

Variables & Constructs for Statistics Projects

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July 2008 Draft

The following variables and answer formats are **suggestions only**. A construct is a variable that combines the responses to several questions. Suggestions for constructs have been provided by faculty who work in various statistics-intensive disciplines.

The variables and constructs are divided by topic, but be sure to scan all the constructs for fun ideas.

Topics

[Science, Health and Fitness](#)

[Social Life, Activities and Relationships](#)

[Academics and Education](#)

[Religious Beliefs](#)

[Business, Economics and Personal Finance](#)

[Family Variables](#)

[Politics](#)

[Mental Health Constructs](#)

[Other Variables and Constructs](#)

At the end of each topic section, constructs are listed. These faculty-developed ideas are very good places to find solid numeric variables. Be sure to scan all of them for interesting ideas.

Science, Health and Fitness

How many times in the last 12 months have visited the doctor?

0 1 2 3 4 5 6 7 8 9 10 11 12+

In the last 3 days how many hours of sleep have you gotten (including naps)?

0 2 4 6 8 10 12 14 16 18 20 22 24 26 28 30 32 34 36+

In the last 2 days how many hours of sleep have you gotten (including naps)?

0 2 4 6 8 10 12 14 16 18 20 22 24+

In the last week, how many meals have you "eaten out"?

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21+

In the last 7 days, how many hours have you spent working out (gym, group fitness classes, athletics practices, running, swimming, etc)?

0 ½ 1 1½ 2 2½ 3 3½ 4 4½ 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20+

How often do you use hand sanitizers per day?

0 1 2 3 4 5 6 7 8 9 10+

How many servings of alcohol have you consumed in the past 7 days (a serving is 10 oz of beer/wine, a shot or a mixed drink)? _____

Did you drink in high school?

- Never
- Once or Twice
- Often
- All the time

Approximately, at what age did you have your first alcoholic drink? _____

In the last 6 months, how many times have you been sick with a cold, the flu, etc.?

0 1 2 3 4 5 6 7 8 9 10+

How many hours of exercise have you gotten in the last week (including recreational sports and athletics practices/games)? _____

How many servings of junk food have you consumed in the past 3 days (candy, chips, fries, ice cream, etc?) _____

How many servings of candy or sweets have had in the past 3 days? _____

How many boxes of Girl Scout cookies did you purchase last month? _____

As a nation, what do you think about the money we are spending on protecting the environment?

1	2	3	4	5
Far too Little	Too Little	About Right	Too Much	Far too Much

Body-Mass Index – BMI. Requires height, weight and a formula.

How much do you weigh in pounds? _____

How tall are you? _____ feet , _____ inches

Formula in metric units: $BMI = \text{weight in kg} / (\text{height in meters})^2$

Formula in English units: $BMI = \text{weight in lbs} * 703 / (\text{height in inches})^2$

As a nation, what do you think about the money we are spending on protecting the environment?

1	2	3	4	5
Far too Little	Too Little	About Right	Too Much	Far too Much

How many 12 oz. servings of caffeine have you had in the last 48 hours?

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15+

Eating Attitudes Survey

The survey below is a modified version of the [EAT-26](#). Items were selected that indicate “weight conscious” behaviors. The EAT-26 is a 26-item eating attitudes inventory that can be used to screen for the possibility of eating disorders. The version below is not intended to measure any eating disorders whatsoever and should not be used as a medical or psychological screening tool. If you are concerned that you may have an eating disorder, click the link above to take a confidential screening with links to more information and advice about seeing a clinician.

Using the scale below, write the appropriate number beside each statement.

- 0 = Never
- 1 = Rarely
- 2 = Sometimes
- 3 = Often
- 4 = Usually
- 5 = Always

- _____ I cut my food into small pieces.
- _____ I am aware of the calorie content of foods that I eat.
- _____ I particularly avoid food with a high carbohydrate content (i.e. bread, rice, potatoes, etc.).
- _____ I am preoccupied with a desire to be thinner.
- _____ I think about burning up calories when I exercise.
- _____ I am preoccupied with the thought of having fat on my body.
- _____ I avoid foods with sugar in them.
- _____ I display self-control around food.

Scoring. Sum the values for each entry. Range is 0 to 40 with higher values indicating higher levels of weight conscious behavior.

Dental Hygiene. How many times in the last 3 days have you...

Brushed your teeth	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15+
Used mouthwash	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15+
Flossed your teeth	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15+

The group who developed this construct noted that brushing and flossing are not equally hygiene-perfect. Because they felt the typical recommendation was brush three times per day and floss once per day, that flossing should count more. The formula they used for their inventory:

$$\text{Dental Hygiene Score} = \text{Brushings} + \text{Mouthwashes} + 3 * \text{Flossings}$$

Their interpretation could be debated. An example might be using a multiplier of “2” instead of “3” for flossing. Use your own ideas, but explain your reasoning in your presentation and your write-up.

Social Life, Activities and Relationships

How many trips to Wal-Mart have you made in the last 2 weeks?

0 1 2 3 4 5 6 7 8 9 10 11 12+

How many times in the last two weeks did you attend a party where alcohol was served?

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15+

How many hours have you spent on fraternity/sorority activities in the last 7 days?

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15+

In the last 7 days, how many hours have you spent playing video games?

0 2 4 6 8 10 12 14 16 18 20 22 24 26 28 30 32 34 36 38 40 42 44 46 48 50+

What is your current dating status (check one)?

