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| **About the Measure**  |
| **Domain:** | Sickle Cell Disease: Psychosocial and Social Determinants of Health |
| **Measure:** | Self-Perception Profile |
| **Definition:** | A measure to assess subjective perceptions of self-competence and self-worth broadly, as well as across specific contexts and domains. |
| **Purpose:** | This measure assesses an individual’s appraisals and beliefs about their self-competence and self-worth, which can have a significant impact on their emotional, social, and physical well-being. These factors are not only potential intervention targets for therapeutic and psychological treatments, but also reflect life satisfaction and general health. |
| **Essential PhenX Measures:** | Not applicable. |
| **Related PhenX Measures:** | Not applicable. |
| **Measure Release Date:** |  |

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| **About the Protocol**  |
| **Protocol Release Date:** |  |
| **PhenX Protocol Name:** | Self-Perception Profile - Adult |
| **Keywords:**  | Not applicable. |
| **Protocol Name from Source:** | Self-Perception Profile for Adults |
| **Description:** | The Self-Perception Profile for Adults is a 50-item, self-administered questionnaire that is made up of twelve domain-specific subscales that consist of Intelligence, Job Competence, Athletic Competence, Physical Appearance, Sociability, Close Friendship, Intimate Relationships, Morality, Sense of Humor, Nurturance, Household Management, Adequacy as a Provider, and Global Self-Worth. The question format is unique to this assessment, known as a “structured alternative format,” in which the participant is given a range of response choices. The participant reviews statements that describe habits that gauge self-perception across many domains and select a choice on the **ONE** side they believe best describes themselves. |
| **Specific Instructions:** | The scale may be administered in groups, such as classroom units, or individually. Respondents should be informed this is a survey and not a test. It is important to complete an example item at the start to ensure comprehension of instructions and review completed questionnaires to verify that **BOTH SIDES ARE NOT CHECKED (i.e., there should only be one response for each item)**.  |
| **Protocol:** | **What I Am Like**Name or ID\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age\_\_\_\_\_\_\_ [ ] Male [ ] Female The following are statements that allow people to describe themselves. There are no right or wrong answers since people differ markedly. Please read the entire sentence across. First decide which one of the two parts of each statement best describes you; then go to that side of the statement and check whether that is just sort of true for you or really true for you. You will just check **ONE** of the four boxes for each statement.

