The Sense of Control Scales from the Midlife Development Inventory (MIDI)

SCORING:

Personal Mastery: sf1u, sf1x, sf1z, sf1dd

Perceived Constraints: sf1s, sf1t, sf1v, sf1w, sf1y, sf1aa, sf1bb, sf1cc

1. Reverse score all items, so that higher scores indicate greater endorsement of the construct.

2. Scales are computed by finding the mean of the items for cases that have valid values for at least half of the items for each scale. For mastery, compute a scale score for respondents with 2 or more valid items. For constraints, compute a scale score for respondents with 4 or more valid items.

CRONBACH'S ALPHA: Mastery .70, Constraints .86

REFERENCES:

Please cite the references below when referring to the scale:

Lachman, M. E. & Weaver, S. L. (1998a). Sociodemographic variations in the sense of control by domain: Findings from the MacArthur studies of midlife. *Psychology and Aging, 13,* 553-562.

Lachman, M. E. & Weaver, S. L. (1998b). The sense of control as a moderator of social class differences in health and well-being. *Journal of Personality and Social Psychology, 74,* 763-773.

MIDI

The Midlife Development Inventory

Part I Questionnaire

		AGREE				DISAGREE		
		STRONGLY	SOME WHAT	A LITTLE	DON'T KNOW	A LITTLE	SOME WHAT	STRONGLY
s.	There is little I can do to change the important things in my life.	1	2	3	4	5	6	7
t.	I often feel helpless in dealing with the problems of life.	1	2	3	4	5	6	7
u.	I can do just about anything I really set my mind to.	1	2	3	4	5	6	7
v.	Other people determine most of what I can and cannot do.	1	2	3	4	5	6	7
w.	What happens in my life is often beyond my control.	1	2	3	4	5	6	7
x.	When I really want to do something, I usually find a way to succeed at it.	1	2	3	4	5	6	7
y.	There are many things that interfere with what I want to do.	1	2	3	4	5	6	7
z.	Whether or not I am able to get what I want is in my own hands. ...	1	2	3	4	5	6	7
aa.	I have little control over the things that happen to me.	1	2	3	4	5	6	7
bb.	There is really no way I can solve the problems I have.	1	2	3	4	5	6	7
cc.	I sometimes feel I am being pushed around in my life.	1	2	3	4	5	6	7
dd.	What happens to me in the future mostly depends on me.	1	2	3	4	5	6	7

Factor Solution and Item to Total Correlations for the Sense of Control Scales in the Midlife in the United States (MIDUS) Survey

	Mastery	Constraints	Item to Total
Mastery Items			
Can do anything[a]	.73	-.13	.54
Find a way	.60	-.13	.46
In my own hands	.51	-.22	.47
Future depends on me[a]	.48	-.20	.46
Perceived Constraints Items			
Little I can do[a]	-.20	.57	.55
Feel helpless[a]	-.22	.68	.66
Other people determine	-.16	.62	.59
Beyond my control	-.21	.67	.63
Things interfere	-.09	.54	.50
Little control[a]	-.23	.70	.67
No way to solve[a]	-.24	.66	.64
Feel pushed around[a]	-.16	.61	.58

[a]Item form Pearlin, L., & Schooler, C. (1978). The structure of coping. *Journal of Health and Social Behavior, 19,* 2-21.

Table reprinted from Lachman & Weaver (1998b).

Sense of Control Scales F1s to F1dd

Statistics

	N		Mean		Median	Mode	Std. Deviation
	Valid	Missing					
	Statistic	Statistic	Statistic	Std. Error	Statistic	Statistic	Statistic
sf1 personal mastery	3000	485	5.8368	1.869E-02	6.0000	7.00	1.0238
sf1 perceived constraints	3000	485	2.7364	2.350E-02	2.5000	1.00	1.2870

Statistics

	Variance	Range	Minimum	Maximum
	Statistic	Statistic	Statistic	Statistic
sf1 personal mastery	1.0482	6.00	1.00	7.00
sf1 perceived constraints	1.6563	6.00	1.00	7.00

