

Dear PIC User:

As you requested, I am enclosing a copy of the Personality in Intellectual Aging Contexts (PIC) Inventory Control Scales. There are six subscales: Internal, Chance, Powerful Others, Achievement Motivation, Anxiety, and Attitude Toward Intellectual Aging (Morale). The scoring information is also included.

I grant you permission to use these scales in your research. Please cite the following reference in your work:

Lachman, M. E., Baltes, P. B., Nesselroade, J. R., & Willis, S. L. (1982). Examination of personality-ability relationships in the elderly: The role of the contextual (interface) assessment mode. *Journal of Research in Personality, 16*, 485-501.

I ask that you please send me preprints and/or reprints of any articles that you prepare which report results with the PIC. I am most interested to hear about the research you are doing. Good luck with your research project. Feel free to contact me if you have further questions.

You may also be interested in consulting the following articles:

Lachman, M. E. (1986). Locus of control in aging research: A case for multidimensional and domain-specific assessment. *Psychology and Aging, 1*, 34-40.

Lachman, M. E. (1991). Perceived control over memory aging: Developmental and intervention perspectives. *Journal of Social Issues, 47*, 159-175.

Sincerely yours,

Margie E. Lachman, Ph.D.
Professor

ADEPT PIC Inventory

Scoring Key

1. 6 –	25. 1 –	49. 3 –
2. 1 –	26. 2 –	50. 5 –
3. 1 –	27. 5 +	51. 2 –
4. 4 –	28. 6 +	52. 3 –
5. 4 +	29. 4 –	53. 6 –
6. 2 –	30. 3 –	54. 1 –
7. 5 –	31. 1 –	55. 3 –
8. 3 –	32. 3 –	56. 1 –
9. 6 +	33. 2 –	57. 1 –
10. 3 –	34. 6 –	58. 2 –
11. 2 –	35. 1 –	59. 4 –
12. 1 –	36. 4 –	60. 5 +
13. 4 –	37. 4 +	61. 5 –
14. 6 +	38. 3 –	62. 2 –
15. 3 –	39. 5 +	63. 4 –
16. 5 –	40. 2 –	64. 5 –
17. 5 –	41. 3 –	65. 5 –
18. 6 –	42. 4 –	66. 2 –
19. 5 –	43. 2 –	67. 6 +
20. 6 +	44. 2 –	68. 6 +
21. 1 –	45. 6 +	69. 4 –
22. 6 +	46. 1 –	70. 2 –
23. 4 +	47. 3 –	71. 3 –
24. 1 –	48. 5 –	72. 4 –

1 = Internal Scale

2 = Chance Scale

3 = Powerful Others Scale

4 = Achievement Motivation Scale

5 = Anxiety Scale

6 = Attitude Toward Intellectual Aging (Morale) Scale

– = reverse scoring (1 = 6, 2 = 5, etc.)

+ = scoring remains as is (1 = 1, 2 = 2, etc.)

ADEPT PIC QUESTIONNAIRE

Instructions:

The following statements concern how you feel or think about certain situations. Below each statement there is a scale representing a range of responses from strongly agree to strongly disagree. Read each statement and select an answer that best represents the extent to which you agree or disagree with the statement. Make a circle around the number that corresponds to your answer choice. Try to choose the number 1 or the number 6, the extremes, whenever possible. There are no right or wrong answers--we want to know which answer best describes you in general. Be sure to answer every question.

Here is an example:

A. I like to read mysteries.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Circle the number of the answer choice that best describes you. If you especially enjoy reading mystery stories, you would circle number 1. If you dislike mystery stories and never read such books you would circle number 6.

Here is another example:

B. I'll never be able to learn to type well.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

If you already know how to type well you would circle number **6**. However, if you can type but think you could improve you might, circle number **5**. You would circle number **1** if you believe you never would be able to type well. *Please continue with the actual questionnaire items in the same manner as shown in the examples.*

As you answer the items on the next pages, please keep these points in mind:

1. When you feel you can, please choose either number **1** or **6**. That is to say, try to avoid choosing the middle answers all the time, unless that is the best answer.
2. Do not spend too much time thinking about your answer. Give the first natural answer as it comes to you, describing yourself in the given situation.
3. Answer every question, even if it doesn't seem to apply to you very well.
4. Be as honest as possible about what is true of **you**.
5. **Circle the number** that corresponds to your answer.

