing a vocation. Please respond to the items as honestly as possible so as to most accurately portray how you handle such personal problems. Your responses should reflect what you actually do to solve problems, not how you think you should solve them. When you read an item, ask yourself: Do I ever behave this way? Please answer every item. Read each statement and indicate the extent to which you agree or disagree with that statement, using the scale provided. Mark your responses by circling the number to the right of each statement.

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<tr>
<td>Strongly Agree</td>
<td>Moderately Agree</td>
<td>Slightly Agree</td>
<td>Slightly Disagree</td>
<td>Moderately Disagree</td>
<td>Strongly Disagree</td>
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* 1 (2) When a solution to a problem has failed, I do not examine why it didn't work.

* 2 (2) When I am confronted with a complex problem, I don't take the time to develop a strategy for collecting information that will help define the nature of the problem.

* 3 (3) When my first efforts to solve a problem fail, I become uneasy about my ability to handle the situation.
After I solve a problem, I do not analyze what went right and what went wrong.  

I am usually able to think of creative and effective alternatives to my problems.  

After following a course of action to solve a problem, I compare the actual outcome with the one I had anticipated.  

When I have a problem, I think of as many possible ways to handle it as I can until I can’t come up with any more ideas.  

When confronted with a problem, I consistently examine my feelings to find out what is going on in a problem situation.  

When confused about a problem, I don’t clarify vague ideas or feelings by thinking of them in concrete terms.  

I have the ability to solve most problems even though initially no solution is immediately apparent.  

Many of the problems I face are too complex for me to solve.  

When solving a problem, I make decisions that I am happy with later.  

When confronted with a problem, I tend to do the first thing that I can think of to solve it.  

Sometimes I do not stop and take time to deal with my problems, but just kind of muddle ahead.  

When considering solutions to a problem, I do not take the time to assess the potential success of each alternative.  

When confronted with a problem, I stop and think about it.
before deciding on a next step.

* 17 (2)  I generally act on the first idea that comes to mind in solving a problem.

18(2)  When making a decision, I compare alternatives and weigh the consequences of one against the other.

19(1)  When I make plans to solve a problem, I am almost certain that I can make them work.

20 (2)  I try to predict the result of a particular course of action.

*21(2)  When I try to think of possible solutions to a problem, I do not come up with many alternatives.

22  When trying to solve a problem, one strategy I often use is to think of past problems that have been similar.

23(1)  Given enough time and effort, I believe I can solve most problems that confront me.

24(1)  When faced with a novel situation, I have confidence that I can handle problems that may arise.

*25 (3)  Even though I work on a problem, sometimes I feel like I'm groping or wandering and not getting down to the real issue.

*26 (3)  I make snap judgments and later regret them.

27(1)  I trust my ability to solve new and difficult problems.

28(2)  I use a systematic method to compare alternatives and make decisions.

29  When thinking of ways to handle a problem, I seldom combine ideas from various alternatives to arrive at a workable solution.
*30(2) When faced with a problem, I seldom assess the external forces that may be contributing to the problem.

31(2) When confronted with a problem, I usually first survey the situation to determine the relevant information.

*32(3) There are times when I become so emotionally charged that I can no longer see the alternatives for solving a particular problem.

33(1) After making a decision, the actual outcome is usually similar to what I had thought of earlier.

*34(1) When confronted with a problem, I am unsure of whether I can handle the situation.

35(1) When I become aware of a problem, one of the first things I do is try to find out exactly what the problem is.

*items are negative

Note: Item no’s 9, 22 and 29 are not to be evaluated

SCORING TABLE

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Total Score= 293