

“Kind of Person” Implicit Theory Scale

This survey accompanies a measure in the SPARQTools.org [Measuring Mobility toolkit](#), which provides practitioners curated instruments for assessing mobility from poverty and tools for selecting the most appropriate measures for their programs.

Age: Teen, Adult

Duration: < 3 minutes

Reading Level: 9th-12th grade

Number of Items: 8

Answer Format: 1 = strongly agree; 2 = agree; 3 = mostly agree; 4 = mostly disagree; 5 = disagree; 6 = strongly disagree.

Scoring

The fixed mindset subscale items are Q1, Q2, Q4, and Q6. The growth mindset subscale items Q3, Q5, Q7, and Q8, and should be reverse-scored. Reverse-scored items are worded in the opposite direction of what the scale is measuring. The formula for reverse-scoring an item is:

$$((\text{Number of scale points}) + 1) - (\text{Respondent's answer})$$

For example, Q3 is a 6-point scale. If a respondent answered 5 on Q3, you would re-code their answer as: $(6 + 1) - 5 = 2$.

In other words, you would enter a 2 for this respondents' answer to Q3.

To calculate subscale scores for each participant, take the average by adding respondents' answers to each subscale's items and dividing this sum by the number of items in the subscale (4).

You can either consider fixed and growth mindset subscale scores separately or generate a total growth mindset score by summing the two subscale averages and dividing by 2.

Sources

Dweck, C. S. (1999). *Self-theories: Their role in motivation, personality, and development*. Philadelphia: Psychology Press.

Dweck, C. S., Chiu, C. Y., & Hong, Y. Y. (1995). Implicit theories and their role in judgments and reactions: A world from two perspectives. *Psychological Inquiry*, 6(4), 267-285.

Instructions: Please circle how much you agree or disagree with each of the following statements.

1. The kind of person someone is, is something very basic about them and it can't be changed very much.

Strongly agree Agree Mostly agree Mostly disagree Disagree Strongly disagree

2. People can do things differently, but the important parts of who they are can't really be changed.

Strongly agree Agree Mostly agree Mostly disagree Disagree Strongly disagree

3. Everyone, no matter who they are, can significantly change their basic characteristics.

Strongly agree Agree Mostly agree Mostly disagree Disagree Strongly disagree

4. As much as I hate to admit it, you can't teach an old dog new tricks. People can't really change their deepest attributes.

Strongly agree Agree Mostly agree Mostly disagree Disagree Strongly disagree

5. People can always substantially change the kind of person they are.

Strongly agree Agree Mostly agree Mostly disagree Disagree Strongly disagree

6. Everyone is a certain kind of person, and there is not much that can be done to really change that.

Strongly agree Agree Mostly agree Mostly disagree Disagree Strongly disagree

7. No matter what kind of person someone is, they can always change very much.

Strongly agree Agree Mostly agree Mostly disagree Disagree Strongly disagree

8. All people can change even their most basic qualities.

Strongly agree Agree Mostly agree Mostly disagree Disagree Strongly disagree