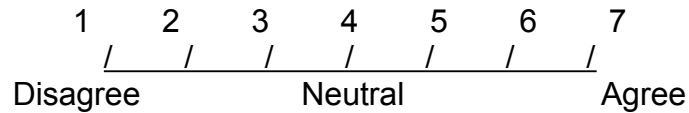


### Spheres of Control Scale: Version 3

Write a number from 1 to 7 to indicate how much you agree with each statement.



- \_\_\_ 1. I can usually achieve what I want if I work hard for it.
- \_\_\_ 2. In my personal relationships, the other person usually has more control than I do.
- \_\_\_ 3. By taking an active part in political and social affairs, we the people can influence world events.
- \_\_\_ 4. Once I make plans, I am almost certain to make them work.
- \_\_\_ 5. I have no trouble making and keeping friends.
- \_\_\_ 6. The average citizen can have an influence on government decisions.
- \_\_\_ 7. I prefer games involving some luck over games requiring pure skill.
- \_\_\_ 8. I'm not good at guiding the course of a conversation with several others.
- \_\_\_ 9. It is difficult for us to have much control over the things politicians do in office.
- \_\_\_ 10. I can learn almost anything if I set my mind to it.
- \_\_\_ 11. I can usually develop a personal relationship with someone I find appealing.
- \_\_\_ 12. Bad economic conditions are caused by world events that are beyond our control.
- \_\_\_ 13. My major accomplishments are entirely due to my hard work and ability.
- \_\_\_ 14. I can usually steer a conversation toward the topics I want to talk about.
- \_\_\_ 15. With enough effort we can wipe out political corruption.
- \_\_\_ 16. I usually do not set goals because I have a hard time following through on them.
- \_\_\_ 17. When I need assistance with something, I often find it difficult to get others to help.

- \_\_\_\_ 18. One of the major reasons we have wars is because people don't take enough interest in politics.
- \_\_\_\_ 19. Bad luck has sometimes prevented me from achieving things.
- \_\_\_\_ 20. If there's someone I want to meet, I can usually arrange it.
- \_\_\_\_ 21. There is nothing we, as consumers, can do to keep the cost of living from going higher.
- \_\_\_\_ 22. Almost anything is possible for me if I really want it.
- \_\_\_\_ 23. I often find it hard to get my point of view across to others.
- \_\_\_\_ 24. It is impossible to have any real influence over what big businesses do.
- \_\_\_\_ 25. Most of what happens in my career is beyond my control.
- \_\_\_\_ 26. In attempting to smooth over a disagreement, I sometimes make it worse.
- \_\_\_\_ 27. I prefer to concentrate my energy on other things rather than on solving the world's problems.
- \_\_\_\_ 28. I find it pointless to keep working on something that's too difficult for me.
- \_\_\_\_ 29. I find it easy to play an important part in most group situations.
- \_\_\_\_ 30. In the long run, we the voters are responsible for bad government on a national as well as a local level.

## Key for SOC scale--Version 3

### The Concepts

The SOC inventory measures the degree to which people perceive control over three spheres of life: the personal achievement, interpersonal relations, and social and political institutions. Someone might be high in personal control but low in interpersonal and socio-political control, for example. Any other combination is possible, although Personal Control is usually higher than Interpersonal Control, which is usually higher than Socio-Political Control.

### Scoring:

On all the negatively-keyed items listed below, reverse the subject's responses (i.e., 7=1, 6=2, 5=3, 4=4, 3=5, 2=6, 1=7). Then calculate the score for each scale by summing the 10 items.

**Personal Control:** Positive 1, 4, 10, 13, 22  
Negative 7, 16, 19, 25, 28

**Interpersonal Control:** Positive 5, 11, 14, 20, 29  
Negative 2, 8, 17, 23, 26

**Socio-Political Control:** Positive 3, 6, 15, 18, 30  
Negative 9, 12, 21, 24, 27

Norms based on 177 UBC undergraduates:

<u>Scale</u>	<u>Mean</u>	<u>S.D.</u>	<u>Alpha</u>
PC	51.4	8.3	.80
IPC	47.1	9.1	.83
SPC	36.6	8.3	.75

For more details see:

Paulhus, D.L., & Van Selst, M. (1990). The Spheres of Control scale: Ten years of research. *Personality and Individual Differences*, 11, 1029-1036.

Spittal, M.J., Siegert, R.J., McClure, J.L., & Walkey, F.H. (2002). The Spheres of Control scale: the identification of a clear, replicable three-factor structure. *Personality and Individual Differences*, 32, 121-131.