==RESOURCES FOR RESILIENCE==

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 <u>statements and their opposites</u>. 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 <u>most true for you at this time</u>. Do not put your circles between numbers.

LIFE PURPOSE AND SATISFACTION:

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

1. 6		uay, m	y energy		•				
	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. N	Ay daily activities a	are			(
	not a source of satisfaction	1	2	3	4	5	6	7	a source of satisfaction
4. I	have come to exp	ect that	every d	lay will I	be				
e	exactly the same	1	2	3	4	5	6	7	new and different
5. V	When I think deeply	y about	life						
	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	o far has	5						
r	not been productive	1	2	3	4	5	6	7	been productive
7. I	feel that the work*	' I am de	oing						
	is of no value	1	2	3	4	5	6	7	is of great value
	e definition of <u>work</u> volunteer services.	is not lin	nited to i	income-j	producir	ng jobs.	It includ	es childe	care, housework, studies,
8. I	wish I were differe	ent than	who I a	ım.					
	agree strongly	1	2	3	4	5	6	7	disagree strongly
9. <i>I</i>	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

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10. When sad things happen to me or other people								
1 life	2	3	4	5	6	7	I continue to feel positive about life	
11. When I think about what I have done with my life, I feel								
1	2	3	4	5	6	7	worthwhile	
ie								
me 1	2	3	4	5	6	7	satisfies me	
y heart								
1	2	3	4	5	6	7	all the time	
by the circ	umstan	ces of	my life.		¢			
ıly 1	2	3	4	5	6	7	disagree strongly	
about my p	ast							
ets 1	2	3	4	5	6	7	l feel no regrets	
nyself								
ed 1	2	3	4	5	6	7	I feel loved	
17. When I think about the problems that I have								
	2	3	4	5	6	7	I feel very hopeful about solving them	
	1 life about what 1 fe me 1 y heart 1 y heart 1 by the circ gly 1 about my p rets 1 nyself ed 1 about the p	1 2 life 1 2 about what I have of 1 2 fe 1 2 me 1 2 y heart 1 2 y heart 1 2 by the circumstan 2 gly 1 2 about my past 2 rets 1 2 nyself 2 ed 1 2 about the problem: 2	1 2 3 life 1 2 3 about what I have done w 1 2 3 fe 1 2 3 me 1 2 3 y heart 1 2 3 by the circumstances of ply 1 2 3 about my past 2 3 rets 1 2 3 myself 2 3 about the problems that I 2 3	1 2 3 4 life 1 2 3 4 about what I have done with my life 1 2 3 4 fe	1 2 3 4 5 life 1 2 3 4 5 about what I have done with my life, I fee 1 2 3 4 5 ife 1 2 3 4 5 me 1 2 3 4 5 y heart 1 2 3 4 5 y heart 1 2 3 4 5 gly 1 2 3 4 5 about my past	1 2 3 4 5 6 about what I have done with my life, I feel 1 2 3 4 5 6 ife 1 2 3 4 5 6	1 2 3 4 5 6 7 about what I have done with my life, I feel 1 2 3 4 5 6 7 ife 1 2 3 4 5 6 7 me 1 2 3 4 5 6 7 y heart 1 2 3 4 5 6 7 y heart 1 2 3 4 5 6 7 by the circumstances of my life. 1 2 3 4 5 6 7 about my past - - - - - - - - rets 1 2 3 4 5 6 7 about my past - - - - - - - - rets 1 2 3 4 5 6 7 - about my past - - - - - - - -	

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
2.	I react to problems	and dif	ficulties	5					
	with a great deal of frustration	1	2	3	4	5	6	7	with no frustration
3.	In a difficult situation the help that I need	•	confide	ent that	l will re	ceive			
	disagree strongly	1	2	3	4	5	6	7	agree strongly
4.	During stressful ci	rcumsta	inces, I	experie	nce anx	iety			
	all the time	1	2	3	4	5	6	7	never
		~ ~ ~							

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5. When thave made	, a misu		ing a su	C33rui a	Situation			
l feel extreme dislike for myself	1	2	3	4	5	6	7	l continue to like myself
6. When a situation to to happen to me o			ılt, l find	l myself	worryii	ng that s	somethi	ng bad is going
all the time	1	2	3	4	5	6	7	never
7. In a stressful situa	ation,							
l cannot concentrate easily	e 1	2	3	4	5	6	7	l can concentrate easily
8. During stressful c	ircumst	ances, I	am fea	rful				
all the time	1	2	3	4	5	6	7	never
9. When I need to sta	and up f	for myse	əlf					
l cannot do it	1	2	3	4	5	6	7	I can do it quite easily
10. I feel less than ac	dequate	when I	am in d	ifficult s	situation	ns.		
agree strongly	1	2	3	4	5	6	7	disagree strongly
11. During times of st	tress, I	feel isol	ated an	d alone.				
agree strongly	1	2	3	4	5	6	7	disagree strongly
12. In really difficult	situatio	ns						
l feel <u>unable</u> to respond in positive ways	1	2	3	4	5	6	7	I feel able to respond in positive ways
13. When I need to re	elax dur	ring stre	essful tir	nes				
I experience no peace- only thoughts and worr		2	3	4	5	6	7	I experience peacefulness- free of thoughts and worries
14. When I am in a fr	ighteniı	ng situa	tion					
l panic	1	2	3	4	5	6	7	l remain calm
15. During stressful	times ir	n my life	, I worry	y about	the futu	ire		
all the time	1	2	3	4	5	6	7	never

5. When I have made a mistake during a stressful situation

SCORING INSTRUCTIONS FOR IPPA

You can calculate 3 scores for the IPPA:

Section 1:	Life Purpose and Satisfaction (LPS)
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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):

Lif	e Purpose and Satisfaction: (Sum of scores) ÷ 17 =
Se	If-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 N	lotes:
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