sf1 personal mastery

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1.00	3	.1	.1	.1
	1.25	5	.1	.2	.3
	1.33	1	.0	.0	.3
	1.75	1	.0	.0	.3
	2.00	7	.2	.2	.6
	2.25	3	.1	.1	.7
	2.50	9	.3	.3	1.0
	2.75	16	.5	.5	1.5
	3.00	19	.5	.6	2.1
	3.25	23	.7	.8	2.9
	3.50	30	.9	1.0	3.9
	3.67	1	.0	.0	3.9
	3.75	35	1.0	1.2	5.1
	4.00	69	2.0	2.3	7.4
	4.25	66	1.9	2.2	9.6
	4.33	2	.1	.1	9.7
	4.50	72	2.1	2.4	12.1
	4.67	2	.1	.1	12.1
	4.75	90	2.6	3.0	15.1
	5.00	170	4.9	5.7	20.8
	5.25	187	5.4	6.2	27.0
	5.33	4	.1	.1	27.2
	5.50	211	6.1	7.0	34.2
	5.67	7	.2	.2	34.4
	5.75	237	6.8	7.9	42.3
	6.00	334	9.6	11.1	53.5
	6.25	292	8.4	9.7	63.2
	6.33	5	.1	.2	63.4
	6.50	343	9.8	11.4	74.8
	6.67	2	.1	.1	74.9
	6.75	337	9.7	11.2	86.1
	7.00	417	12.0	13.9	100.0
	Total	3000	86.1	100.0	
Missing	System Missing	485	13.9		
	Total	485	13.9		
Total		3485	100.0		

sf1 perceived constraints

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1.00	170	4.9	5.7	5.7
	1.13	121	3.5	4.0	9.7
	1.25	96	2.8	3.2	12.9
	1.29	2	.1	.1	13.0
	1.33	1	.0	.0	13.0
	1.38	71	2.0	2.4	15.4

sf1 perceived constraints

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1.43	2	.1	.1	15.4
	1.50	106	3.0	3.5	19.0
	1.57	2	.1	.1	19.0
	1.63	131	3.8	4.4	23.4
	1.71	3	.1	.1	23.5
	1.75	148	4.2	4.9	28.4
	1.83	1	.0	.0	28.5
	1.86	3	.1	.1	28.6
	1.88	114	3.3	3.8	32.4
	2.00	130	3.7	4.3	36.7
	2.13	115	3.3	3.8	40.5
	2.14	1	.0	.0	40.6
	2.20	3	.1	.1	40.7
	2.25	125	3.6	4.2	44.8
	2.29	5	.1	.2	45.0
	2.33	1	.0	.0	45.0
	2.38	112	3.2	3.7	48.8
	2.43	1	.0	.0	48.8
	2.50	99	2.8	3.3	52.1
	2.57	5	.1	.2	52.3
	2.60	1	.0	.0	52.3
	2.63	86	2.5	2.9	55.2
	2.71	5	.1	.2	55.3
	2.75	88	2.5	2.9	58.3
	2.88	89	2.6	3.0	61.2
	3.00	103	3.0	3.4	64.7
	3.13	87	2.5	2.9	67.6
	3.14	4	.1	.1	67.7
	3.25	82	2.4	2.7	70.4
	3.29	4	.1	.1	70.6
	3.38	75	2.2	2.5	73.1
	3.43	1	.0	.0	73.1
	3.50	70	2.0	2.3	75.4
	3.57	3	.1	.1	75.5
	3.63	71	2.0	2.4	77.9
	3.71	4	.1	.1	78.0
	3.75	62	1.8	2.1	80.1
	3.86	1	.0	.0	80.1
	3.88	53	1.5	1.8	81.9
	4.00	54	1.5	1.8	83.7
	4.13	46	1.3	1.5	85.2
	4.14	2	.1	.1	85.3
	4.20	1	.0	.0	85.3
	4.25	39	1.1	1.3	86.6
	4.29	2	.1	.1	86.7
	4.38	37	1.1	1.2	87.9
	4.50	50	1.4	1.7	89.6
	4.57	5	.1	.2	89.8

sf1 perceived constraints

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	4.60	1	.0	.0	89.8
	4.63	40	1.1	1.3	91.1
	4.67	1	.0	.0	91.2
	4.75	32	.9	1.1	92.2
	4.80	2	.1	.1	92.3
	4.86	4	.1	.1	92.4
	4.88	27	.8	.9	93.3
	5.00	22	.6	.7	94.1
	5.13	15	.4	.5	94.6
	5.20	1	.0	.0	94.6
	5.25	20	.6	.7	95.3
	5.38	15	.4	.5	95.8
	5.43	3	.1	.1	95.9
	5.50	29	.8	1.0	96.8
	5.63	12	.3	.4	97.2
	5.67	1	.0	.0	97.3
	5.71	1	.0	.0	97.3
	5.75	17	.5	.6	97.9
	5.88	10	.3	.3	98.2
	6.00	14	.4	.5	98.7
	6.13	7	.2	.2	98.9
	6.14	2	.1	.1	99.0
	6.25	2	.1	.1	99.0
	6.29	1	.0	.0	99.1
	6.38	6	.2	.2	99.3
	6.50	6	.2	.2	99.5
	6.63	5	.1	.2	99.6
	6.71	1	.0	.0	99.7
	6.75	3	.1	.1	99.8
	6.88	1	.0	.0	99.8
	7.00	6	.2	.2	100.0
	Total	3000	86.1	100.0	
Missing	System Missing	485	13.9		
	Total	485	13.9		
Total		3485	100.0		