- Single, not dating
- Single, dating around
- Dating exclusively – less than 3 months
- Dating exclusively – 3 to 12 months
- Dating exclusively – more than a year
- Engaged
- Married

On a scale of 1 to 10, 10 being perfect happiness, how happy are you with your social life?

1 2 3 4 5 6 7 8 9 10

How many total parties and social events have you attended in the last 7 days?

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15+

On a scale of 1 to 10, 10 being "very important," how important is it to you to have a big Valentine's Day celebration?

1 2 3 4 5 6 7 8 9 10

On a scale of 1 to 10, 10 being "very important," how important is it to you to wear a costume and attend parties for Halloween?

1 2 3 4 5 6 7 8 9 10

Going to parties is very important to me.

1 2 3 4 5 6 7
Strongly Disagree Disagree Neutral Agree Strongly
Disagree No Opinion Agree Agree

Being in athletics is very important to me.

1 2 3 4 5 6 7
Strongly Disagree Disagree Neutral Agree Strongly
Disagree No Opinion Agree Agree

In the last year, approximately how many sexual partners have you had? _____

On average, how many days per week would you say you spend 4 or more hours socializing with friends or going to parties?

0 1 2 3 4 5 6 7

How many close friends do you have? Please write the approximate number. _____

In the last 7 days, how many total movies have seen (TV, cable, DVD or theater)?

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20+

In past 3 days, how many hours of TV have you watched?

0 2 4 6 8 10 12 14 16 18 20 22 24 26 28 30 32 34 36 38 40+

In past 7 days, how many did nights did you go out (social event with at least 3 people)?

0 1 2 3 4 5 6 7

How many times in the last week have you nodded off to sleep in class?

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15+

In a typical 50 minute class, what number of minutes do you spend daydreaming about sex and/or romance? _____

What is the total number of class meetings (lecture, lab, etc.) you have missed?

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15+

In the past 10 class meetings, how many times have you been at least 2 minutes late to class?

0 1 2 3 4 5 6 7 8 9 10

On a scale of 1 to 10, 10 being music addict, rate your level of music enjoyment.

1 2 3 4 5 6 7 8 9 10

How many songs have ripped and/or downloaded to your iPod/MP3 player in the last month? _____

What age were you when had your first real kiss (at least 30 seconds)?

5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20+

How many different people have you kissed this month (real kisses, at least one minute long)?

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15+

For how many months have you been dating your current honey (0 = not dating, 1 = just started going out)? _____

How many times have you cheated on a significant other? _____

How many times have you been caught cheating on a significant other? _____

How many times have you caught your significant other cheating on you? _____

How often do you read the newspaper (check one)?

_____ Everyday

_____ A few times a week

_____ Once a week

_____ Less than once a week

_____ Never

In the last 3 days, how many total hours have you spent on personal blog spaces (MySpace, Facebook, etc.)? _____

In past week, how many hours have you spent with your significant other (talking on phone, meals, dates, etc.)? _____

Internet Addiction

This 20-question inventory measures “[excessive internet use](#)” which does not meet the criteria for a clinical addiction (since it appears to lack many of the characteristics normally associated with *bona fide* addiction). Below is a 10-question version you may decide to use.

How often do you find that you stay online longer than you intended?

- Rarely Occasionally Frequently Often Always Does Not Apply

How often do you neglect household chores to spend more time online?

- Rarely Occasionally Frequently Often Always Does Not Apply

How often do you prefer the excitement of the internet to intimacy with your partner?

- Rarely Occasionally Frequently Often Always Does Not Apply

How often do your grades or school work suffer because of the amount of time you spend online?

- Rarely Occasionally Frequently Often Always Does Not Apply

How often do you find yourself anticipating when you will go online again?

- Rarely Occasionally Frequently Often Always Does Not Apply

How often do you lose sleep due to late-night log-ins?

- Rarely Occasionally Frequently Often Always Does Not Apply

How often do you find yourself saying "just a few more minutes" when online?

- Rarely Occasionally Frequently Often Always Does Not Apply

How often do you choose to spend more time online over going out with others?

- Rarely Occasionally Frequently Often Always Does Not Apply

Scoring is 0 = Does Not Apply, 1 = Rarely, 2 = Occasionally, 3 = Frequently, 4 = Often, 5 = Always. Sum the totals. Range is 0 to 40, with higher numbers indicating higher levels internet “addiction.” This is **not a medical or psychological screening**, and high scores would simply indicate a possible imbalance in this area of one’s life.

Campus Involvement. How many hours did you spend last week on these extracurricular and co-curricular activities?

Honor Societies	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15+
Greek Life	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15+
Student Org (SGA, etc)	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15+
Intramurals, Club sports	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15+
Religious (BCM, etc)	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15+
Military (ROTC)	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15+
Other	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15+

Scoring: sum the total hours spent on extra- and co-curricular activities. Note that band, choir and theater groups are not specified – think about the activities that are popular at your university.

Binge Drinking

In the last month, how many times have you have more than 5 drinks or beers in one evening or day?	0	1	2	3	4	5	6	7	8	9	10+
In the last two weeks, how many times have you had more than 5 alcoholic drinks in one sitting?	0	1	2	3	4	5	6	7	8	9	10+
How many times in the last month have you had more than 5 alcoholic drinks in less than one hour?	0	1	2	3	4	5	6	7	8	9	10+
How often do you participate in drinking games?	0	1	2	3	4	5	6	7	8	9	10+
How many times in the last two week have you "beer bonged" a beer, "shot-gunned a beer", or taken a shot of alcohol?	0	1	2	3	4	5	6	7	8	9	10+

Sum the totals. Range is 0 to 50+, with large numbers indicating more frequent binge drinking.

