

## MIDI Sense of Control

**About:** This scale is a self-report measure of sense of control. It measures sense of control in 2 categories:

*Perceived Constraints* (Questions 1, 2, 4, 5, 7, 9, 10, & 11)

*Personal Mastery* (Questions 3, 6, 8, & 12)

**Items:** 12

**Reliability:**

Perceived constraints: (Cronbach's  $\alpha=0.86$ )

Personal mastery: (Cronbach's  $\alpha=0.70$ )

**Scoring:**

	Strongly disagree	Somewhat disagree	Disagree a little	Don't know	Agree a little	Somewhat agree	Strongly agree
Perceived Constraints Questions 1, 2, 4, 5, 7, 9, 10, & 11	7	6	5	4	3	2	1
Personal Mastery Questions 3, 6, 8, & 12	1	2	3	4	5	6	7

The total score is calculated by summing the scores for perceived constraints (1, 2, 4, 5, 7, 9, 10, & 11), and personal mastery (3, 6, 8, & 12) separately. Do not score the form if more than 2 items are missing in the *mastery* category, or if 4 or more items are missing from the *constraints* category.

**References:**

- 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 Sense of Control

For each statement please check the box corresponding to the answer that best represents your level of agreement with each statement as it applies to you.

	Strongly disagree	Somewhat disagree	Disagree a little	Don't know	Agree a little	Somewhat agree	Strongly agree
1. There is little I can do to change many of the important things in my life.	1	2	3	4	5	6	7
2. I often feel helpless in dealing with the problems of life.	1	2	3	4	5	6	7
3. I can do just about anything I really set my mind to do.	1	2	3	4	5	6	7
4. Other people determine most of what I can and cannot do.	1	2	3	4	5	6	7
5. What happens in my life is often beyond my control.	1	2	3	4	5	6	7
6. When I really want to do something, I usually find a way to succeed at it.	1	2	3	4	5	6	7
7. There are many things that interfere with what I want to do.	1	2	3	4	5	6	7
8. Whether or not I am able to get what I want is in my own hands.	1	2	3	4	5	6	7
9. I have little control over the things that happen to me.	1	2	3	4	5	6	7
10. There is really no way I can solve some of the problems I have.	1	2	3	4	5	6	7
11. Sometimes I feel that I am being pushed around in life.	1	2	3	4	5	6	7
12. What happens to me in the future mostly depends on me.	1	2	3	4	5	6	7