

# SDQIII<sup>®</sup>

## INSTRUMENT

All information supplied will be kept strictly confidential								
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NAME:	AGE:	(years)	(mths)	DATE:	/	/
MALE / FEMALE (circle one)	GROUP:					

**PLEASE READ THESE INSTRUCTIONS FIRST**

**This is not a test** - there are no right or wrong answers.

This is a chance for you to consider how you think and feel about yourself. **This is not a test** – there are no right or wrong answers, and everyone will have different responses. The purpose of this study is to determine how people describe themselves and what characteristics are most important to how people feel about themselves.

On the following pages are a series of statements that are more or less true (or more or less false) descriptions of you. Please use the following eight-point response scale to indicate how true (or false) each item is as a description of you. Respond to the items as you now feel even if you felt differently at some other time in your life. In a few instances, an item may no longer be appropriate to you, though it was at an earlier period of your life (e.g., an item about your present relationship with your parents if they are no longer alive). In such cases, respond to the item as you would have when it was appropriate. Try to avoid leaving any items blank.

After completing all the items, you will be asked to select those that best describe important aspects – either positive or negative – of how you feel about yourself. Consider this as you are completing the survey.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Definitely False	False	Mostly False	More False Than True	More True Than False	Mostly True	True	Definitely True

1 Definitely False	2 False	3 Mostly False	4 More False Than True	5 More True Than False	6 Mostly True	7 True	8 Definitely True
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_____ 1	I find many mathematical problems interesting and challenging.	_____ 29	Overall, I am pretty accepting of myself.
_____ 2	My parents are not very spiritual/religious people.	_____ 30	Being honest is not particularly important to me.
_____ 3	Overall, I have a lot of respect for myself.	_____ 31	I have lots of friends of the opposite sex.
_____ 4	I often tell small lies to avoid embarrassing situations.	_____ 32	I have a poor vocabulary.
_____ 5	I get a lot of attention from members of the opposite sex.	_____ 33	I am happy most of the time.
_____ 6	I have trouble expressing myself when trying to write something.	_____ 34	I still have many unresolved conflicts with my parents.
_____ 7	I am usually pretty calm and relaxed.	_____ 35	I like most academic subjects.
_____ 8	I hardly ever saw things the same way as my parents when I was growing up.	_____ 36	I wish I had more imagination and originality.
_____ 9	I enjoy doing work for most academic subjects.	_____ 37	I have a good body build.
_____ 10	I am never able to think up answers to problems that haven't already been figured out.	_____ 38	I don't get along very well with other members of the same sex.
_____ 11	I have a physically attractive body.	_____ 39	I have good endurance and stamina in sports and physical activities.
_____ 12	I have few friends of the same sex that I can really count on.	_____ 40	Mathematics makes me feel inadequate.
_____ 13	I am a good athlete.	_____ 41	Spiritual/religious beliefs make my life better and make me a happier person.
_____ 14	I have hesitated to take courses that involve mathematics.	_____ 42	Overall, I don't have much respect for myself.
_____ 15	I am a spiritual/religious person.	_____ 43	I nearly always tell the truth.
_____ 16	Overall, I lack self-confidence.	_____ 44	Most of my friends are more comfortable with members of the opposite sex than I am.
_____ 17	People can always rely on me.	_____ 45	I am an avid reader.
_____ 18	I find it difficult to meet members of the opposite sex whom I like.	_____ 46	I am anxious much of the time.
_____ 19	I can write effectively.	_____ 47	My parents have usually been unhappy or disappointed with what I do and have done.
_____ 20	I worry a lot.	_____ 48	I have trouble with most academic subjects.
_____ 21	I would like to bring up children of my own (if I have any) like my parents raised me.	_____ 49	I enjoy working out new ways of solving problems.
_____ 22	I hate studying for many academic subjects.	_____ 50	There are lots of things about the way I look that I would like to change.
_____ 23	I am good at combining ideas in ways that others have not tried.	_____ 51	I make friends easily with members of the same sex.
_____ 24	I am ugly.	_____ 52	I hate sports and physical activities.
_____ 25	I am comfortable talking to members of the same sex.	_____ 53	I am quite good at mathematics.
_____ 26	I am awkward and poorly coordinated at many sports and physical activities.	_____ 54	My spiritual/religious beliefs provide the guidelines by which I conduct my life.
_____ 27	I have generally done better in mathematics courses than other courses.	_____ 55	Overall, I have a lot of self-confidence.
_____ 28	Spiritual/religious beliefs have little to do with my life philosophy.	_____ 56	I sometimes take things that do not belong to me.

