Item Booklet

Instructions

Begin by completing the information on the rating sheet. Enter your name, age, sex, and date. Read the following directions carefully before you begin.

This booklet is divided into two sections which contain statements about how people see themselves. Please indicate how accurately each of the following statements describes you. Mark all of your responses on the rating sheet provided. DO NOT ERASE! If you need to change a response, make an "X" through the incorrect response and then fill in the correct circle.

Work as quickly as you can without making careless errors. It is best to rely on first impressions in answering each item. Fill in only one circle for each statement, and be sure to respond to all of the statements. Please note that the items are numbered in columns.

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Reorder #RO-1015.
Section 1

Use the following scale for your responses to Section 1:

- Fill in 1 if the statement is completely false.
- Fill in 2 if the statement is mainly false.
- Fill in 3 if the statement is partly true and partly false.
- Fill in 4 if the statement is mainly true.
- Fill in 5 if the statement is completely true.

For example, if you believe that a statement is mainly true in describing you, fill in the circle for that statement on your rating sheet.

Example

1. 1 2 3 4 5

| 1. I often fail to live up to my moral standards. |
| 2. I nearly always feel that I am physically attractive. |
| 3. I occasionally have doubts about whether I will succeed in life. |
| 4. I have trouble letting others know how much I care for and love them. |
| 5. No matter what the pressure, no one could ever force me to hurt another human being. |
| 6. I am very well-liked and popular. |
| 7. On occasion, I have tried to find a way to avoid unpleasant responsibilities. |
| 8. I occasionally worry that in the future I may have a problem with controlling my eating or drinking habits. |
| 9. It is often hard for me to make up my mind about things because I don’t really know what I want. |
| 10. I am not easily intimidated by others. |
| 11. I am usually able to demonstrate my competence when I am being evaluated. |
| 12. I don’t have much of an idea about what my life will be like in 5 years. |
| 13. I nearly always feel that I am physically fit and healthy. |
| 14. I usually do the decent and moral thing, no matter what the temptation to do otherwise. |
| 15. There are times when I doubt my sexual attractiveness. |
| 16. I sometimes have a poor opinion of myself. |
| 17. There are times when I have doubts about my capacity for maintaining a close love relationship. |
| 18. The thought of shoplifting has never crossed my mind. |
| 19. I sometimes feel disappointed or rejected because my friends haven’t included me in their plans. |
| 20. There have been times when I have felt like getting even with somebody for something they had done to me. |

21. I feel that I don’t have enough self-discipline.

22. In general, I know who I am and where I am headed in my life.

23. I am usually a lot more comfortable being a follower than a leader.

24. Most people who know me consider me to be a highly talented and competent person.

25. I often feel that I lack direction in my life—i.e., that I have no long-range goals or plans.

26. I nearly always feel that I am better physically coordinated than most people (of my own age and sex).

27. I almost always have a clear conscience concerning my sexual behavior.

28. There have been times when I felt ashamed of my physical appearance.

29. I put myself down too much.

30. In times of uncertainty and self-doubt, I have always been able to turn to my family for encouragement and support.

31. I have never felt that I was punished unfairly.

32. My friends almost always make sure to include me in their plans.

33. There have been times when I intensely disliked someone.

34. I am sometimes concerned over my lack of self-control.

35. Once I have considered an important decision thoroughly, I have little difficulty making a final decision.

36. I have no problem with asserting myself.

37. There are no areas in which I have truly outstanding ability.

38. Sometimes it’s hard for me to believe that the different aspects of my personality can be part of the same person.

Continued on next page
39. Most of the people I know are in better physical condition than I am.
40. I often feel guilty about my sexual behavior.
41. I usually feel that I am better looking than most people.
42. All in all, I would evaluate myself as a relatively successful person at this stage in my life.
43. There have been times when I have felt rejected by my family.
44. It hardly ever matters to me whether I win or lose in a game.
45. On occasion I have avoided dating situations because I feared rejection.
46. There have been times when I have lied in order to get out of something.
47. I often give in to temptation and put off work on difficult tasks.
48. I seldom experience much conflict between the different sides of my personality.
49. I feel that I have a lot of potential as a leader.
50. I am usually able to learn new things very quickly.

51. I often feel torn in different directions and unable to decide which way to go.
52. I occasionally have had the feeling that I have "gone astray" and that I am leading a sinful or immoral life.
53. I have occasionally felt that others were repelled or "put off" by my physical appearance.
54. I nearly always have a highly positive opinion of myself.
55. I occasionally feel that no one really loves me and accepts me for the person I am.
56. I have almost never felt the urge to tell someone off.
57. People nearly always enjoy spending time with me.
58. There have been occasions when I took advantage of someone.
59. I have difficulty maintaining my self-control when I am under pressure.
60. I have often acted in ways that went against my moral values.
61. I am usually very pleased and satisfied with the way I look.

Section 2

In Section 2, you are to describe how often you experience the thoughts and feelings described in each item. Use the following scale for your responses to Part 2:

Fill in ① if you almost never experience them.
Fill in ② if you seldom or rarely experience them.
Fill in ③ if you sometimes experience them.
Fill in ④ if you experience them fairly often.
Fill in ⑤ if you experience them very often.

For example, if you seldom or rarely experience the thoughts and feelings described, fill in the ③ circle for that statement on your rating sheet.

