

**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).