Problem Drinking

- Yes No Do you ever drink alone?
- Yes No Do you ever drink during the day?
- Yes No Has a friend or family member ever told you that they are concerned about your drinking?
- Yes No Do believe your drinking has affected your GPA?
- Yes No Has your drinking ever affected a relationship you have had with someone in a negative way?
- Yes No Do you drink just about every day?
- Yes No Have you ever blacked out because of drinking alcohol?
- Yes No Do you sometimes crave alcohol?
- Yes No Can you drink a lot more than many of your friends or other people you know?
- Yes No Whenever you go out, do you almost always drink?

Score each "yes" response as "1" and each "no" response as "0." Sum them. Range is 0 to 10, with higher numbers indicating higher likelihood the individual has a drinking problem.

Toxic Relationship Beliefs

Instructions: Using the scale shown, write down the number that best represents your opinion for each statement below.

- 1 = Strongly Disagree
- 2 = Disagree
- 3 = Disagree Somewhat
- 4 = Agree Somewhat
- 5 = Agree
- 6 = Strongly Agree

- _____ 1. We should be completely open and honest with each other at all times.
- _____ 2. We should be able to read each other's minds.
- _____ 3. We should do everything together.
- _____ 4. We should be able to meet all of each other's needs.
- _____ 5. We should be willing and able to change for each other.
- _____ 6. Things should always be perfect between us.
- _____ 7. Good relationships should be easy to maintain.
- _____ 8. One can never be complete without being involved in a romantic relationship.

Scoring: sum the total. Range is 8 to 48 (no reverse-scored items) with higher numbers indicating more toxic beliefs about relationships. Source: Romans, J.S.C., & DeBord, J. (1995). "Development of the relationship beliefs questionnaire." *Psychological Reports*, 76, 1248-1250.

Academics and Education

What is the highest level of education you hope to obtain (check one)?

- Bachelors
 Masters
 Advanced Professional Degree (Medicine, Law, Pharmacy, etc)
 Doctorate

What is your current GPA (4.0 scale)? _____

On average, how many days per week would you say you spend 4 or more hours studying for school?

0 1 2 3 4 5 6 7

In the last 5 days, how many class meetings and/or labs did you miss?

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15+

Academic work is very important to me.

1 2 3 4 5 6 7
Strongly Disagree Neutral Agree Strongly
Disagree No Opinion Agree

On a scale of 1 – 10, how important is it for you to have a high GPA (10 being extremely important)?

1 2 3 4 5 6 7 8 9 10

How many credit hours are you taking this semester? _____

On a scale of 1 to 10, 10 being perfect, rate your study habits.

1 2 3 4 5 6 7 8 9 10

On a scale of 1 – 10, how important do you think it is to perfect class attendance (10 being extremely important)?

1 2 3 4 5 6 7 8 9 10

Mathematics Anxiety Scale – MAS

Using the scale below, write the appropriate number beside each statement.

- 0 = strongly disagree
1 = disagree
2 = neutral
3 = agree
4 = strongly agree

1. _____ It wouldn't bother me at all to take more math classes.
2. _____ I have usually been at ease during math tests.
3. _____ I have usually been at ease in math courses.
4. _____ I usually don't worry about my ability to solve math problems.
5. _____ I almost never get uptight while taking math tests.
6. _____ I get really uptight during math tests.
7. _____ I get a sinking feeling when I think of trying hard math problems.
8. _____ My mind goes blank and I am unable to think clearly when doing mathematics.
9. _____ Mathematics makes me feel uncomfortable and nervous.
10. _____ Mathematics makes me feel uneasy and confused.

Scoring. Note that items 1 – 5 are reverse scored, i. e. 4 = strongly disagree, 3 = disagree, and so on. Sum the values. Range is 0 to 40, with higher values indicating more mathematics anxiety.

Computer Anxiety (Short)

Using the scale below, write the appropriate number beside each statement.

- 0 = strongly disagree
- 1 = disagree
- 2 = neutral
- 3 = agree
- 4 = strongly agree

1. ____ I feel confident and relaxed while working on a computer.
2. ____ The harder I work at learning computers the more confused I get.
3. ____ I have sometimes thought that I am too old to learn about computers.
4. ____ I have sometimes thought "Computers don't like me."
5. ____ I always have problems working on computers.
6. ____ I can usually manage to solve computer problems by myself.

Scoring: sum the values. Range is 0 to 24, with higher scores indicating more computer anxiety.

Religious Beliefs

How many times last month did you attend religious services and/or activities sponsored by religious organizations (BCM, Wesley, Newman, etc.)?

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15+

Religion is very important to me.

1 2 3 4 5 6 7
Strongly Disagree Disagree Neutral Agree Strongly
Disagree No Opinion Agree

Which of these statements comes closest to describing your feelings about the Bible? Read statements and mark one answer.

- The Bible is the actual word of God and is to be taken literally, word for word.
- The Bible is the inspired word of God, but not everything should be taken literally.
- The Bible is an ancient book of fables, legends, history, and moral perceptions recorded by men.

On a scale of 1 to 10, 10 being very religious, rate the depth of your religious beliefs.

