

Self-Regulation Questionnaire

Name: _____ Date: _____ dd / mm / yyyy

Please rate the following statements based on how strongly you agree with them.

1. I usually keep track of my progress toward my goals.

- ☐ 1 - Strongly disagree
☐ 2 - Disagree
☐ 3 - Uncertain or unsure
☐ 4 - Agree
☐ 5 - Strongly agree

2. My behavior is not that different from other people's.

- ☐ 1 - Strongly disagree
☐ 2 - Disagree
☐ 3 - Uncertain or unsure
☐ 4 - Agree
☐ 5 - Strongly agree

3. Others tell me that I keep on with things too long.

- ☐ 1 - Strongly disagree
☐ 2 - Disagree
☐ 3 - Uncertain or unsure
☐ 4 - Agree
☐ 5 - Strongly agree

4. I doubt I could change even if I wanted to.

- ☐ 1 - Strongly disagree
☐ 2 - Disagree
☐ 3 - Uncertain or unsure
☐ 4 - Agree
☐ 5 - Strongly agree

5. I have trouble making up my mind about things.

- ☐ 1 - Strongly disagree
☐ 2 - Disagree
☐ 3 - Uncertain or unsure
☐ 4 - Agree
☐ 5 - Strongly agree

6. I get easily distracted from my plans.

- ☐ 1 - Strongly disagree
☐ 2 - Disagree
☐ 3 - Uncertain or unsure
☐ 4 - Agree
☐ 5 - Strongly agree

7. I reward myself for progress toward my goals.

- ☐ 1 - Strongly disagree
☐ 2 - Disagree
☐ 3 - Uncertain or unsure
☐ 4 - Agree
☐ 5 - Strongly agree

8. I don't notice the effects of my actions until it's too late.

- ☐ 1 - Strongly disagree
☐ 2 - Disagree
☐ 3 - Uncertain or unsure
☐ 4 - Agree
☐ 5 - Strongly agree

9. My behavior is similar to that of my friends.

- ☐ 1 - Strongly disagree
☐ 2 - Disagree
☐ 3 - Uncertain or unsure
☐ 4 - Agree
☐ 5 - Strongly agree

10. It's hard for me to see anything helpful about changing my ways.

- ☐ 1 - Strongly disagree
☐ 2 - Disagree
☐ 3 - Uncertain or unsure
☐ 4 - Agree
☐ 5 - Strongly agree

11. I am able to accomplish goals I set for myself.

- ☐ 1 - Strongly disagree
☐ 2 - Disagree
☐ 3 - Uncertain or unsure
☐ 4 - Agree
☐ 5 - Strongly agree

12. I put off making decisions.

- ☐ 1 - Strongly disagree
☐ 2 - Disagree
☐ 3 - Uncertain or unsure
☐ 4 - Agree
☐ 5 - Strongly agree

13. I have so many plans that it's hard for me to focus on any one of them.

- ☐ 1 - Strongly disagree
☐ 2 - Disagree
☐ 3 - Uncertain or unsure
☐ 4 - Agree
☐ 5 - Strongly agree

14. I change the way I do things when I see a problem with how things are going.

- ☐ 1 - Strongly disagree
☐ 2 - Disagree
☐ 3 - Uncertain or unsure
☐ 4 - Agree
☐ 5 - Strongly agree

15. It's hard for me to notice when I've "had enough" (alcohol, food, sweets).

- ☐ 1 - Strongly disagree
☐ 2 - Disagree
☐ 3 - Uncertain or unsure
☐ 4 - Agree
☐ 5 - Strongly agree

16. I think a lot about what other people think of me.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

17. I am willing to consider other ways of doing things.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

18. If I wanted to change, I am confident that I could do it.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

19. When it comes to deciding about a change, I feel overwhelmed by the choices.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

20. I have trouble following through with things once I've made up my mind to do something.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

21. I don't seem to learn from my mistakes.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

22. I'm usually careful not to overdo it when working, eating, drinking.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

23. I tend to compare myself with other people.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

24. I enjoy a routine, and like things to stay the same.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

25. I have sought out advice or information about changing.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

26. I can come up with lots of ways to change, but it's hard for me to decide which one to use.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

27. I can stick to a plan that's working well.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

28. I usually only have to make a mistake one time in order to learn from it.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

29. I don't learn well from punishment.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

30. I have personal standards, and try to live up to them.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

31. I am set in my ways.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

32. As soon as I see a problem or challenge, I start looking for possible solutions.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

33. I have a hard time setting goals for myself.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

34. I have a lot of willpower.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

35. When I'm trying to change something, I pay a lot of attention to how I'm doing.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

36. I usually judge what I'm doing by the consequences of my actions.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

37. I don't care if I'm different from most people.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

38. As soon as I see things aren't going right I want to do something about it.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

39. There is usually more than one way to accomplish something.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

40. I have trouble making plans to help me reach my goals.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

41. I am able to resist temptation.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

42. I set goals for myself and keep track of my progress.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

43. Most of the time I don't pay attention to what I'm doing.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

44. I try to be like people around me.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

45. I tend to keep doing the same thing, even when it doesn't work.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

46. I can usually find several different possibilities when I want to change something.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

47. Once I have a goal, I can usually plan how to reach it.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

48. I have rules that I stick by no matter what.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

49. If I make a resolution to change something, I pay a lot of attention to how I'm doing.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

50. Often I don't notice what I'm doing until someone calls it to my attention.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

51. I think a lot about how I'm doing.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

52. Usually I see the need to change before others do.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

53. I'm good at finding different ways to get what I want.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

54. I usually think before I act.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

55. Little problems or distractions throw me off course.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

56. I feel bad when I don't meet my goals.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

57. I learn from my mistakes.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

58. I know how I want to be.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

59. It bothers me when things aren't the way I want them.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

60. I call in others for help when I need it.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

61. Before making a decision, I consider what is likely to happen if I do one thing or another.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

62. I give up quickly.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

63. I usually decide to change and hope for the best.

- ☐ 1 - Strongly disagree
- ☐ 2 - Disagree
- ☐ 3 - Uncertain or unsure
- ☐ 4 - Agree
- ☐ 5 - Strongly agree

These items are reversed scored: 1, 2, 3, 4, 5, 6, 8, 10, 12, 13, 15, 19, 20, 21, 24, 26, 29, 31, 33, 37, 40, 43, 45, 50, 55, 62, 63.

Total score: _____

Scores are interpreted as follow: > 239: High (intact) self-regulation capacity (top quartile); 214-238: Intermediate (moderate) self-regulation capacity (middle quartiles); < 213: Low (impaired) self-regulation capacity (bottom quartile); This is NOT a diagnostic tool.