1 Definitely False	2 False	3 Mostly False	4 More False Than True	5 More True Than False	6 Mostly True	7 True	8 Definitely True
_____ 57	I am comfortable talking to members of the opposite sex.			_____ 85	I do not spend a lot of time worrying about things.		
_____ 58	I do not do well on tests that require a lot of verbal reasoning ability.			_____ 86	My parents treated me fairly when I was young.		
_____ 59	I hardly ever feel depressed.			_____ 87	I learn quickly in most academic subjects.		
_____ 60	My values are similar to those of my parents.			_____ 88	I am not very original in my ideas, thoughts, and actions.		
_____ 61	I am good at most academic subjects.			_____ 89	I have nice facial features.		
_____ 62	I am not much good at problem solving.			_____ 90	Not many people of the same sex like me.		
_____ 63	My body weight is about right (neither too fat nor too skinny).			_____ 91	I like to exercise vigorously at sports and/or physical activities.		
_____ 64	Other members of the same sex find me boring.			_____ 92	I never do well on tests that require mathematical reasoning.		
_____ 65	I have a high energy level in sports and physical activities.			_____ 93	I am a better person as a consequence of my spiritual/religious beliefs.		
_____ 66	I have trouble understanding anything that is based upon mathematics.			_____ 94	Overall, I have pretty positive feelings about myself.		
_____ 67	Continuous spiritual/religious growth is important to me.			_____ 95	I am a very honest person.		
_____ 68	Overall, I have a very good self-concept.			_____ 96	I have had lots of feelings of inadequacy about relating to members of the opposite sex.		
_____ 69	I never cheat.			_____ 97	I am good at expressing myself.		
_____ 70	I am quite shy with members of the opposite sex.			_____ 98	I am often depressed.		
_____ 71	Relative to most people, my verbal skills are quite good.			_____ 99	It has often been difficult for me to talk to my parents.		
_____ 72	I tend to be highly – strung, tense, and restless.			_____ 100	I hate most academic subjects.		
_____ 73	My parents have never had much respect for me.			_____ 101	I am an imaginative person.		
_____ 74	I am not particularly interested in most academic subjects.			_____ 102	I wish that I were physically more attractive.		
_____ 75	I have a lot of intellectual curiosity.			_____ 103	I am popular with other members of the same sex.		
_____ 76	I dislike the way I look.			_____ 104	I am poor at most sports and physical activities.		
_____ 77	I share lots of activities with members of the same sex.			_____ 105	At school, my friends always came to me for help in mathematics.		
_____ 78	I am not very good at any activities that require physical ability and coordination.			_____ 106	I am basically an atheist, and believe that there is no being higher than man.		
_____ 79	I have always done well in mathematics classes.			_____ 107	Overall, I have a very poor self-concept.		
_____ 80	I rarely if ever spend time in spiritual meditation or religious prayer.			_____ 108	I would feel OK about cheating on a test as long as I did not get caught.		
_____ 81	Overall, nothing that I do is very important.			_____ 109	I am comfortable being affectionate with members of the opposite sex.		
_____ 82	Being dishonest is often the lesser of two evils.			_____ 110	In school I had more trouble learning to read than most other students.		
_____ 83	I make friends easily with members of the opposite sex.			_____ 111	I am inclined towards being an optimist.		
_____ 84	I often have to read things several times before I understand them.			_____ 112	My parents understand me.		

1 Definitely False	2 False	3 Mostly False	4 More False Than True	5 More True Than False	6 Mostly True	7 True	8 Definitely True
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- |         |   |         |   |
|---------|---|---------|---|
| ___ 113 | I get good marks in most academic subjects.   | ___ 125 | I like my parents.  |
| ___ 114 | I would have no interest in being an inventor.  | ___ 126 | I could never achieve academic honours, even if I worked harder.                    |
| ___ 115 | Most of my friends are better looking than I am.  | ___ 127 | I can often see better ways of doing routine tasks.                                 |
| ___ 116 | Most people have more friends of the same sex than I do.                                    | ___ 128 | I am good looking.  |
| ___ 117 | I enjoy sports and physical activities.   | ___ 129 | I have lots of friends of the same sex.   |
| ___ 118 | I have never been very excited about mathematics.   | ___ 130 | I am a sedentary type who avoids strenuous activity.                                |
| ___ 119 | I believe that there will be some form of continuation of my spirit or soul after my death. | ___ 131 | Overall, I do lots of things that are important.                                    |
| ___ 120 | Overall, I have pretty negative feelings about myself.                                      | ___ 132 | I am not a very reliable person.  |
| ___ 121 | I value integrity above all other virtues.  | ___ 133 | Spiritual/religious beliefs have little to do with the type of person I want to be. |
| ___ 122 | I never seem to have much in common with members of the opposite sex.                       | ___ 134 | I have never stolen anything of consequence.  |
| ___ 123 | I have good reading comprehension.  | ___ 135 | Overall, I am not very accepting of myself.   |
| ___ 124 | I tend to be a very nervous person.   | ___ 136 | Few, if any of my friends are very spiritual or religious.                          |