1 2 3 4 5 6 7 8 9 10

Please mark which statement comes closest to expressing what you believe about God.

- I don't believe in God.
- I don't know whether there is a God and I don't believe there is any way to find out.
- I don't believe in a personal God, but I do believe in a Higher Power of some kind.
- I know God really exists and I have no doubts about it.

Religious Conservatism

- Yes No Public prayer should be allowed in public schools.
- Yes No A believe homosexuality is morally wrong.
- Yes No I believe that a judge should be allowed to post the Ten Commandments in his courtroom if he wants to.
- Yes No I believe abortion should be illegal.
- Yes No I do not believe in evolution. I believe the Bible's version of creation.

Score each "yes" response as "1" and each "no" response as "0." Sum the totals. Range is 0 to 5, with "5" indicating an individual who is very conservative with regard to religion.

Religiousness

	Never	Occasionally	Weekly or more
How often in the last year have you attended church?	1	2	3
How often in the past year have you given money to your church?	1	2	3
How often in the past year have you gone to other church affairs, such as meetings, Bible study, or trips?	1	2	3
How often do you read the Bible?	1	2	3
How often do you pray?	1	2	3
In the last year, how often have you listened to or watched Christian programming on TV or radio?	1	2	3
How often in the past have you read a religious book other than the bible?	1	2	3

Sum the totals. Range is 7 to 21, with "7" indicating an individual with very little religious activity and "21" indicating immense religious activity.

Business, Economics and Personal Finance

How many hours have you worked in the last 7 days? _____

How many minutes is your commute to work (one-way)? _____

How much allowance money have your parents given to you in the last month? _____

What is your average weekly income? _____

What percentage of your annual educational expenses are paid through the university's financial aid office (scholarships, loans, grants)?

0 10 20 30 40 50 60 70 80 90 100

Total Work-related Hours.

How many hours did you work in the past week? _____

How many minutes does it take you to commute to work one-way? _____

How many times did you commute to work in the past week? _____

Scoring: some arithmetic is required, which Excel can perform. The formula:

$$\text{Work Inventory} = \text{Hrs Worked} + 2 * \text{Times Commuted} * (\text{Commute Minutes} / 60)$$

Units are in hours.

Family Variables

Did your parents drink alcoholic beverages in front of you when you where growing up (mark one)?

- Never
- Rarely
- Sometimes
- Often
- Always

My family disapproves of alcohol use.

- | | | | | | | |
|----------|----------|---|------------|-------|---|----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Strongly | Disagree | | Neutral | Agree | | Strongly |
| Disagree | | | No Opinion | | | Agree |

Did both of your parents work when you were growing up?

How close would you say you are to your parents (check one)?

- Not too close
- Somewhat close
- Not close at all

In your opinion, what would be the ideal age for you to get married? _____

In your opinion, what would be the ideal number of children you would want to have?

- 0
- 1
- 2
- 3
- 4
- 5
- 6+

It is sometimes necessary to discipline a child with a good, hard spanking.

- | | | | | | | |
|----------|----------|---|------------|-------|---|----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Strongly | Disagree | | Neutral | Agree | | Strongly |
| Disagree | | | No Opinion | | | Agree |

What is your father's (mother's) highest level of academic completion?

- Some High School
- High School
- Some College
- Associate's Degree (2 year degree)
- Bachelors Degree
- Some Graduate School
- Masters
- Advanced Professional Degree (Medicine, Law, Pharmacy, etc)
- Doctorate

Politics

On a scale of 1 to 10, with 1 being very conservative and 10 being very liberal, rate your political viewpoint.

1 2 3 4 5 6 7 8 9 10

Political Party

In politics today, do you consider yourself a (check one):

- Strong Republican (1)
- Republican
- Moderate Republican
- Independent
- Moderate Democrat
- Democrat
- Strong Democrat (7)

Do not include codes in parentheses. Scored as a 7-point Likert Scale. Please note that this is not quite the same as "conservative" vs. "liberal."

Pornography (coding given in parentheses but **should NOT be included on survey!!**)

I think that laws against pornography in this country are (check one)

- too strict (2)
- just about right (1)
- not strict enough (0)

It should be legal for adults to buy sexually explicit DVD's to view in their homes.

- Agree (1)
- Disagree (0)

It should be legal for someone to set up a nude dance club in my neighborhood.

- Agree (1)
- Disagree (0)

Sum the coding values for the three questions. Range is 0 to 4, with "0" indicating an individual strongly opposed to pornography, and "4" indicating strongly supportive. This variable is hierarchical and can (with care) be used in a regression study – ask your professor. It is a great category variable for possible use in the group comparison project as a grouping variable.

Political Views

If you are interested in measuring "conservative vs. liberal" or please check out The World's Smallest Political Quiz ([PDF](#)) available at TheAdvocates.org. The 10-question quiz is actually two 5-question scales, one that measures "conservative vs. liberal" and one that measures "libertarian vs. statist." The

final score is plotted on a two-dimensional chart with five category regions: conservative, statist, liberal, libertarian and centrist. With this small tool, you can utilize one or both of the 5-question scales as numeric variables (don't try to combine them), or you can use the entirety as a category variable.

Homosexuality

- Yes No I believe homosexuality is morally wrong.
- Yes No I believe marriages between homosexuals should not be allowed.
- Yes No I believe homosexual couples should not be allowed to adopt children.
- Yes No I believe that homosexuals should not be allowed to serve in the military.
- Yes No I believe that sexual activity involving homosexuality should be against the law.

