

Handout #9.13 Specific Measures of Self-Regulation

I. Questionnaire on Self-Regulation

This is a 13-item questionnaire used to assess children's ability to regulate negative emotions and disruptive behavior, and to set and attain goals. It is designed for children in elementary and middle school grades.

Scoring:

Score items 6, 7, 9 using the following scale:

Never True = 1

Sometimes True = 2

Mostly True = 3

Always True = 4

Reverse score items 1, 2, 3, 4, 5, 8, 10, 11, 12, 13:

Never True = 4

Sometimes True = 3

Mostly True = 2

Always True = 1

Items 1, 2, 3, 4, and 5 represent the child's ability to regulate his/her emotions.

Items 6, 7, and 8 represent the child's goal-setting ability.

Items 9, 10, 11, 12, and 13 represent the child's ability to regulate behavior.

Higher scores represent stronger ability to regulate.

Questionnaire on Self-Regulation

Name: _____ Date: _____

Rate how true each statement is for you ranging from *never true* to *always true*. Make the box under the rating that best applies to you.

	Never True	Sometimes True	Mostly True	Always True
1. I have a hard time controlling my temper.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I get so frustrated I feel ready to explode.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I get upset easily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I am afraid I will lose control over my feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I slam doors when I am mad.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I develop a plan for all my important goals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I think about the future consequences of my actions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Once I have a goal, I make a plan to reach it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I get distracted by little things.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. As soon as I see things that are not working, I do something about it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I get fidgety after a few minutes if I am supposed to sit still.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I have a hard time sitting still during important tasks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I find that I bounce my legs and wiggle with objects.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

II. Fast Track Project Child Behavior Questionnaire

This 20-item questionnaire is designed to measure the self-regulation skills of children and adolescents.

Scoring:

Scoring all items except 4, 5, 7 and 19

- 1: All of the time
- 2: Most of the time
- 3: Some of the time
- 4: None of the time

Scoring for items 4, 5, 7, and 19

- 1: None of the time
- 2: Some of the time
- 3: Most of the time
- 4: All of the time

Lower scores indicate ability to self-regulate.

How often does each of the following statements describe you? Would you say?

All of
the time
1

Most of
the time
2

Some of
the time
3

None of
the time
4

1. I wait my turn during activities.
2. I cope well with disappointment or frustration.
3. I accept it when things do not go my way.
4. My feelings get hurt.
5. When I get upset, I whine or complain.
6. I control my temper when there is a disagreement.
7. I stop and calm down when I am frustrated or upset
8. I think before I act.
9. I do what I am told to do.
10. When I want something, I am patient when waiting.
11. I follow the rules.
12. I stick with an activity until it is finished.
13. I can concentrate and focus on one activity at a time.
14. I ignore kids who are fooling around in class.
15. I fight or argue with adults.
16. I tell new kids my name without being asked to tell it.
17. When people are angry with me, I control my anger.
18. When someone tells me a rule that I think is unfair, I ask about the rule in a nice way.
19. When I disagree with my parents, I yell and scream.
20. I ask friends for help with my problems.

III. *Adolescent Self-Regulatory Inventory*

This is a 36-item questionnaire used to measure the self-regulation of teens. Respondents rate how true each item is for them, ranging from 1 (*not at all true for me*) to 5 (*really true for me*). A sum or average of the items should be calculated.

Scoring:

Scoring items 3, 4, 9, 10, 11, 17, 20, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33 and 36

- 1: Not at all true for me
- 2: Not very true for me
- 3: Neither true nor untrue for me
- 4: Somewhat true for me
- 5: Really true for me

Scoring items 1, 2, 5, 6, 7, 8, 12, 13, 14, 15, 16, 18, 19, 21, 34, and 35

- 1: Really true for me
- 2: Somewhat true for me
- 3: Neither true nor untrue for me
- 4: Not very true for me
- 5: Not at all true for me

Higher scores indicate the ability to self-regulate.

1	2	3	4	5
Not at all true for me	Not very true for me	Neither true nor untrue for me	Somewhat true for me	Really true for me

1. It's hard for me to notice when I've had enough (sweets, food, etc.).
2. When I'm sad, I can usually start doing something that will make me feel better.
3. If something isn't going according to my plans, I change my actions to try and reach my goal.
4. I can find ways to make myself study even when my friends want to go out.
5. I lose track of the time when I'm doing something fun.
6. When I'm bored I fidget or can't sit still.
7. It's hard for me to get started on big projects that require planning in advance.
8. I can usually act normal around everybody if I'm upset with someone.
9. I am good at keeping track of lots of things going on around me, even when I'm feeling stressed.
10. When I'm having a tough day, I stop myself from whining about it to my family or friends.
11. I can start a new task even if I'm already tired.
12. I lose control whenever I don't get my way.

13. Little problems detract me from my long-term plans.
14. I forget about whatever else I need to do when I'm doing something really fun.
15. If I really want something, I have to have it right away.
16. During a dull class, I have trouble forcing myself to start paying attention.
17. After I'm interrupted or distracted, I can easily continue working where I left off.
18. If there are other things going on around me, I find it hard to keep my attention focused on whatever I'm doing.
19. I never know how much more work I have to do.
20. When I have a serious disagreement with someone, I can talk calmly about it without losing control.
21. It's hard to start making plans to deal with a big project or problem, especially when I'm feeling stressed.
22. I can calm myself down when I'm excited or all wound up.
23. I can stay focused on my work even when it's dull.
24. I usually know when I'm going to start crying.
25. I can stop myself from doing things like throwing objects when I'm mad.
26. I work carefully when I know something will be tricky.
27. I am usually aware of my feelings before I let them out.
28. In class, I can concentrate on my work even if my friends are talking.
29. When I'm excited about reaching a goal (e.g., getting my driver's license, going to college), it's easy to start working toward it.
30. I can find a way to stick with my plans and goals, even when it's tough.
31. When I have a big project, I can keep working on it.
32. I can usually tell when I'm getting tired or frustrated.
33. I get carried away emotionally when I get excited about something.
34. I have trouble getting excited about something that's really special when I'm tired.
35. It's hard for me to keep focused on something I find unpleasant or upsetting.
36. I can resist doing something when I know I shouldn't do it.