Different characteristics, both positive and negative, vary in their importance in determining how you feel about yourself. For example, the statement "I am musically talented" may be very inaccurate as a description of you, but it may also be very unimportant about how you feel about yourself. Below are statements about different characteristics. For each statement please judge: 1) how ACCURATE the statement is as a description of you: and 2) how IMPORTANT the characteristic is in determining how you feel (either positive or negative) about yourself. Please use the following response scale:

1	2	3	4	5	6	7	8	9
Very Inaccurate Very Unimportant		Inaccurate Unimportant		Moderate or Average		Accurate Important		Very Accurate Very Important

**ACCURACY:**  
How accurate is this statement about you?

**IMPORTANT:**  
How important is the characteristic to you?

- |       |   |       |
|-------|---|-------|
| _____ | I am good at sports and physical activities                             | _____ |
| _____ | I am physically attractive/good looking                                 | _____ |
| _____ | I have good interactions/relationships with members of the opposite sex | _____ |
| _____ | I have good interactions/relationships with members of the same sex     | _____ |
| _____ | I have good interactions/relationships with my parents                  | _____ |
| _____ | I am an emotionally stable person                                       | _____ |
| _____ | I am a spiritual/religious person                                       | _____ |
| _____ | I am an honest/reliable/trustworthy person                              | _____ |
| _____ | I have good verbal skills/reasoning ability                             | _____ |
| _____ | I have good mathematical skills/reasoning ability                       | _____ |
| _____ | I am a good student in most academic subjects                           | _____ |
| _____ | I am good at problem solving/creative thinking                          | _____ |

## Breakdown of SDQIII Items

### Maths

- 1 I find many mathematical problems interesting and challenging.
- 14\* I have hesitated to take courses that involve mathematics.
- 27 I have generally done better in mathematics courses than other courses.
- 40\* Mathematics makes me feel inadequate.
- 53 I am quite good at mathematics.
- 66\* I have trouble understanding anything that is based upon mathematics.
- 79 I have always done well in mathematics classes.
- 92\* I never do well on tests that require mathematical reasoning.
- 105 At school, my friends always came to me for help in mathematics.
- 118\* I have never been very excited about mathematics.

### Verbal

- 6\* I have trouble expressing myself when trying to write something.
- 19 I can write effectively.
- 32\* I have a poor vocabulary.
- 45 I am an avid reader.
- 58\* I do not do well on tests that require a lot of verbal reasoning ability.
- 71 Relative to most people, my verbal skills are quite good.
- 84\* I often have to read things several times before I understand them.
- 97 I am good at expressing myself.
- 110\* In school I had more trouble learning to read than most other students.
- 123 I have good reading comprehension.

### Academic

- 9 I enjoy doing work for most academic subjects.
- 22\* I hate studying for many academic subjects.
- 35 I like most academic subjects.
- 48\* I have trouble with most academic subjects.
- 61 I am good at most academic subjects.
- 74\* I am not particularly interested in most academic subjects.
- 87 I learn quickly in most academic subjects.
- 100\* I hate most academic subjects.
- 113 I get good marks in most academic subjects.
- 126\* I could never achieve academic honours, even if I worked harder.

### Problem Solving

- 10\* I am never able to think up answers to problems that haven't already been figured out.
- 23 I am good at combining ideas in ways that others have not tried.
- 36\* I wish I had more imagination and originality.
- 49 I enjoy working out new ways of solving problems.
- 62\* I am not much good at problem solving.
- 75 I have a lot of intellectual curiosity.
- 88\* I am not very original in my ideas thoughts and actions.
- 101 I am an imaginative person.
- 114\* I would have no interest in being an inventor.
- 127 I can often see better ways of doing routine tasks.

## Physical Ability

- 13 I am a good athlete.
- 26\* I am awkward and poorly coordinated at many sports and physical activities.
- 39 I have good endurance and stamina in sports and physical activities.
- 52\* I hate sports and physical activities.
- 65 I have a high energy level in sports and physical activities.
- 78\* I am not very good at any activities that require physical ability and coordination.
- 91 I like to exercise vigorously at sports and/or physical activities.
- 104\* I am poor at most sports and physical activities.
- 117 I enjoy sports and physical activities.
- 130 I am a sedentary type who avoids strenuous activity.

