

Self-Construal 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: Adult

Duration: 3-5 minutes

Reading Level: 6th to 8th grade

Number of items: 30

Answer Format: 1 = strongly disagree; 2 = somewhat disagree; 3 = a little disagree; 4 = neither agree or disagree; 5 = a little agree; 6 = somewhat agree; 7 = strongly agree.

Scoring:

The Independent Subscale items are Q1, Q2, Q5, Q7, Q9, Q10, Q13, Q15, Q18, Q20, Q22, Q24, Q25, Q27, and Q29. The Interdependent Subscale items are Q3, Q4, Q6, Q8, Q11, Q12, Q14, Q16, Q17, Q19, Q21, Q23, Q26, Q28, and Q30.

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 (15).

Source:

Kitayama, S., King, A., Yoon, C., Tompson, S., Huff, S., & Liberzon, I. (2014). The dopamine D4 receptor gene (DRD4) moderates cultural difference in independent versus interdependent social orientation. *Psychological Science, 25*(6), 1169-1177.

Singelis, T. M. (1994). The measurement of independent and interdependent self-construals. *Personality and Social Psychology Bulletin, 20*(5), 580–591.

Instructions:

This is a questionnaire that measures a variety of feelings and behaviors in various situations. Listed below are a number of statements. Read each one as if it referred to you. Circle the response that best matches your agreement or disagreement.

1. I enjoy being unique and different from others in many respects.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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2. I can talk openly with a person who I meet for the first time, even when this person is much older than I am.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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3. Even when I strongly disagree with group members, I avoid an argument.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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4. I have respect for the authority figures with whom I interact.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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5. I do my own thing, regardless of what others think.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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6. I respect people who are modest about themselves.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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7. I feel it is important for me to act as an independent person.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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8. I will sacrifice my self interest for the benefit of the group I am in.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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9. I'd rather say "No" directly, than risk being misunderstood.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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10. Having a lively imagination is important to me.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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11. I should take into consideration my parents' advice when making education/career plans.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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12. I feel my fate is intertwined with the fate of those around me.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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13. I prefer to be direct and forthright when dealing with people I've just met.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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14. I feel good when I cooperate with others.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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15. I am comfortable with being singled out for praise or rewards.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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16. If my brother or sister fails, I feel responsible.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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17. I often have the feeling that my relationships with others are more important than my own accomplishments.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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18. Speaking up during a class (or a meeting) is not a problem for me.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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19. I would offer my seat in a bus to my professor (or my boss).

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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20. I act the same way no matter who I am with.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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21. My happiness depends on the happiness of those around me.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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22. I value being in good health above everything.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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23. I will stay in a group if they need me, even when I am not happy with the group.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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24. I try to do what is best for me, regardless of how that might affect others.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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25. Being able to take care of myself is a primary concern for me.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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26. It is important to me to respect decisions made by the group.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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27. My personal identity, independent of others, is very important to me.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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28. It is important for me to maintain harmony within my group.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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29. I act the same way at home that I do at school (or work).

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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30. I usually go along with what others want to do, even when I would rather do something different.

Strongly disagree	Disagree	Somewhat Disagree	Don't agree or disagree	Agree somewhat	Agree	Strongly agree
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