

Assessment Scale

INSTRUCTIONS: Read each of the following statements and decide how much you agree with each according to your beliefs and experiences. Please respond according to the following scale:

- | | |
|-------------------------|----------------------|
| 1 = Strongly disagree | 4 = Slightly agree |
| 2 = Moderately disagree | 5 = Moderately agree |
| 3 = Slightly disagree | 6 = Strongly agree |

	Assessment	
1	I never evaluate my social interactions with others after they occur, (reverse-scored)	1 2 3 4 5 6
2	I spend a great deal of time taking inventory of my positive and negative characteristics.	1 2 3 4 5 6
3	I like evaluating other people's plans.	1 2 3 4 5 6
4	I often compare myself with other people.	1 2 3 4 5 6
5	I don't spend much time thinking about ways others could improve themselves, (reverse-scored)	1 2 3 4 5 6
6	I often critique work done by myself or others.	1 2 3 4 5 6
7	I often feel that I am being evaluated by others.	1 2 3 4 5 6
8	I am a critical person.	1 2 3 4 5 6
9	I am very self-critical and self-conscious about what I am saying.	1 2 3 4 5 6
10	I often think that other people's choices and decisions are wrong.	1 2 3 4 5 6
11	I rarely analyze the conversations I have had with others after they occur. (reverse-scored).	1 2 3 4 5 6
12	When I meet a new person, I usually evaluate how well he or she is doing on various dimensions (e.g., looks, achievements, social status, clothes).	1 2 3 4 5 6

Scoring Note:

- 1) Sum all items to calculate the assessment.
- 2) If the score falls between 12-24 you are low on assessment, if it falls between 60-72, you are high on assessment
- 3) For support, please contact Dr. Erica Molinario (molie@umd.edu)

Kruglanski, A. W., Thompson, E. P., Higgins, E. T., Atash, M. N., Pierro, A., Shah, J. Y., & Spiegel, S. (2000). To "do the right thing" or to "just do it": Locomotion and assessment as distinct self-regulatory imperatives. *Journal of Personality and Social Psychology*, 79(5), 793–815. <https://doi.org/10.1037/0022-3514.79.5.793>