

Instructions: Think about the reason or reasons you have written above. The items below concern your impressions or opinions of this cause or causes of your performance. Circle one number for each of the following questions.

Is this cause(s) something:

- |  |   |   |   |   |   |   |   |   |   |                                     |
|--|---|---|---|---|---|---|---|---|---|-------------------------------------|
| 1. That reflects an aspect of yourself | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | reflects an aspect of the situation |
| 2. Manageable by you                   | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | not manageable by you               |
| 3. Permanent                           | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | temporary                           |
| 4. You can regulate                    | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | you cannot regulate                 |
| 5. Over which others have control      | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | over which others have no control   |
| 6. Onside of you                       | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | outside of you                      |
| 7. Stable over time                    | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | variable over time                  |
| 8. Under the power of other people     | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | not under the power of other people |
| 9. Something about you                 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | something about others              |
| 10. Over which you have power          | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | over which you have no power        |
| 11. Unchangeable                       | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | changeable                          |
| 12. Other people can regulate          | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | other people cannot regulate        |

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Scoring: The total scores for each dimension are obtained by summing the items, as follows: 1,6,9 = locus of causality; 5, 8, 12 = external control; 3, 7, 11 = stability; 2, 4, 10 = personal control.

McAuley, E., Duncan, T., & Russell, D. (1992). Measuring causal attributions: The revised Causal Dimension Scale (CDSII). *Personality and Social Psychology Bulletin*, 18, 566-573.