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|  | **Really True for me** | **Sort of True for me** |  | **Sort of True for Me** | **Really True for me** |
| 1. | [ ] | [ ] | Some adults like the way they are leading their lives | **BUT** | Other adults don’t like the way they are leading their lives | [ ] | [ ] |
| 2. | [ ] | [ ] | Some adults feel that they are enjoyable to be with | **BUT** | Other adults often question whether they are enjoyable to be with | [ ] | [ ] |
| 3. | [ ] | [ ] | Some adults are not satisfied with the way they do their work | **BUT** | Other adults are satisfied with the way they do their work | [ ] | [ ] |
| 4. | [ ] | [ ] | Some adults see caring or nurturing others as a contribution to the future | **BUT** | Other adults do not gain a sense of contribution to the future through nurturing others | [ ] | [ ] |
| 5. | [ ] | [ ] | In games and sports some adults usually watch instead of play | **BUT** | Other adults usually play rather than just watch | [ ] | [ ] |
| 6. | [ ] | [ ] | Some adults are happy with the way they look | **BUT** | Other adults are not happy with the way they look | [ ] | [ ] |
| 7. | [ ] | [ ] | Some adults feel they are not adequately supporting themselves and those who are important to them | **BUT** | Other adults feel they are providing adequate support for themselves and others | [ ] | [ ] |
| 8. | [ ] | [ ] | Some adults live up to their own moral standards | **BUT** | Other adults have trouble living up to their moral standards | [ ] | [ ] |
| 9. | [ ] | [ ] | Some adults are very happy being the way they are | **BUT** | Other adults would like to be different | [ ] | [ ] |
| 10. | [ ] | [ ] | Some adults are not very organized in completing household tasks | **BUT** | Other adults are organized in completing household tasks | [ ] | [ ] |
| 11. | [ ] | [ ] | Some adults have the ability to develop intimate relationships | **BUT** | Other adults do not find it easy to develop intimate relationships | [ ] | [ ] |
| 12. | [ ] | [ ] | When some adults don’t understand something, it makes them feel stupid | **BUT** | Other adults don’t necessarily feel stupid when they don’t understand | [ ] | [ ] |
| 13. | [ ] | [ ] | Some adults can really laugh at themselves | **BUT** | Other adults have a hard time laughing at themselves | [ ] | [ ] |
| 14. | [ ] | [ ] | Some adults feel uncomfortable when they have to meet new people | **BUT** | Other adults like to meet new people | [ ] | [ ] |
| 15. | [ ] | [ ] | Some adults feel they are very good at their work | **BUT** | Other adults worry about whether they can do their work | [ ] | [ ] |
| 16. | [ ] | [ ] | Some adults do not enjoy fostering the growth of others | **BUT** | Other adults enjoy fostering the growth of others | [ ] | [ ] |
| 17. | [ ] | [ ] | Some adults sometimes question whether they are a worthwhile person | **BUT** | Other adults feel that they are a worthwhile person | [ ] | [ ] |
| 18. | [ ] | [ ] | Some adults think they could do well at just about any new physical activity they haven’t tried before | **BUT** | Other adults are afraid they might not do well at physical activities they haven’t ever tried | [ ] | [ ] |
| 19. | [ ] | [ ] | Some adults think that they are not very attractive or good looking | **BUT** | Other adults think that they are attractive or good looking | [ ] | [ ] |
| 20. | [ ] | [ ] | Some adults are satisfied with how they provide for the important people in their lives | **BUT** | Other adults are dissatisfied with how they provide for these people | [ ] | [ ] |
| 21. | [ ] | [ ] | Some adults would like to be a better person morally | **BUT** | Other adults think that they are quite moral | [ ] | [ ] |
| 22. | [ ] | [ ] | Some adults can keep their household running smoothly | **BUT** | Other adults have trouble keeping their household running smoothly | [ ] | [ ] |
| 23. | [ ] | [ ] | Some adults find it hard to establish intimate relationships | **BUT** | Other adults do not have difficulty establishing intimate relationships | [ ] | [ ] |
| 24. | [ ] | [ ] | Some adults feel that they are intelligent | **BUT** | Other adults questions whether they are very intelligent | [ ] | [ ] |
| 25. | [ ] | [ ] | Some adults are disappointed with themselves | **BUT** | Other adults are quite pleased with themselves | [ ] | [ ] |
| 26. | [ ] | [ ] | Some adults find it hard to act in a joking manner with friends or colleagues | **BUT** | Other adults find it very easy to joke or kid around with friends and colleagues | [ ] | [ ] |
| 27. | [ ] | [ ] | Some adults feel at ease with other people | **BUT** | Other adults are quite shy | [ ] | [ ] |
| 28. | [ ] | [ ] | Some adults are not very productive in their work | **BUT** | Other adults are very productive in their work | [ ] | [ ] |
| 29. | [ ] | [ ] | Some adults feel they are good at nurturing others | **BUT** | Other adults are not very nurturant | [ ] | [ ] |
| 30. | [ ] | [ ] | Some adults do not feel good that they are very good when it comes to sports | **BUT** | Other adults feel they do very well at all kinds of sports | [ ] | [ ] |
| 31. | [ ] | [ ] | Some adults like their physical appearance the way it is | **BUT** | Other adults do not like their physical appearance | [ ] | [ ] |
| 32. | [ ] | [ ] | Some adults feel they cannot provide for the material necessities of life | **BUT** | Other adults feel they do adequately provide for the material necessities of life | [ ] | [ ] |
| 33. | [ ] | [ ] | Some adults are dissatisfied with themselves | **BUT** | Other adults are satisfied with themselves | [ ] | [ ] |
| 34. | [ ] | [ ] | Some adults usually do what they know is morally right | **BUT** | Other adults often don’t do what they know is morally right | [ ] | [ ] |
| 35. | [ ] | [ ] | Some adults are not very efficient in managing activities at home | **BUT** | Other adults are efficient in managing activities at home | [ ] | [ ] |
| 36. | [ ] | [ ] | Some people seek out close friendships | **BUT** | Other persons shy away from close relationships | [ ] | [ ] |
| 37. | [ ] | [ ] | Some adults do not feel that they are very intellectually capable | **BUT** | Other adults feel that they are intellectually capable | [ ] | [ ] |
| 38. | [ ] | [ ] | Some adults feel that they have a good sense of humor | **BUT** | Other adults wish their sense of humor was better | [ ] | [ ] |
| 39. | [ ] | [ ] | Some adults are not very sociable | **BUT** | Other adults are sociable | [ ] | [ ] |
| 40. | [ ] | [ ] | Some adults are proud of their work | **BUT** | Other adults are not very proud of what they do | [ ] | [ ] |
| 41. | [ ] | [ ] | Some adults like the kind of person they are | **BUT** | Other adults would like to be someone else | [ ] | [ ] |
| 42. | [ ] | [ ] | Some adults do not enjoy nurturing others | **BUT** | Other adults enjoy being nurturant | [ ] | [ ] |
| 43. | [ ] | [ ] | Some adults feel they are better than others their age at sports | **BUT** | Other adults don’t feel they can play as well | [ ] | [ ] |
| 44. | [ ] | [ ] | Some adults are unsatisfied with something about their face or hair | **BUT** | Other adults like their face and hair the way they are | [ ] | [ ] |
| 45. | [ ] | [ ] | Some adults feel that they provide adequately for the needs of those who are important to them | **BUT** | Other adults feel they do not provide adequately for those needs | [ ] | [ ] |
| 46. | [ ] | [ ] | Some adults often question the morality of their behavior | **BUT** | Other adults feel that their behavior is usually moral | [ ] | [ ] |
| 47. | [ ] | [ ] | Some adults use their time efficiently at household activities | **BUT** | Other adults do not use their time efficiently | [ ] | [ ] |
| 48. | [ ] | [ ] | Some adults in close relationships have a hard time communicating openly | **BUT** | Other adults in close relationships feel that it is easy to communicate openly | [ ] | [ ] |
| 49. | [ ] | [ ] | Some adults feel like they are just as smart as other adults | **BUT** | Other adults wonder if they are as smart | [ ] | [ ] |
| 50. | [ ] | [ ] | Some adults feel that they are often too serious about their life | **BUT** | Other adults are able to find humor in their life | [ ] | [ ] |

