

Sense of Control

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 minutes

Reading Level: < 6th grade

Number of items: 12

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

Scoring:

The Personal Mastery subscale items are Q1, Q2, Q3, and Q4. The Perceived Constraints subscale items are Q5, Q6, Q7, Q8, Q9, Q10, Q11, and Q12.

All items 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, Q1 is a 7-point scale. If a respondent answered 2 on Q1, you would re-code their answer as: $(7 + 1) - 2 = 6$.

In other words, you would enter a 6 for this respondents' answer to Q1.

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 for the Personal Mastery subscale or 8 for the Perceived Constraints subscale.

Sources:

Lachman, M. E., & Weaver, S. L. (1998). The sense of control as a moderator of social class differences in health and well-being. *Journal of Personality and Social Psychology*, 74(3), 763-773.

Instructions: Please circle your answer below.

1. I can do just about anything I really set my mind to.

Strongly agree	Somewhat agree	A little agree	Neither agree or disagree	A little disagree	Somewhat disagree	Strongly disagree
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2. When I really want to do something, I usually find a way to succeed at it.

Strongly agree	Somewhat agree	A little agree	Neither agree or disagree	A little disagree	Somewhat disagree	Strongly disagree
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3. Whether or not I am able to get what I want is in my own hands.

Strongly agree	Somewhat agree	A little agree	Neither agree or disagree	A little disagree	Somewhat disagree	Strongly disagree
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4. What happens to me in the future mostly depends on me.

Strongly agree	Somewhat agree	A little agree	Neither agree or disagree	A little disagree	Somewhat disagree	Strongly disagree
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5. There is little I can do to change many of the important things in my life.

Strongly agree	Somewhat agree	A little agree	Neither agree or disagree	A little disagree	Somewhat disagree	Strongly disagree
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6. I often feel helpless in dealing with the problems of life.

Strongly agree	Somewhat agree	A little agree	Neither agree or disagree	A little disagree	Somewhat disagree	Strongly disagree
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7. Other people determine most of what I can and cannot do.

Strongly agree	Somewhat agree	A little agree	Neither agree or disagree	A little disagree	Somewhat disagree	Strongly disagree
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8. What happens in my life is often beyond my control.

Strongly agree	Somewhat agree	A little agree	Neither agree or disagree	A little disagree	Somewhat disagree	Strongly disagree
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9. There are many things that interfere with what I want to do.

Strongly agree	Somewhat agree	A little agree	Neither agree or disagree	A little disagree	Somewhat disagree	Strongly disagree
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10. I have little control over the things that happen to me.

Strongly agree	Somewhat agree	A little agree	Neither agree or disagree	A little disagree	Somewhat disagree	Strongly disagree
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11. There is really no way I can solve the problems I have.

Strongly agree	Somewhat agree	A little agree	Neither agree or disagree	A little disagree	Somewhat disagree	Strongly disagree
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12. I sometimes feel I am being pushed around in my life.

Strongly agree	Somewhat agree	A little agree	Neither agree or disagree	A little disagree	Somewhat disagree	Strongly disagree
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