

Desirability of Control Scale

Below you will find a series of statements. Please read each statement carefully and respond to it by expressing the extent to which you believe the statement applies to you. For all items, a response from 1 to 7 is required. Use the number that best reflects your belief when the scale is defined as follows:

- 1 = The statement does not apply to me at all
- 2 = The statement usually does not apply to me
- 3 = Most often, the statement does not apply
- 4 = I am unsure about whether or not the statement applies to me,
or it applies to me about half the time
- 5 = The statement applies more often than not
- 6 = The statement usually applies to me
- 7 = The statement always applies to me

1. I prefer a job where I have a lot of control
over what I do and when I do it.

1 2 3 4 5 6 7

2. I enjoy political participation because I
want to have as much of a say in running
government as possible.

1 2 3 4 5 6 7

3. I try to avoid situations where someone else
tells me what to do.

1 2 3 4 5 6 7

4. I would prefer to be a leader than a follower.

1 2 3 4 5 6 7

5. I enjoy being able to influence the actions of others.

1 2 3 4 5 6 7

6. I am careful to check everything on an
automobile before I leave for a long trip.

1 2 3 4 5 6 7

7. Others usually know what is best for me.

1 2 3 4 5 6 7

8. I enjoy making my own decisions.

1 2 3 4 5 6 7

9. I enjoy having control over my own destiny.

1 2 3 4 5 6 7

10. I would rather someone else take over the leadership role when I'm involved in a group project.

1 2 3 4 5 6 7

11. I consider myself to be generally more capable of handling situations than others are.

1 2 3 4 5 6 7

12. I'd rather run my own business and make my own mistakes than listen to someone else's orders.

1 2 3 4 5 6 7

13. I like to get a good idea of what a job is all about before I begin.

1 2 3 4 5 6 7

14. When I see a problem, I prefer to do something about it rather than sit by and let it continue.

1 2 3 4 5 6 7

15. When it comes to orders, I would rather give them than receive them.

1 2 3 4 5 6 7

16. I wish I could push many of life's daily decisions off on someone else.

1 2 3 4 5 6 7

17. When driving, I try to avoid putting myself in a situation where I could be hurt by another person's mistake.

1 2 3 4 5 6 7

18. I prefer to avoid situations where someone else has to tell me what it is I should be doing.

1 2 3 4 5 6 7

19. There are many situations in which I would prefer only one choice rather than having to make a decision.

1 2 3 4 5 6 7

20. I like to wait and see if someone else is going to solve a problem so that I don't have to be bothered with it.

1 2 3 4 5 6 7

Desirability of Control Scale Scoring and Norms

To score:

1. Reverse answer values for items 7, 10, 16, 19 & 20.
(1 = 7, 2 = 6, 3 = 5, 4 = 4, 5 = 3, 2 = 6, 7 = 1)
2. Add all 20 answer values together.

Norms:

College student means typically are around 100, with a standard deviation of around 10. The higher the score, the more you need to feel in control of the events in your life.

Source:

Burger, J. M., & Cooper, H. M. (1979). The desirability of control. *Motivation and Emotion*, 3, 381-393.