

## **Review of Personal Effectiveness and Locus of Control**

Richards, G. E., Ellis, L. A., & Neill, J. T. (2002). The ROPELOC: Review of Personal Effectiveness and Locus of Control: A comprehensive instrument for reviewing life effectiveness. Paper presented at Self-Concept Research: *Driving International Research Agendas*, 6-8 August, Sydney, AUS.

45 items

1 Dimensions and 14 Subscales

01. When I have spare time I always use it to paint.
02. I like cooperating in a team.
03. No matter what the situation is I can handle it
04. I can be a good leader.
05. Efforts and actions are what will determine my future.
06. I prefer to be actively involved in things.
07. I am open to different thinking if there is a better idea.
08. In everything I do I try my best to get the details right.
09. Luck, other people and events control most of my life.
10. I am confident that I have the ability to succeed in anything I want to do.
11. I am effective in social situations.
12. I am calm in stressful situations.
13. My overall effectiveness in life is very high.
14. I plan and use my time efficiently.
15. I cope well with changing situations.
16. I cooperate well when working in a team.
17. I prefer things that taste sweet instead of bitter.
18. No matter what happens I can handle it.
19. I am capable of being a good leader.
20. I like being active and energetic.
21. What I do and how I do it will determine my successes in life
22. I am open to new thoughts and ideas.
23. I try to get the best possible results when I do things.
24. I am confident I will succeed.
25. My future is mostly in the hands of other people.
26. I am competent and effective in social situations.
27. I can stay calm and overcome anxiety in almost all situations.
28. I am efficient and do not waste time.
29. Overall, in all things in life, I am effective.
30. When things around me change I cope well.
31. I am good at cooperating with team members.
32. I can handle things no matter what happens.
33. I solve all mathematics problems easily.
34. I am seen as a capable leader.
35. I like to get into things and make action.
36. I can adapt my thinking and ideas.
37. If I succeed in life it will be because of my efforts.
38. I try to get the very best results in everything I do.
39. I am confident in my ability to be successful.
40. I communicate effectively in social situations.
41. My life is mostly controlled by external things.
42. I am calm when things go wrong.
43. I am efficient in the way I use my time.
44. I cope well when things change.

45. Overall, in my life I am a very effective person.

8-point Likert Scale (1- 2 This statement doesn't describe me at all, it isn't like me at all 3- 4 More false than true 5- 6 More true than false 7- 8 This statement describes me very well; it is very much like me)

Cronbachs  $\alpha$ : 14 subscales of between .79 and .93 and an average internal reliability of .85 and an overall alpha of .96.