Q-1 I'm just as good at puzzles as I ever was.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-2 When paying in a restaurant for meals or in a store for clothes, I am able to understand the bill.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-3 If I studied a map carefully, I could figure out how to get around in a strange place.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-4 It's important that I'm very accurate when working with numbers.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-5 I have no desire to fill out my own tax forms.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-6 My problem solving ability depends on how healthy I am.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-7 Reading instructions to an intelligence test or something similar would make me jittery at this time.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-8 I would have to ask a salesperson to figure out how much I'd save with a 20% discount.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-9 I'm less efficient at managing my time than I used to be.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-10 I'd call the T.V. network for the program schedule rather than try to read it on my own.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-11 My crossword puzzle skills will go downhill even if I keep doing puzzles.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-12 It's up to me to keep my mental faculties from deteriorating.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-13 I'm highly motivated to learn new things.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-14 The older I get the harder it is to think clearly.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-15 I'd prefer an instructor to show me how to solve problems that involve numbers rather than work them out myself.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-16 I'm usually uneasy when I attempt a problem that requires me to use my intelligence.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-17 If I had to take a timed intelligence test or something similar right now, I'd worry whether I'd be able to finish it on time.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-18 I think I'm just as good at number problems as I've always been.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-19 I am afraid that I wouldn't do very well on an intelligence test or a similar kind of test at this time.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-20 I used to be much better at working with numbers.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-21 I know if I keep using my memory I will never lose it.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-22 I'm not as good at remembering telephone numbers as when I was younger.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-23 I really don't care whether or not I learn anything new.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-24 As long as I exercise my mind I will always be on top of things.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

- Q-25 After studying the answers to sample word puzzles or alphabet letter problems such as scrambled words (anagrams), I could solve similar ones on my own.
1. STRONGLY AGREE
 2. AGREE
 3. SLIGHTLY AGREE
 4. SLIGHTLY DISAGREE
 5. DISAGREE
 6. STRONGLY DISAGREE
- Q-26 What I can learn now is determined by what I was taught when I was younger.
1. STRONGLY AGREE
 2. AGREE
 3. SLIGHTLY AGREE
 4. SLIGHTLY DISAGREE
 5. DISAGREE
 6. STRONGLY DISAGREE
- Q-27 I'd be very comfortable taking an intelligence or similar kind of test today.
1. STRONGLY AGREE
 2. AGREE
 3. SLIGHTLY AGREE
 4. SLIGHTLY DISAGREE
 5. DISAGREE
 6. STRONGLY DISAGREE
- Q-28 I have to use a lot more mental energy for solving difficult problems now than I used to.
1. STRONGLY AGREE
 2. AGREE
 3. SLIGHTLY AGREE
 4. SLIGHTLY DISAGREE
 5. DISAGREE
 6. STRONGLY DISAGREE
- Q-29 Keeping a close watch on my diet and nutritional requirements is important and worthwhile to me.
1. STRONGLY AGREE
 2. AGREE
 3. SLIGHTLY AGREE
 4. SLIGHTLY DISAGREE
 5. DISAGREE
 6. STRONGLY DISAGREE
- Q-30 I can understand instructions only after someone explains them to me.
1. STRONGLY AGREE
 2. AGREE
 3. SLIGHTLY AGREE
 4. SLIGHTLY DISAGREE
 5. DISAGREE
 6. STRONGLY DISAGREE

- Q-31 There would be ways for me to learn how to fill out a tax form if I really wanted to.
1. STRONGLY AGREE
 2. AGREE
 3. SLIGHTLY AGREE
 4. SLIGHTLY DISAGREE
 5. DISAGREE
 6. STRONGLY DISAGREE
- Q-32 When it comes to reimbursements from or claims to an insurance company, I need an expert's advice.
1. STRONGLY AGREE
 2. AGREE
 3. SLIGHTLY AGREE
 4. SLIGHTLY DISAGREE
 5. DISAGREE
 6. STRONGLY DISAGREE
- Q-33 There's no doubt it will become harder and harder for me to add and subtract numbers.
1. STRONGLY AGREE
 2. AGREE
 3. SLIGHTLY AGREE
 4. SLIGHTLY DISAGREE
 5. DISAGREE
 6. STRONGLY DISAGREE
- Q-34 I can learn new things as well as always.
1. STRONGLY AGREE
 2. AGREE
 3. SLIGHTLY AGREE
 4. SLIGHTLY DISAGREE
 5. DISAGREE
 6. STRONGLY DISAGREE
- Q-35 If at first glance I couldn't make sense of a train timetable, I'd be able to figure it out by studying it carefully.
1. STRONGLY AGREE
 2. AGREE
 3. SLIGHTLY AGREE
 4. SLIGHTLY DISAGREE
 5. DISAGREE
 6. STRONGLY DISAGREE
- Q-36 I take a great interest in solving puzzles.
1. STRONGLY AGREE
 2. AGREE
 3. SLIGHTLY AGREE
 4. SLIGHTLY DISAGREE
 5. DISAGREE
 6. STRONGLY DISAGREE

Q-37 It's no use teaching me new tricks; I'd rather stick with my old ones.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-38 In order for me to have a nutritional diet, a specialist would have to plan my meals.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-39 When I have to make a quick decision I remain calm and collected.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-40 I have little control over my mental state.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-41 I need someone to help me when it comes to solving difficult puzzles or games.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-42 It means a lot to me to be able to write coherent letters to my friends and relatives.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