A scoring key can be found in the appendix section of the manuals, located here: <https://portfolio.du.edu/SusanHarter/page/44210>. |
| **Selection Rationale:** | The Self-Perception Profile for Adults is a reliable and validated self-administered questionnaire that is easy to administer and score. |
| **Source:**  | Messer, B., & Harter, S. (2012). *The self-perception profile for adults: Manual and questionnaires*. University of Denver Press.Messer, B. (1986). The Self-Perception Profile for Adults: Development, validation, and comparison of men and women. Unpublished dissertation, University of Denver. |
| **Availability:** | Available |
| **Life Stage:** | Adult |
| **Language:** | English |
| **Participant:** | Adults, ages 20-60 |
| **Personnel and Training Required:** | None |
| **Equipment Needs:** | None |
| **General References:** | Hayes, S. D., Crocker, P. R. E., & Kowalski, K. C. (1999). Gender differences in physical self-perceptions, global self-esteem and physical activity: Evaluation of the physical self-perception profile model. *Journal of Sport Behavior*, *22*(1), 1-14. |
| **Mode of Administration:** | Self-administered questionnaire |
| **Derived Variables:** | Not applicable. |
| **Requirements:** |

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| **Requirements Category** | **Required (Yes/No):** |
| Major equipment | No |
| Specialized training  | No |
| Specialized requirements for biospecimen collection  | No |
| Average time of greater than 15 minutes in an unaffected individual | No |

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| **Annotations for Specific Conditions:** | Not applicable. |
| **Process and Review:** | Not applicable. |