

## Multidimensional Self-Concept Scales

Rate yourself on each of the following items by *circling* the number closest to your position on a 1 – 7 scale. For example, if you are asked how often you worry about the impression you make on others, circle a 1 if you are *very concerned*, circle a 7 if you are *not at all concerned*, or circle some point in between to indicate your degree of concern.

1. How often do you feel inferior to most of the people you know?	Very often						Almost never
	1	2	3	4	5	6	7
2. How often do you feel worried or bothered about what other people think of you?	Very often						Almost never
	1	2	3	4	5	6	7
3. How confident are you that others see you as being physically appealing?	Very confident						Not at all confident
	1	2	3	4	5	6	7
4. Have you ever thought of yourself as physically uncoordinated?	Very often						Almost never
	1	2	3	4	5	6	7
5. How much do you worry about how well you get along with other people?	Very often						Almost never
	1	2	3	4	5	6	7
6. When you make an embarrassing mistake or have done something that makes you look foolish, how long does it take you to get over it?	Not long						A very long time
	1	2	3	4	5	6	7
7. Do you ever think that you are a worthless individual?	Very often						Almost never
	1	2	3	4	5	6	7
8. When trying to do well at a sport and you know other people are watching, how rattled or flustered to you get?	Very flustered						Not at all flustered
	1	2	3	4	5	6	7
9. When you have to read an essay and understand it for a class assignment, how worried or concerned do you feel about it?	Very concerned						Not at all concerned
	1	2	3	4	5	6	7
10. Compared with classmates, how often do you feel you must study more than they do to get the same grades?	Very often						Almost never
	1	2	3	4	5	6	7
11. When in a group of people, do you have trouble thinking of the right things to talk about?	Very often						Almost never
	1	2	3	4	5	6	7
12. How often are you troubled with shyness?	Very often						Almost never
	1	2	3	4	5	6	7
13. How often do you have the feeling that there is nothing you can do well?	Very often						Almost never
	1	2	3	4	5	6	7
14. How confident do you feel that someday people you know will look up to you and respect you?	Very confident						Not at all confident
	1	2	3	4	5	6	7

15. How often do you worry about criticisms that might be made of your work by your teacher or employer?	Very often						Almost never
	1	2	3	4	5	6	7
16. Do you often feel uncomfortable meeting new people?	Very often						Almost never
	1	2	3	4	5	6	7
17. When you have to write an argument to convince your teacher, who may disagree with your ideas, how concerned or worried do you feel about it?	Very concerned						Not at all concerned
	1	2	3	4	5	6	7
18. Have you ever felt inferior to most other people in athletic ability?	Very often						Almost never
	1	2	3	4	5	6	7
19. In turning in a major assignment such as a term paper, how often do you feel you did an excellent job on it?	Very often						Almost never
	1	2	3	4	5	6	7
20. Do you ever feel afraid or anxious when you are going into a room by yourself where other people have already gathered and are talking?	Very often						Almost never
	1	2	3	4	5	6	7
21. How often do you worry whether other people like to be with you?	Very often						Almost never
	1	2	3	4	5	6	7
22. How often do you have trouble expressing your ideas when you have to put them into writing as an assignment?	Very often						Almost never
	1	2	3	4	5	6	7
23. Do you often feel that most of your friends or peers are more physically attractive than yourself?	Very often						Almost never
	1	2	3	4	5	6	7
24. When involved in sports requiring physical coordination, are you often concerned that you will not do well?	Very often						Almost never
	1	2	3	4	5	6	7
25. Have you ever felt ashamed of your physique or figure?	Very often						Almost never
	1	2	3	4	5	6	7
26. In general, how confident do you feel about your abilities?	Very confident						Not at all confident
	1	2	3	4	5	6	7
27. How often do you feel self-conscious?	Very often						Almost never
	1	2	3	4	5	6	7
28. How often do you have trouble understanding things you read for class assignments?	Very often						Almost never
	1	2	3	4	5	6	7
29. Do you often wish or fantasize that you were better looking?	Very often						Almost never
	1	2	3	4	5	6	7
30. Have you ever thought that you lacked the ability to be a good dancer or do well at recreational activities involving coordination?	Very often						Almost never
	1	2	3	4	5	6	7

31. How much do you worry about whether other people regard you as a success or failure in your job or at school?	Very often							Almost never
	1	2	3	4	5	6	7	
32. How often do you dislike yourself?	Very often							Almost never
	1	2	3	4	5	6	7	
33. When you think that some of the people you meet might have an unfavourable opinion of you, how concerned or worried do you feel about it?	Very concerned							Not at all concerned
	1	2	3	4	5	6	7	
34. How often do you imagine that you have less scholastic ability than your classmates?	Very often							Almost never
	1	2	3	4	5	6	7	
35. Do you ever feel so discouraged with yourself that you wonder whether you are a worthwhile person?	Very often							Almost never
	1	2	3	4	5	6	7	
36. Have you ever been concerned or worried about your ability to attract members of the opposite sex?	Very concerned							Not at all concerned
	1	2	3	4	5	6	7	

*(This instrument is the Fleming-Courtney revision of Janis-Field Scale.)*