

Turkish Validation from problem solving inventory

Sahin, N., Sahin, N. H., & Heppner, P. P. (1993). Psychometric properties of the problem solving inventory in a group of Turkish university students. *Cognitive Therapy and Research, 17*(4), 379-396.

35 Items

6 Dimensions

Impulsive Style

- *13. When confronted with a problem, I tend to do the first thing that I can think of to solve it. 14. Sometimes I do not stop and take time to deal with my problems, but just kind of muddle ahead.
- *15. When deciding on an idea or possible solution to a problem, I do not take time to consider the chances of each alternative being successful.
- *17. I generally go with the first idea that comes to mind.
- *21. When I try to think up possible solutions to a problem, I do not come up with very many alternatives.
- *25. Even though I work on a problem, sometimes I feel like I am groping or wandering, and am not getting down to the real issues.
- *26. I make snap judgments and later regret them. 30. When confronted with a problem, I do not usually examine what sort of external things in my environment may be contributing to my problem.
- *32. Sometimes I get so charged up emotionally that I am unable to consider many ways of dealing with my problem.

Reflective Style

- 18. When making a decision, weigh the consequences of each alternative and compare them against each other.
- 20. I try to predict the overall results of carrying out a particular course of action.
- 31. When I am confronted by a problem, one of the first things I do is survey the situation and consider all the relevant pieces of information.
- 33. After making a decision, the outcome I expected usually matches the actual outcome.
- 35. When I become aware of a problem, one of the first things I do is to try to find out exactly what the problem is.

Problem Solving Confidence

- 5. I am usually able to think up creative and effective alternatives to solve a problem.
- 23. Given enough time and effort, I believe I can solve most problems that confront me.
- 24. When faced with a novel situation, I have confidence that I can handle problems that may arise.
- 27. I trust my ability to solve new and difficult problems.
- 28. I have a systematic method for comparing alternatives and making decisions.
- *34. When confronted with a problem, I am unsure of whether I can handle the situation.

Avoidant Style

- 1. When a solution to a problem was unsuccessful, I do not examine why it didn't work.
- *2. When I am confronted with a complex problem, I do not bother to develop a strategy to collect information so that I can define exactly what the problem is.
- *3. When my first efforts to solve a problem fail, I become uneasy about my ability to handle the situation
- *4. After I have solved a problem. I do not analyze what went right and what went wrong.

Monitoring

6. After I have tried to solve a problem with a certain course of action, I take time and compare the actual outcomes to what I thought should have happened.
7. When I have a problem, I think up as many ways to handle it as I can until I can't come up with any more ideas.
8. When confronted with a problem, I consistently examine my feelings to find out what is going on in a problem situation.

Planfulness

10. I have the ability to solve most problems even though initially no solution is immediately apparent.
12. I make decisions and am happy with them later.
16. When confronted with a problem, I stop and think about it before deciding on a next step.
19. When I make plans to solve a problem, I am almost certain that I can make them work.

6-point Likert Scale (1 strongly disagree – 6 strongly agree)

Cronbachs α : 68.- .88