Example

<table>
<thead>
<tr>
<th>① Almost never</th>
<th>② Seldom or rarely</th>
<th>③ Sometimes</th>
<th>④ Fairly often</th>
<th>⑤ Very often</th>
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62. How often do you expect to perform well in situations that require a lot of ability?
63. How often do you lose when you get into arguments or disagreements with others?
64. Do you ever "stretch the truth" and say things that aren't completely true?
65. How often do you feel confident that you have (or someday will have) a lasting love relationship?
66. When you are meeting a person for the first time, do you ever think that the person might not like you?
67. How often do you feel proud of the way that you stay with a task until you complete it?

68. How often do you feel dissatisfied with yourself?
69. How often do you feel that others are attracted to you because of the way you look?
70. How often do you feel a sense of vitality and pleasure over the way your body functions in physical activities?
71. How often do you feel uncertain of your moral values?
72. How often do you feel self-conscious or awkward while you are engaged in physical activities?
73. How often do you feel very certain about what you want out of life?

Continued on next page.
74. How often do you have trouble learning difficult new tasks?

75. When you are involved in group discussions, how often do you feel that your ideas have a strong influence on others?

76. Do you ever gossip?

77. How often do members of your family have difficulty expressing their love for you?

78. How often do you feel certain that people you meet will like you?

79. How often are you pleased with yourself because of the amount of self discipline and willpower that you have?

80. How often do you feel that you are a very important and significant person?

81. How often do you wish that you were more physically attractive?

82. How often does your body perform exceptionally well in physical activities, such as dancing or sports?

83. How often do you (by your behavior) set a good moral example for others younger than yourself?

84. How often do you feel clumsy when you are involved in physical activities?

85. How often do you feel conflicted or uncertain about your career plans?

86. How often do you feel that you can do well at almost anything you try?

87. How often are you able to be assertive and forceful in situations where others are trying to take advantage of you?

88. Have you ever felt irritated when someone asked you for a favor?

89. How often do you feel able to openly express warm and loving feelings toward others?

90. Does it ever seem to you that some people dislike you intensely, that they "can't stand" you?

91. How often do you feel that you are more successful than most people at controlling your eating and drinking behavior?

92. How often do you feel really good about yourself?

93. How often are you complimented on your physical appearance?

94. How often do you feel in top physical condition?

95. How often are you pleased with your sense of moral values?

96. How often does your body feel "out of sorts" or sluggish?

97. Have you ever felt that you lack the intelligence needed to succeed in certain types of interesting work?

98. Do you enjoy it when you are in a position of leadership?

99. Have you ever felt jealous of the good fortune of others?

100. Have you ever felt alone and unloved?

101. When you go out with someone for the first time, how often do you feel that you are well-liked?

102. How often are you able to exercise more self-control than most of the people you know?

103. How often do you feel highly satisfied with the future you see for yourself?

104. How often do you feel unattractive when you see yourself naked?

105. How often do you enjoy having others watch you while you are engaged in physical activities such as dancing or sports?

106. How often do you feel highly satisfied with the way you live up to your moral values?

107. How often do you feel that you are not as intelligent as you would like to be?

108. How often do you feel uneasy when you are in a position of leadership?

109. How often is it hard for you to admit it when you have made a mistake?

110. How often do people whom you love go out of their way to let you know how much they care for you?

111. How often do you feel that you are one of the most popular and likable members of your social group?

112. How often are you able to resist temptations and distractions in order to complete tasks you are working on?

113. How often do you feel lacking in self-confidence?

114. How often do you approach new tasks with a lot of confidence in your ability?

115. How often do you have a strong influence on the attitudes and opinions of others?

116. How often do you gladly accept criticism when it is deserved?
# APPENDIX II

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**MSEI Rating Sheet**

**Form HS**

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APPENDIX III
The Beliefs about Appearance Questionnaire
(ASI-R Short Form)

The statements below are beliefs that people may or may not have about their physical appearance and its influence on life. Decide on the extent to which you personally disagree or agree with each statement and enter a number from 1 to 5 in the space on the left. There are no right or wrong answers. Just be truthful about your personal beliefs.

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_____ 1. I spend little time on my physical appearance.

_____ 2. When I see good-looking people, I wonder about how my own looks measure up.

_____ 3. I try to be as physically attractive as I can be.

_____ 4. I have never paid much attention to what I look like.

_____ 5. I seldom compare my appearance to that of other people I see.

_____ 6. I often check my appearance in a mirror just to make sure I look okay.

_____ 7. When something makes me feel good or bad about my looks, I tend to dwell on it.

_____ 8. If I like how I look on a given day, it’s easy to feel happy about other things.

_____ 9. If somebody had a negative reaction to what I look like, it wouldn’t bother me.

_____ 10. When it comes to my physical appearance, I have high standards.

_____ 11. My physical appearance has had little influence on my life.

_____ 12. Dressing well is not a priority for me.

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13. When I meet people for the first time, I wonder what they think about how I look.
15. If I dislike how I look on a given day, it’s hard to feel happy about other things.
16. I fantasize about what it would be like to be better looking than I am.
17. Before going out, I make sure that I look as good as I possibly can.
18. What I look like is an important part of who I am.
19. By controlling my appearance, I can control many of the social and emotional events in my life.
20. My appearance is responsible for much of what’s happened to me in my life.

(ASI-R ©Thomas F. Cash, Ph.D., 2003)