

Measure of Personal Responsibility

Mergler, A. G., Spencer, F. H., & Patton, W. A. (2007). Development of a measure of personal responsibility for adolescents. *Journal of Adolescence*, 27.

30 Items

2 Dimensions

Self control of emotion and thoughts

I often lash out when I am all stirred up.

If an activity makes me feel stressed, I can calm myself down so that I can continue with the activity.

I am usually willing to admit my mistakes

It is easy for me to stick to my aims and accomplish my goals.

I can always manage to solve difficult problems if I try hard enough.

I often lose my temper and am unable to control my behaviour.

People who make me angry had better watch out.

When I make plans, I am almost certain that I can make them work.

People can depend on me to do the right thing most of the time.

Many of the unhappy things that occur in people's lives are partly due to bad luck.

I expect that I will do well on most things I try.

I am a well-organised person.

Before I do something, I think about how it will affect the people around me

I try very hard not to hurt other people's feelings.

I want my actions to help other people.

I sometimes become "wild and crazy" and do things other people may not like.

I am always getting in trouble for things that aren't my fault.

Self control of behaviour

When making decisions, I decide for myself what is the best thing to do.

I am mainly responsible for what happens to me.

I am able to organise myself so that I have everything I need for school.

When I experience a problem, I actively seek to resolve it.

I often think about what events are coming up and ensure I have everything I need to do well in these events.

How well I got on with others depends on how well I treat them.

When I am feeling emotions I don't like, I am able to change my thinking and make myself feel better.

I usually stay focused on my goals and don't allow anything to distract me from my plan of action.

I can choose how I behave.

I choose how to respond in situations.

I can solve most problems if I invest the necessary effort.

If someone upsets me, it is not my fault if I am mean to them.

I sometimes pick on people I don't like.

4-point Likert Scale (1 being *strongly disagree* and 4 being *strongly*)

Self control of emotion and thoughts: Cronbach $\alpha = .87$

Self control of behaviour: Cronbach $\alpha = .79$