

# Hong Psychological Reactance Scale (M = 3)

1 = Strongly Disagree, 2 = Disagree, 3 = Neither Agree nor Disagree, 4 = Agree, 5 = Strongly Agree

- 1) Regulations trigger a sense of resistance in me.
- 2) I find contradicting others stimulating.
- 3) When something is prohibited, I usually think, "That's exactly what I am going to do"
- 4) The thought of being dependent on others aggravates me.
- 5) I consider advice from others to be an intrusion.
- 6) I become frustrated when I am unable to make free and independent decisions.
- 7) It irritates me when someone points out things which are obvious to me.
- 8) I become angry when my freedom of choice is restricted.
- 9) Advice and recommendations usually induce me to do just the opposite.
- 10) I am content only when I am acting of my own free will.
- 11) I resist the attempts of others to influence me.
- 12) It makes me angry when another person is held up as a role model for me to follow.
- 13) When someone forces me to do something, I feel like doing the opposite.
- 14) It disappoints me to see others submitting to standards and rules.