

==RESOURCES FOR RESILIENCE==

**STRENGTHENING PSYCHOLOGICAL WELLBEING
BUILDING A RESILIENT WORLDVIEW**

**INVENTORY OF
POSITIVE PSYCHOLOGICAL ATTITUDES**

(IPPA-32R)

Self-Test Version

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A Resilient Worldview

Difficulties, serious problems, and crises are an inescapable part of life.

The purpose of this self-scoring questionnaire is to help you strengthen important inner resources. These resources can empower you to face a crisis or serious problem more effectively—either now or in the future.

Whether the difficulty you face is emotional, academic, medical, or a complicated situation in your life...whether it confronts you or someone you love...whether it is taking place in your family life, work life, or personal life...**your own inner resources strongly affect your ability to face a serious problem.**

The most significant inner resource that you have is your worldview-- your attitudes about life. If your worldview is resilient, you can respond to a crisis constructively.

A resilient worldview is characterized by feelings of **confidence in life and self**. In times of crisis or stress, you retain *a sense of meaning and purpose* in your life. In addition, you remain *confident that you will be able to meet this challenge* through your own personal resources and through help you receive from your support systems.

A resilient worldview is empowering. It helps you:

Mobilize your energy and resources when you need to act.

Relax your body and mind when you need to rest.

Think for yourself when others do not know what is best for you.

Maintain trust in others and life, when you have done all that you can.

This questionnaire will help you determine how resilient your worldview is. You will probably learn that you already have many resilient attitudes. You will also learn, most likely, that some of your attitudes are not as resilient as they might be. By reviewing these results on your own, and with those who provide you with support, you can begin to build new strengths where they are lacking.

It is called **The Inventory of Positive Psychological Attitudes (IPPA)**. After you complete it, follow the simple scoring instructions to interpret the results.

INVENTORY OF POSITIVE PSYCHOLOGICAL ATTITUDES

SELF TEST VERSION (IPPA-32R)

The following questions contain 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.

LIFE PURPOSE AND SATISFACTION:

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

very low 1 2 3 4 5 6 7 very high

2. As a whole, my life seems

dull 1 2 3 4 5 6 7 vibrant

3. My daily activities are

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

4. I have come to expect that every day will be

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

5. When I think deeply about life

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

6. I feel that my life so far has

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

7. 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.

8. I wish I were different than who I am.

agree strongly 1 2 3 4 5 6 7 disagree strongly

9. At this time, I have

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

10. 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
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11. When I think about what I have done with my life, I feel

worthless	1	2	3	4	5	6	7	worthwhile
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12. My present life

does not satisfy me	1	2	3	4	5	6	7	satisfies me
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13. I feel joy in my heart

never	1	2	3	4	5	6	7	all the time
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14. I feel trapped by the circumstances of my life.

agree strongly	1	2	3	4	5	6	7	disagree strongly
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15. When I think about my past

I feel many regrets	1	2	3	4	5	6	7	I feel no regrets
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16. Deep inside myself

I do <u>not</u> feel loved	1	2	3	4	5	6	7	I feel loved
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17. When I think about the problems that I have

I do not feel hopeful about solving them	1	2	3	4	5	6	7	I feel very hopeful about solving them
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SELF CONFIDENCE DURING STRESS:**1. When there is a great deal of pressure being placed on me**

I get tense	1	2	3	4	5	6	7	I remain calm
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2. I react to problems and difficulties

with a great deal of frustration	1	2	3	4	5	6	7	with no frustration
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3. 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
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4. During stressful circumstances, I experience anxiety

all the time	1	2	3	4	5	6	7	never
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5. 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
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6. 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
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7. In a stressful situation,

I cannot concentrate easily	1	2	3	4	5	6	7	I can concentrate easily
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8. During stressful circumstances, I am fearful

all the time	1	2	3	4	5	6	7	never
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9. 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
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10. I feel less than adequate when I am in difficult situations.

agree strongly	1	2	3	4	5	6	7	disagree strongly
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11. During times of stress, I feel isolated and alone.

agree strongly	1	2	3	4	5	6	7	disagree strongly
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12. In really difficult situations

I feel <u>unable</u> to respond in positive ways	1	2	3	4	5	6	7	I feel able to respond in positive ways
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13. When I need to relax during stressful times

I experience no peace-- only thoughts and worries	1	2	3	4	5	6	7	I experience peacefulness-- free of thoughts and worries
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14. When I am in a frightening situation

I panic	1	2	3	4	5	6	7	I remain calm
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15. During stressful times in my life, I worry about the future

all the time	1	2	3	4	5	6	7	never
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SCORING INSTRUCTIONS FOR IPPA

You can calculate 3 scores for the IPPA:

- Section 1: Life Purpose and Satisfaction (**LPS**)
- Section 2: Self Confidence During Stress (**SCDS**)
- Total: Confidence in Life and Self (**CLS**)

1. For each individual question, the number that you circled is your score.
2. Add your scores for the questions in each section.
3. Add your two section scores to make a total score.
4. Divide each sum by the number of questions in that section (use a calculator):

Life Purpose and Satisfaction: (Sum of scores) _____ ÷ 17 = _____.

Self-Confidence During Stress: (Sum of scores) _____ ÷ 15 = _____.

TOTAL:

Confidence in Life and Self: (Sum of scores) _____ ÷ 32 = _____.

Note: Each score should range between 1.00 and 7.00.
Scores may include decimals (example: 5.15).

INTERPRETATION

High	=	5.51 – 7.00
Medium High	=	4.01 – 5.50
Medium Low	=	2.50 – 4.00
Low	=	1.00 – 2.49

Most adults from test sites in the USA score between 4.03 and 5.87. The average score is 4.95.

Your score on each scale reflects how strongly you feel these resilient attitudes.
Do these scores make sense to you—as you reflect on your life?

Review the individual questions. Each answer shows you particular attitudes and areas of your life where your worldview is—or is not—resilient. Do you notice any patterns?

If there is a large difference between your LPS and SCDS scores, one part of your worldview is more resilient than the other part. This difference identifies the part of your worldview that you most need to strengthen.

If your combined score on both scales is low (or even medium low), don't hide this fact from yourself or others. Seek support. Talk with a teacher, counselor, family member, or friend about how you are feeling about yourself and your life.

Personal Notes:

SAMPLE