Score each "yes" response as "0" and each "no" response as "1." Sum the totals. Range is 0 to 5, with "0" indicating an individual strongly opposed to homosexuality, and "5" indicating strongly supportive.

Attitudes toward Homosexuality

Please indicate your level of agreement with the items below using the following scale:

1	2	3	4	5
Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree

- _____ 1. I would not mind having a homosexual friend.
- _____ 2. Finding out that an artist was gay would have no effect on my appreciation of his/her work.
- _____ 3. I won't associate with known homosexuals if I can help it.
- _____ 4. I would look for a new place to live if I found out my roommate was gay.
- _____ 5. Homosexuality is a mental illness.
- _____ 6. I would not be afraid for my child to have a homosexual teacher.
- _____ 7. Gays dislike members of the opposite sex.
- _____ 8. I do not really find the thought of homosexual acts disgusting.
- _____ 9. Homosexuals are more likely to commit deviant sexual acts, such as child molestation, rape, and voyeurism (Peeping Toms), than are heterosexuals.
- _____ 10. Homosexuals should be kept separate from the rest of society (i.e., separate housing, restricted employment).
- _____ 11. Two individual of the same sex holding hands or displaying affection in public is revolting.
- _____ 12. The love between two males or two females is quite different from the love between two persons of the opposite sex.
- _____ 13. I see the gay movement as a positive thing.
- _____ 14. Homosexuality, as far as I'm concerned, is not sinful.
- _____ 15. I would not mind being employed by a homosexual.
- _____ 16. Homosexuals should be forced to have psychological treatment.
- _____ 17. The increasing acceptance of homosexuality in our society is aiding in the deterioration of morals.
- _____ 18. I would not decline membership in an organization just because it had homosexual members.
- _____ 19. I would vote for a homosexual in an election for public office.
- _____ 20. If I knew someone were gay, I would still go ahead and form a friendship with that individual.
- _____ 21. If I were a parent, I could accept my son or daughter being gay.

Scoring: Careful – this is the only Likert Scale construct we present where 1 = Strongly Agree and 5 = Strongly Disagree. Generally, we find it easier to rank our agreement with the statement as high when we agree and low otherwise. Make sure your respondents read the directions carefully. Note that items 1,2, 6, 8, 13, 14, 15, 18, 19, 20, and 21 are reverse scored, i.e. 5 = Strongly Agree, 4 = Agree, 3 = Neutral, 2 = Disagree, and 1 = Strongly Disagree. Sum the values. Range is 21 to 105, with higher scores indicating a more positive and openness attitude toward homosexuals. Source: Kite, M.E., & Deaux, K. (1986).

"Attitudes toward homosexuality: Assessment and behavioral consequences." *Basic and Applied Social Psychology*, 7, 137-162.

Abortion (You will need to format Likert Scale responses 1 to 5 ranging from Strongly Disagree to Strongly Agree. Options vary.)

Abortion is morally wrong.

More laws should be passed to make it more difficult for women to obtain an abortion.

Abortion should be illegal.

Score SD = 1, D = 2, N = 3, A = 4, and SA = 5. Sum the totals. Range is 3 to 15, with "3" indicating an individual strongly in favor of abortion rights, "9" indicating neutral/no opinion, and "15" indicating strongly opposed to abortion.

Legalization of Marijuana

Yes No The possession of small amounts of marijuana should not be a criminal offense.

Yes No People in the possession of small amounts of marijuana should be fined rather than sent to jail.

Yes No Marijuana should be legal for medical purposes.

Score each "yes" response as "1" and each "no" response as "0." Sum the totals. Range is 0 to 3, with "0" indicating an individual who strongly supports legalized marijuana, and "3" indicating strongly opposed. Answers can be formatted as Likert Scale responses (see abortion construct above).

Racism

How would it make you feel if a close relative of yours was planning to marry a minority (circle one)?

Uneasy Somewhat Uneasy Not uneasy at all

How would it make you feel if your supervisor at work was a minority (circle one)?

Uneasy Somewhat Uneasy Not uneasy at all

How would it make you feel if a minority moved into a house next to yours (circle one)?

Uneasy Somewhat Uneasy Not uneasy at all

Score "1" for each "uneasy response," "2" for each "somewhat uneasy" response and "3" for "not uneasy at all." Sum the totals. Range is 3 to 9, with higher scores indicating more open attitudes toward minorities.

Law Enforcement

In the last two weeks, how many times have you parked illegally on campus?

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15+

In the last two months, how many campus parking tickets have you received?

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15+

Do you favor or oppose the death penalty for person convicted of murder? (Asked on a nationwide 2006 survey with 1885 saying "favor" and 930 saying "oppose." Note this is a category variable, not a numeric one.)

How worried are you that you will become a victim of crime?

- _____ Very worried
- _____ Somewhat worried
- _____ Not very worried
- _____ Not worried at all

Do you favor or oppose a law which would require a person to obtain a police permit before she or he could buy a gun? (Note this is a category variable, not a numeric one.)

In the past five years, how many traffic accidents have been in that, according to police/insurance, were **your fault**? _____

How many speeding tickets have you receive in the past 5 years? _____

How strongly do you oppose or support a law that makes ownership of an automatic weapon illegal?

