Dear Colleague:

Thank you for your inquiry about my research. Included below is the latest version of the Self-Construal Scale (SCS).

Please feel free to use the SCS in your research. I ask only that you send me a copy of your findings for my archives. If you translate the scale please send me a copy and any equivalence or validity data you may provide. For details of the scale development and for citation purposes, the following articles may be useful:


For a review of many SCS studies and interesting commentary see:


For an attack, and defense, on the validity of the SCS and other self-construal measures see the following:


The attached scale contains the original 12 independent items (#s 1, 2, 9, 10, 13, 15, 18, 20, 22, 25, 27, and 29) and 12 interdependent items (#s 3, 4, 6, 8, 11, 16, 17, 19, 21, 23, 26, and 28) from Singelis, 1994. Six additional items have been added to improve internal reliabilities of the original scale: independent (#s 5, 7, and 24) and interdependent (#s 12, 14, and 30). Cronbach Alpha reliabilities with the 15 items have been ranging from the high .60’s to the middle .70’s. It is felt that these reliabilities are adequate considering the broadness of the construct and the wide range of thoughts, feelings, and behaviors assessed by the scale. Items more focused on a single aspect of self would yield higher internal consistency but would threaten the validity of the measure. For a brief discussion of this issue, which is called the “fidelity vs. bandwidth dilemma” by Cronbach (1990, pp.208-210) see Singelis, Triandis, Bhawuk, & Gelfand, (1995).

Please note that the original item #2 (I feel comfortable using someone's first name soon after I meet them, even when they are much older than I am) has been replaced. It was determined that this item was not appropriate for collective cultures, such as Japan, where first names are rarely used at initial meetings. Therefore, a replacement item was constructed to capture the conceptual equivalence of feeling equal and comfortable with people recently met. The current item #2 (I can talk openly with a person who I meet for the first time, even when this person is much older than I am) has been translated and used successfully with both US and Hong Kong Chinese participants.

To score the scale, add each subject’s scores (1 to 7) for the independent items and divide by 15 to give the mean score of the items. Then, do the same for the interdependent items. Each subject receives two scores: one for the strength of the independent self and one for the interdependent self. My research has shown that these two aspects of self are separate factors, not opposite poles of a single construct. Therefore, each aspect of self needs consideration.

If you translate the scale into another language, I would appreciate a copy of the translation. It may be useful to contact me before the translation begins because I may be able to facilitate the process.

Should you have any questions regarding the scale, please feel free to contact me at the e-mail address below.

Again, thank you for your interest in the SCS.

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This is a questionnaire that measures a variety of feelings and behaviors in various situations. Listed below are a number of statements. Read each one as if it referred to you. Beside each statement write the number that best matches your agreement or disagreement. Please respond to every statement. Thank you.

1=STRONGLY DISAGREE  
2=DISAGREE  
3=SOMEWHAT DISAGREE  
4=DON’T AGREE OR DISAGREE  
5=AGREE SOMEWHAT  
6=AGREE  
7=STRONGLY AGREE

___1. I enjoy being unique and different from others in many respects.  
___2. I can talk openly with a person who I meet for the first time, even when this person is much older than I am.  
___3. Even when I strongly disagree with group members, I avoid an argument.  
___4. I have respect for the authority figures with whom I interact.  
___5. I do my own thing, regardless of what others think.  
___6. I respect people who are modest about themselves.  
___7. I feel it is important for me to act as an independent person.  
___8. I will sacrifice my self interest for the benefit of the group I am in.  
___9. I'd rather say "No" directly, than risk being misunderstood.  
___10. Having a lively imagination is important to me.  
___11. I should take into consideration my parents' advice when making education/career plans.  
___12. I feel my fate is intertwined with the fate of those around me.  
___13. I prefer to be direct and forthright when dealing with people I've just met.  
___14. I feel good when I cooperate with others.  
___15. I am comfortable with being singled out for praise or rewards.  
___16. If my brother or sister fails, I feel responsible.  
___17. I often have the feeling that my relationships with others are more important than my own accomplishments.  
___18. Speaking up during a class (or a meeting) is not a problem for me.  
___19. I would offer my seat in a bus to my professor (or my boss).  
___20. I act the same way no matter who I am with.  
___21. My happiness depends on the happiness of those around me.  
___22. I value being in good health above everything.  
___23. I will stay in a group if they need me, even when I am not happy with the group.  
___24. I try to do what is best for me, regardless of how that might affect others.  
___25. Being able to take care of myself is a primary concern for me.  
___26. It is important to me to respect decisions made by the group.  
___27. My personal identity, independent of others, is very important to me.  
___28. It is important for me to maintain harmony within my group.  
___29. I act the same way at home that I do at school (or work).  
___30. I usually go along with what others want to do, even when I would rather do something different.