

**INVENTORY  
OF  
POSITIVE PSYCHOLOGICAL ATTITUDES  
(IPPA-32R)**

**RESEARCH AND ASSESSMENT FORMAT  
(With Scoring Instructions)**

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## INVENTORY OF ATTITUDES-32R

The following pages contain a series of statements and their opposites. Notice that the statements extend from one extreme to the other. Where would you place yourself on this scale? Place a circle on the number that is most true for you at this time. Do not put your circles between numbers.

**1. During most of the day, my energy level is**

very high                    1    2    3    4    5    6    7                    very low

**2. When there is a great deal of pressure being placed on me**

I remain calm                1    2    3    4    5    6    7                    I get tense

**3. As a whole, my life seems**

dull                            1    2    3    4    5    6    7                    vibrant

**4. My daily activities are**

a source of satisfaction    1    2    3    4    5    6    7                    not a source of satisfaction

**5. During stressful circumstances, I experience anxiety**

all the time                 1    2    3    4    5    6    7                    never

**6. I have come to expect that every day will be**

new and different            1    2    3    4    5    6    7                    exactly the same

**7. During stressful circumstances, I am fearful**

all the time                 1    2    3    4    5    6    7                    never

**8. When I think deeply about life**

I feel there is a purpose to it    1    2    3    4    5    6    7                    I do not feel there is any purpose to it

**9. I feel that my life so far has**

not been productive        1    2    3    4    5    6    7                    been productive

**10. When I have made a mistake during a stressful situation**

I feel extreme dislike for myself    1    2    3    4    5    6    7                    I continue to like myself

**11. I feel that the work\* I am doing**

is of no value            1    2    3    4    5    6    7            is of great value

\*The definition of work is not limited to income-producing jobs. It includes childcare, housework, studies, and volunteer services.

**12. I wish I were different than who I am.**

agree strongly            1    2    3    4    5    6    7            disagree strongly

**13. At this time, I have**

clearly defined goals for my life            1    2    3    4    5    6    7            no clearly defined goals for my life

**14. When a situation becomes difficult, I find myself worrying that something bad is going to happen to me or those I love**

all the time            1    2    3    4    5    6    7            never

**15. In a stressful situation,**

I can concentrate easily            1    2    3    4    5    6    7            I cannot concentrate easily

**16. When I need to stand up for myself**

I cannot do it            1    2    3    4    5    6    7            I can do it quite easily

**17. I feel less than adequate when I am in difficult situations.**

agree strongly            1    2    3    4    5    6    7            disagree strongly

**18. In a difficult situation, I am confident that I will receive the help that I need.**

disagree strongly            1    2    3    4    5    6    7            agree strongly

**19. I react to problems and difficulties**

with a great deal of frustration            1    2    3    4    5    6    7            with no frustration

**20. When sad things happen to me or other people**

I cannot feel positive about life            1    2    3    4    5    6    7            I continue to feel positive about life

**21. When I think about what I have done with my life, I feel**

worthwhile            1    2    3    4    5    6    7            worthless

**22. During times of stress, I feel isolated and alone.**

disagree strongly    1    2    3    4    5    6    7    agree strongly

**23. My present life**

does not satisfy me    1    2    3    4    5    6    7    satisfies me

**24. I feel joy in my heart**

never    1    2    3    4    5    6    7    all the time

**25. In really difficult situations**

I feel able to respond    1    2    3    4    5    6    7    I feel unable to  
respond    In positive ways    positive  
in positive ways

**26. When I need to relax during stressful times**

I experience a peacefulness    1    2    3    4    5    6    7    I experience no peace—  
free of thoughts and worries    only thoughts and worries

**27. I feel trapped by the circumstances of my life.**

agree strongly    1    2    3    4    5    6    7    disagree strongly

**28. When I am in a frightening situation**

I panic    1    2    3    4    5    6    7    I remain calm

**29. When I think about my past**

I feel no regrets    1    2    3    4    5    6    7    I feel many regrets

**30. Deep inside myself**

I do not feel loved    1    2    3    4    5    6    7    I feel loved

**31. During stressful times in my life, I worry about the future**

never    1    2    3    4    5    6    7    all the time

**32. When I think about the problems that I have**

I do not feel hopeful    1    2    3    4    5    6    7    I feel very hopeful  
about solving them    about solving them

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**RESEARCH FORMAT  
SCORING INSTRUCTIONS**

Step 1: Reverse code items: 1, 2, 4, 6, 8, 13, 15, 21, 22, 25, 26, 29, 31.

Step 2: Life Purpose and Satisfaction Scale

- a) 17 Items: 1, 3, 4, 6, 8, 9, 11, 12, 13, 20, 21, 23, 24, 27, 29, 30, 32.
- b) All variables weighted equally.
- c) Score = Mean of non-missing variables (range 1-7).

Step 3: Self-Confidence During Stress Scale

- a) 15 Items: 2, 5, 7, 10, 14, 15, 16, 17, 18, 19, 22, 25, 26, 28, 31.
- b) All variables weighted equally.
- c) Score = Mean of non-missing variables (range 1-7).

Step 4: Total IPPA Scale

- a) All variables weighted equally.
- b) Score = Mean of non-missing variables (range 1-7).

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