- | | | | | |
|----------|--------|----------------|---------|----------|
| 1 | 2 | 3 | 4 | 5 |
| Strongly | Oppose | Neither Oppose | Support | Strongly |
| Oppose | | nor Support | | Support |

Gun Control

- Favor Oppose Do you favor or oppose a federal law banning assault weapons?
- Favor Oppose Do you favor or oppose a federal law banning hand guns?
- Favor Oppose Do you favor or oppose a federal law that requires anyone that buys a gun to register with the federal government?

Score each "favor" response as "1" and each "oppose" response as "0." Sum the totals. Range is 0 to 3, with "0" indicating an individual strongly opposed to gun control laws, and "3" indicating strongly supportive. Answers can be formatted as Likert Scale responses (see abortion construct above).

Mental Health Constructs

Obsessive Compulsive Disorder – OCD

Please mark each statement that is true about you.

- I tend to do things carefully, and sometimes slowly.
- Sometimes I tend to keep, collect, or hoard objects that other people may find useless, like magazines, shoe boxes, or rubber bands.
- I repeatedly check things, such as my alarm clock, whether or not the door is locked, or whether or not I left an appliance on.
- I often check and recheck things for mistakes, such as when balancing a check book or checking for spelling errors.
- I have a lot of rituals in my life, such as bedtimes rituals that I have to do in a certain order, or superstitious rituals, such as not stepping on a crack.
- I find myself often counting things in my mind, such as steps, windows, billboards along a highway, or cracks in the sidewalk.
- I tend to make a lot of to do lists.
- Sometimes I repeat things in my head a lot, such as a commercial jingle or a song.
- I like things aligned in a certain way, such as items on my desk or food in my pantry.
- I have a dislike of certain numbers, such as odd numbers.
- I have to eat my food in a certain way or in a certain order.
- I often line up candy, such as M&Ms, or have to eat the candy pieces in pairs.
- I feel a strong need for symmetry and total order in my environment, such as lining up canned goods in the pantry in a certain way, hanging my clothes in the closet in a certain way, or the need to

- have everything put away neatly before I go to bed.
- I often worry about dirt and germs. I often wash my hands repeatedly to combat this fear.
 - I have a need to align objects "just so."
 - My personal appearance is always very neat.
 - I tend not to do things spur of the moment. I like to plan things out before I do them.
 - I tend to be pretty superstitious.
 - The money in my wallet is always in order.
 - I tend to keep my room very clean and in order.

Score "1" for each checked box. Range is 0 to 20, with higher numbers indicating increased likelihood of OCD. Please note that scores here are **not clinical diagnoses**. This inventory is a screening tool only, similar to ones professionals use to see if further diagnostic protocols should be used.

Attention Disorder / Hyperactivity Disorder – ADHD

Please mark each statement that is true about you.

- Sometimes I act without thinking.
- In general, I get bored easily.
- I hate waiting in lines.
- Sometimes I speak without thinking.
- I often fidget or bounce my leg when sitting at my desk.
- I often do not take the time to read directions when I buy something new.
- I often bounce from one activity to another.
- I find it difficult to sit through a long period.
- I often become easily distracted by irrelevant sights and sounds.
- I often fail to pay attention to details and I often make careless mistakes.
- I rarely follow instructions carefully and completely.
- I often lose or forget things like toys, or pencils, books, and tools needed for a task.

Score "1" for each checked box. Range is 0 to 12, with higher numbers indicating increased likelihood of ADHD. Please note that scores here are **not clinical diagnoses**. This inventory is a screening tool only, similar to ones professionals use to see if further diagnostic protocols should be used.

Depression

Please mark each statement that is true about you.

- I do not get much pleasure or joy out of life.
- Sometimes I feel sad, blue, or unhappy.
- I often feel fatigued.
- I often find it difficult to get out of bed in the morning.
- Sometimes I feel like life is not going my way.
- Sometimes I feel depressed even when good things happen to me.
- Sometimes I feel like crying.
- Some of the things I use to do, I don't enjoy doing anymore.
- I am not sure my life will improve in the future.
- I often feel like my life really doesn't matter.

Score "1" for each checked box. Range is 0 to 10, with higher numbers indicating increased likelihood of mild clinical depression. This is **not a screening for more serious issues** related to anxiety and/or depression. Please note that scores here are **not clinical diagnoses**. This inventory is a screening tool only, similar to ones professionals use to see if further diagnostic protocols should be used.

Self-Esteem (5-point Likert scale)

	SD	D	N	A	SA
I have a lot of respect for myself.	1	2	3	4	5
I feel like I am just as good as anyone else.	1	2	3	4	5
I am pretty satisfied with myself as a person.	1	2	3	4	5
I feel like I do have more good qualities than bad qualities.	1	2	3	4	5
I believe my parents should be proud of some of the things I have done.	1	2	3	4	5
I rarely get down on myself.	1	2	3	4	5
I am pretty happy with the type of person I have become.	1	2	3	4	5
A lot of my friends have more weaknesses than I do.	1	2	3	4	5
I believe that most people enjoy being around me.	1	2	3	4	5
I like myself.	1	2	3	4	5

Sum the totals. Range is 10 to 50, with larger numbers indicating higher self-esteem.

Stress

Please mark each statement that is true about you.

- If I could stop worrying so much, I could accomplish a lot more.
- Currently, I have a high level of stress.
- In this point in my life I often feel like I am overwhelmed.
- I have a lot to do, but I just feel like I can't get ahead or even sometimes keep up.
- I often worry that things won't turn out like they should.
- I have so much going on right now, sometimes I just feel like I want to scream.