## Physical Appearance

- 11 I have a physically attractive body.
- 24\* I am ugly.
- 37 I have a good body build.
- 50\* There are lots of things about the way I look that I would like to change.
- 63 My body weight is about right (neither too fat nor too skinny).
- 76\* I dislike the way I look.
- 89 I have nice facial features.
- 102\* I wish that I were physically more attractive.
- 115\* Most of my friends are better looking than I am.
- 128 I am good looking.

## Same Sex Peer Relations

- 12\* I have few friends of the same sex that I can really count on.
- 25 I am comfortable talking to members of the same sex.
- 38\* I don't get along very well with other members of the same sex.
- 51 I make friends easily with members of the same sex.
- 64\* Other members of the same sex find me boring.
- 77 I share lots of activities with members of the same sex.
- 90\* Not many people of the same sex like me.
- 103 I am popular with other members of the same sex.
- 116\* Most people have more friends of the same sex than I do.
- 129 I have lots of friends of the same sex.

## Opposite Sex Peer Relations

- 5 I get a lot of attention from members of the opposite sex.
- 18\* I find it difficult to meet members of the opposite sex whom I like.
- 31 I have lots of friends of the opposite sex.
- 44\* Most of my friends are more comfortable with members of the opposite sex than I am.
- 57 I am comfortable talking to members of the opposite sex.
- 70\* I am quite shy with members of the opposite sex.
- 83 I make friends easily with members of the opposite sex.
- 96\* I have had lots of feelings of inadequacy about relating to members of the opposite sex.
- 109 I am comfortable being affectionate with members of the opposite sex.
- 122 I never seem to have much in common with members of the opposite sex.

## Parent Relations

- 8\* I hardly ever saw things the same way as my parents when I was growing up.
- 21 I would like to bring up children of my own (if I have any) like my parents raised me.
- 34\* I still have many unresolved conflicts with my parents.
- 47\* My parents have usually been unhappy or disappointed with what I do and have done.
- 60 My values are similar to those of my parents.
- 73\* My parents have never had much respect for me.
- 86 My parents treated me fairly when I was young.
- 99\* It has often been difficult for me to talk to my parents.
- 112 My parents understand me.
- 125 I like my parents.

## Spiritual Values/Religion

- 2\* My parents are not very spiritual/religious people.
- 15 I am a spiritual/religious person.
- 28\* Spiritual/religious beliefs have little to do with my life philosophy.
- 41 Spiritual/religious beliefs make my life better and make me a happier person.
- 54 My spiritual/religious beliefs provide the guidelines by which I conduct my life.
- 67 Continuous spiritual/religious growth is important to me.
- 80\* I rarely if ever spend time in spiritual meditation or religious prayer.
- 93 I am a better person as a consequence of my spiritual/religious beliefs.
- 106\* I am basically an atheist, and believe that there is no being higher than man.
- 119 I believe that there will be some form of continuation of my spirit or soul after my death.
- 133\* Spiritual/religious beliefs have little to do with the type of person I want to be.
- 136\* Few, if any of my friends are very spiritual or religious.

## Honesty/Trustworthiness

- 4\* I often tell small lies to avoid embarrassing situations.
- 17 People can always rely on me.
- 30\* Being honest is not particularly important to me.
- 43 I nearly always tell the truth.
- 56\* I sometimes take things that do not belong to me.
- 69 I never cheat.
- 82\* Being dishonest is often the lesser of two evils.
- 95 I am a very honest person.
- 108\* I would feel OK about cheating on a test as long as I did not get caught.
- 121 I value integrity above all other virtues.
- 132\* I am not a very reliable person.
- 134 I have never stolen anything of consequence.

## Emotional Stability

- 7 I am usually pretty calm and relaxed.
- 20\* I worry a lot.
- 33 I am happy most of the time.
- 46\* I am anxious much of the time.
- 59 I hardly ever feel depressed.
- 72\* I tend to be highly-strung, tense, and restless.
- 85 I do not spend a lot of time worrying about things.
- 98\* I am often depressed.
- 111 I am inclined towards being an optimist.
- 124\* I tend to be a very nervous person.

## General Esteem

- 3 Overall, I have a lot of respect for myself.
- 16\* Overall, I lack self-confidence.
- 29 Overall, I am pretty accepting of myself.
- 42\* Overall, I don't have much respect for myself.
- 55 Overall, I have a lot of self-confidence.
- 68 Overall, I have a very good self-concept.
- 81\* Overall, nothing that I do is very important.
- 94 Overall, I have pretty positive feeling about myself.
- 107\* Overall, I have a very poor self-concept.
- 120\* Overall, I have pretty negative feelings about myself.
- 131 Overall, I do lots of things that are important.
- 135\* Overall, I am not very accepting of myself.