- Q-43 It's inevitable that my letter writing ability will deteriorate.
1. STRONGLY AGREE
 2. AGREE
 3. SLIGHTLY AGREE
 4. SLIGHTLY DISAGREE
 5. DISAGREE
 6. STRONGLY DISAGREE
- Q-44 I can't expect to be good at remembering zip codes at my age.
1. STRONGLY AGREE
 2. AGREE
 3. SLIGHTLY AGREE
 4. SLIGHTLY DISAGREE
 5. DISAGREE
 6. STRONGLY DISAGREE
- Q-45 My letter writing skill has gone downhill.
1. STRONGLY AGREE
 2. AGREE
 3. SLIGHTLY AGREE
 4. SLIGHTLY DISAGREE
 5. DISAGREE
 6. STRONGLY DISAGREE
- Q-46 If I want to and work at it, I'm able to figure out quite a few puzzles and similar problems.
1. STRONGLY AGREE
 2. AGREE
 3. SLIGHTLY AGREE
 4. SLIGHTLY DISAGREE
 5. DISAGREE
 6. STRONGLY DISAGREE
- Q-47 If I had a postal scale and instructions from the post office, I could not figure out postal rates for a package without the postman's help.
1. STRONGLY AGREE
 2. AGREE
 3. SLIGHTLY AGREE
 4. SLIGHTLY DISAGREE
 5. DISAGREE
 6. STRONGLY DISAGREE
- Q-48 Right now, I'd be threatened by unfamiliar test problems on an intelligence test or a similar test.
1. STRONGLY AGREE
 2. AGREE
 3. SLIGHTLY AGREE
 4. SLIGHTLY DISAGREE
 5. DISAGREE
 6. STRONGLY DISAGREE

Q-49 I can't figure out sale prices of items unless someone helps me.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-50 There's no way around it; I'll always be nervous when I take a test.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-51 There's nothing I can do to preserve my mental clarity.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-52 I couldn't learn to solve word puzzles or alphabet letter problems such as scrambled words (anagrams) without a teacher's help.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-53 I'm as smart as I ever was when it comes to defining words.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-54 I could remember important telephone numbers if I practiced them.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-55 I couldn't fill out my own tax forms without an accountant's assistance.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-56 If I forget my friend's zip code I'd be able to learn it again.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-57 I'd be able to keep an accurate record of my expenses so as to avoid financial problems.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-58 My mental acuity (sharpness) is bound to decline.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-59 I'm interested in figuring out how to get the most for my money when I'm shopping.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-60 I feel clear-headed and ready for any kind of test at this moment.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

- Q-61 I would feel on edge right now if I had to take an intelligence test or something similar.
1. STRONGLY AGREE
 2. AGREE
 3. SLIGHTLY AGREE
 4. SLIGHTLY DISAGREE
 5. DISAGREE
 6. STRONGLY DISAGREE
- Q-62 How much I can remember these days is related to the memory training I had in school.
1. STRONGLY AGREE
 2. AGREE
 3. SLIGHTLY AGREE
 4. SLIGHTLY DISAGREE
 5. DISAGREE
 6. STRONGLY DISAGREE
- Q-63 I'd like to be good at solving word problems.
1. STRONGLY AGREE
 2. AGREE
 3. SLIGHTLY AGREE
 4. SLIGHTLY DISAGREE
 5. DISAGREE
 6. STRONGLY DISAGREE
- Q-64 I would feel tense and uneasy taking word tests right now.
1. STRONGLY AGREE
 2. AGREE
 3. SLIGHTLY AGREE
 4. SLIGHTLY DISAGREE
 5. DISAGREE
 6. STRONGLY DISAGREE
- Q-65 Right now if I came to a difficult question on an intelligence test or something similar, I'd be upset.
1. STRONGLY AGREE
 2. AGREE
 3. SLIGHTLY AGREE
 4. SLIGHTLY DISAGREE
 5. DISAGREE
 6. STRONGLY DISAGREE
- Q-66 It's inevitable that my intellectual functioning will decline as I get older.
1. STRONGLY AGREE
 2. AGREE
 3. SLIGHTLY AGREE
 4. SLIGHTLY DISAGREE
 5. DISAGREE
 6. STRONGLY DISAGREE

Q-67 I don't remember things as well as I used to.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-68 It's becoming more hopeless to figure out complicated schedules as I grow older.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-69 It gives me great satisfaction to read on a wide range of topics.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-70 I have no chance to improve my thinking abilities at my age.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-71 The public authorities would have to help me make sense of a bus schedule.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Q-72 It's important to me that I be able to function on my own.

1. STRONGLY AGREE
2. AGREE
3. SLIGHTLY AGREE
4. SLIGHTLY DISAGREE
5. DISAGREE
6. STRONGLY DISAGREE

Please check for any questions that you may have skipped. Thank you very much for completing this questionnaire!!