Score "1" for each checked box. Range is 0 to 10, with higher numbers indicating higher levels of stress. This is **not a screening for more serious issues** related to anxiety and/or depression.

Zung Self-Reported Anxiety Scale – SAS

Directions: Check the appropriate box the right of each statement.	None or little of the time	Some of the time	Good part of the time	Most or all of the time
I feel more nervous and anxious than usual.				
I feel afraid for no reason at all.				
I get upset easily or feel panicky.				
I feel like I'm falling apart and going to pieces.				
I feel that everything is all right and nothing bad will happen. *				
My arms and legs shake and tremble.				
I am bothered by headaches, neck and back pains.				
I feel weak and get tired easily.				
I feel calm and can sit still easily. *				
I can feel my heart beating fast.				
I am bothered by dizzy spells.				
I have fainting spells or feel like it.				
I can breathe in and out easily. *				
I get feelings of numbness and tingling in my fingers, toes.				
I am bothered by stomach aches or indigestion.				
I have to empty my bladder often.				
My hands are usually warm and dry. *				
My face gets hot and blushes.				
I fall asleep easily and get a good night's rest. *				
I have nightmares.				

Scoring is 1 for the first column, 2 for the second column and so forth. Items with an asterisk (*) are reversed scored (4 for the first column, 3 for the second column and so forth). Sum the totals. Range is 20 to 80, with higher scores indicating higher levels of anxiety. This is **not a screening for more serious issues** related to anxiety and/or depression. Please note that scores here are **not clinical diagnoses**. This inventory is a screening tool only, similar to ones professionals use to see if further diagnostic protocols should be used.

Type A Personality

Directions: Answer the following questions by marking the response that best describes you personally.

1. Is your everyday life filled mostly by...
 - Problems needing solutions
 - Challenges needing to be met.
 - A rather predictable routine of events.
 - Not enough things to keep you interested or busy.
2. When you are under pressure or stress, do you usually...
 - Do something about it.
 - Plan carefully before taking any action.
 - Ignore the problem and hope it will go away.
 - Ask someone else to deal with your problems.
3. Ordinarily, how rapidly do you eat?
 - I'm usually the first one finished.
 - I eat a little faster than average.
 - I eat about the same speed as most people.
 - I eat more slowly than most people.
4. When you listen to someone talking and they take too long to come to the point, how often do you feel like hurrying them along?
 - Always
 - Frequently
 - Occasionally
 - Almost Never
5. Do most people consider you to be . . .
 - Definitely hard driving and competitive.
 - Probably hard driving and competitive.
 - Probably more relaxed and easy going.
 - Definitely more relaxed and easy going.
6. Would people who know you well agree that you have less energy than most people?
 - Definitely yes.
 - Probably yes.
 - Probably no.
 - Definitely no.
7. Do you ever set deadlines or quotas for yourself in courses or other things?
 - No, never.
 - Yes, but only occasionally.
 - Yes, at least once per week.
 - Yes, all the time.
8. Do you maintain a regular study schedule during vacations such as Thanksgiving, Winter Break, and Spring Break?
 - Yes, all the time.
 - Yes, most of the time.
 - Yes, but only sometimes.
 - No.
9. When you're in a group, do the other people tend to look to you to provide leadership?
 - Rarely.
 - About as often as they look to others.
 - More often than they look to others.
 - I don't get involved in groups.
10. Compared with the average student in school, I am . . .
 - Much more responsible.
 - A little more responsible.
 - A little less responsible.
 - Much less responsible.

Score "4" for the top box in each group, "3" for the second, "2" for the third and "1" for the bottom. There are no reverse scored items. Range is 10 to 40, with higher numbers indicating more personality traits compatible with Type A.

Perceived Stress Scale

A [10-item PSS](#) and a [4-item PSS](#) have been provided by John D. and Catherine T. MacArthur of the Research Network on Socioeconomic Status and Health. Participants respond using 0 = Never, 1 = Almost Never, 2 = Sometimes, 3 = Fairly Often and 4 = Very Often. Please note that these scales include "reverse scored" items where the numeric responses to "positive" questions have to be reverse coded (PSS-4 scores are obtained by reverse coding the positive items, e.g., 0=4, 1=3, 2=2, etc. and then summing across all 4 items. Items 2 and 3 are positive.) The researchers grant permission to use their work for academic purposes.

The Revised Life Orientation Test (LOT-R) - Optimism

Please be as honest and accurate as you can throughout. Try not to let your response to one statement influence your responses to other statements. There are no 'correct' or 'incorrect' answers. Answer according to your own feelings, rather than how you think 'most people' would answer.

Using the scale below, write the appropriate number beside each statement.

0 = strongly disagree

1 = disagree

2 = neutral

3 = agree

4 = strongly agree

1. _____ In uncertain times, I usually expect the best
2. _____ It's easy for me to relax
3. _____ If something can go wrong for me it will
4. _____ I'm always optimistic about my future
5. _____ I enjoy my friends a lot
6. _____ It's important for me to keep busy
7. _____ I hardly ever expect things to go my way
8. _____ I don't get upset too easily
9. _____ I rarely count on good things happening to me
10. _____ Overall, I expect more good things to happen to me than bad

Scoring. The 4 "filler" questions (items are 2, 5, 6 and 8) are ignored. Items 3, 7 and 9 are reverse scored, i.e. 4 = strongly disagree, 3 = disagree, 2 = neutral, 1 = agree and 0 = strongly agree. Sum the totals. Range is 0 to 24, with higher numbers indicating a more optimistic life orientation.

Narcissism – NPI-16

Discussion: NPI-16 is a shortened version of the 40-item NPI. Responses consistent with narcissism are shown in bold. Obviously, you will need to **remove the boldface type** in your survey!

Directions: Read each pair of statements below and place an "X" by the one that comes closest to describing your feelings and beliefs about yourself. You may feel that neither statement describes you well, but pick the one that comes closest. **Please complete all pairs.**

_____ **I really like to be the center of attention**
_____ It makes me uncomfortable to be the center of attention

_____ I am no better or worse than most people
_____ **I think I am a special person**

_____ **Everybody likes to hear my stories**
_____ Sometimes I tell good stories

_____ I usually get the respect that I deserve
_____ **I insist upon getting the respect that is due me**

_____ I don't mind following orders
_____ **I like having authority over people**

_____ **I am going to be a great person**
_____ I hope I am going to be successful

_____ People sometimes believe what I tell them
_____ **I can make anybody believe anything I want them to**

_____ **I expect a great deal from other people**
_____ I like to do things for other people

_____ **I like to be the center of attention**
_____ I prefer to blend in with the crowd

_____ I am much like everybody else
_____ **I am an extraordinary person**

_____ **I always know what I am doing**
_____ Sometimes I am not sure of what I am doing

_____ I don't like it when I find myself manipulating people
_____ **I find it easy to manipulate people**

_____ Being an authority doesn't mean that much to me
_____ **People always seem to recognize my authority**

_____ **I know that I am good because everybody keeps telling me so**
_____ When people compliment me I sometimes get embarrassed

_____ I try not to be a show off
_____ **I am apt to show off if I get the chance**

_____ **I am more capable than other people**
_____ There is a lot that I can learn from other people

Scoring: compute the number responses consistent with narcissism. Range is 0 to 16, with higher numbers corresponding to higher levels of narcissism.

Satisfaction with Life Scale - SWLS

Below are five statements that you may agree or disagree with. Use the 1 – 7 scale below to indicate your agreement with each item. Please be open and honest in your responding.

Strongly Disagree 1	Disagree 2	Slightly Disagree 3	Neither Agree nor Disagree 4	Slightly Agree 5	Agree 6	Strongly Agree 7
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_____ In most ways my life is ideal.
_____ The conditions of my life are excellent.
_____ I am satisfied with life.
_____ So far I have gotten the important things I want in life.
_____ If I could live my life over, I would change almost nothing.

Sum the responses. Range is 5 to 35 with higher scores indicating higher level of satisfaction with life. A score of "20" is neutral. The psychometric properties of the SWLS can be found in Pavot and Diener, 1993 Psychological Assessment.

Almost Perfect Scale-Revised (adapted from Slaney et. al., 2001) – Perfectionist

The following items are designed to measure certain attitudes people have toward themselves, their performance, and toward others. It is important that your answers be true and accurate for you. Use the 1 – 7 scale below to indicate your agreement with each item.

Strongly Disagree 1	Disagree 2	Slightly Disagree 3	Neither Agree nor Disagree 4	Slightly Agree 5	Agree 6	Strongly Disagree 7
------------------------	---------------	------------------------	---------------------------------	---------------------	------------	------------------------

1. _____ I have high standards for my performance at work or at school.
2. _____ I am an orderly person.
3. _____ I often feel frustrated because I can't meet my goals.
4. _____ Neatness is important to me.
5. _____ If you don't expect much out of yourself you will never succeed.
6. _____ My best just never seems to be good enough for me.
7. _____ I think things should be put away in their place.
8. _____ I have high expectations for myself.
9. _____ I rarely live up to my high standards.
10. _____ I like to always be organized and disciplined.
11. _____ Doing my best never seems to be enough.
12. _____ I set very high standards for myself.
13. _____ I am never satisfied with my accomplishments.
14. _____ I expect the best from myself.
15. _____ I often worry about not measuring up to my standards.
16. _____ My performance rarely measures up to my standards.
17. _____ I am not satisfied even when I know I have done my best.
18. _____ I am seldom able to meet my own high standards for performance.
19. _____ I try to do my best at everything I do.
20. _____ I am hardly ever satisfied with my performance.
21. _____ I hardly ever feel that what I've done is good enough.
22. _____ I have a strong need to strive for excellence.
23. _____ I often feel disappointment after completing a task because I know I could have done better.

Scoring: sum the values. Range is 23 to 161, with higher scores corresponding to higher levels of perfectionist attitudes and behaviors.

Other Variables and Constructs

How many total piercings do you have (count pairs of ear piercings as 2)? _____

How many total tattoos do you have (for large tattoos, count total number of sessions required to complete)? _____

In the last 3 days, how many hours have you spent on recreational internet use (games, Facebook, surfing, etc.)? _____

How many times in last 3 days have you brushed your teeth? _____

Attitude towards Women

- Yes No Most men are better suited emotionally for politics than men.
- Yes No Women should take care of running their homes and leave running the country up to men.
- Yes No Women should not work if her husband is capable of supporting the family.
- Yes No Women are not suited to serve in the Armed Forces.

Score each "yes" response as "0" and each "no" response as "1." Sum the totals. Range is 0 to 4, with "0" indicating an individual strongly opposed to women's rights, and "4" indicating strongly supportive.