

# Inventory of Positive Psychological Attitudes (IPPA)

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## **PART 1 - Life Purpose and Satisfaction (LPS) (you will need a pencil and paper to track your answers)**

**Directions:** Next to each item are numbers 1 through 7. Please circle the number that most describes what is true for you. In each case the number “4” would indicate that the statement in the columns immediately preceding and following the numbers is neutral for you. The closer the number to the statement, the truer that statement is for you. For example, in responding to the first item, if you write “1” that means that it is very true that your energy level is very low. If you circle the number “7” that means that it is very true that your energy level is very high. This pattern will be true for each item.

- |    |  |                                  |   |   |   |   |   |   |   |                                 |
|----|--|----------------------------------|---|---|---|---|---|---|---|---------------------------------|
| 1. | 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 feel there is no 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 *The definition of work is not limited to income-producing jobs. It includes child care, housework, studies, and volunteering.	is of no value	1	2	3	4	5	6	7	is of great value
8. I wish I were different from who I am	agree strongly	1	2	3	4	5	6	7	disagree strongly
9. At this time, I have	not 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
11. When I think about what I have done with my life, I feel	worthless	1	2	3	4	5	6	7	worthwhile
12. My present life	does not satisfy me	1	2	3	4	5	6	7	satisfies me
13. I feel joy in my heart	never	1	2	3	4	5	6	7	all the time
14. I feel trapped by my circumstances	agree strongly	1	2	3	4	5	6	7	disagree strongly
15. When I think about my past,	feel many regrets	1	2	3	4	5	6	7	I feel no regrets
16. Deep inside,	I do not feel loved	1	2	3	4	5	6	7	I feel loved
17. When I think about my problems,	I do not feel hopeful about solving them	1	2	3	4	5	6	7	I feel very hopeful about solving them

## PART 2 - Self-Confidence During Stress (SCDS)

1. When I am under a great deal of pressure	I get tense	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	I remain calm
2. I react to problems and difficulties	with great frustration	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	without frustration
3. In a difficult situation, I am confident that I will receive the help I need	strongly disagree	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	Strongly agree
4. In stressful circumstances, I experience anxiety	all the time	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	Never
5. When I have made a mistake during a stressful situation	I feel extreme dislike for myself	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	I continue to like myself
6. When a situation becomes difficult, I worry that something bad is going to happen to me or those I love	all the time	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	Never
7. In a stressful situation,	I cannot concentrate	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	I can concentrate easily
8. During stressful circumstances, I am fearful	all the time	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	Never
9. When I need to stand up for myself	I cannot do it	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	I can do it easily
10. I feel less than adequate in difficult situations.	agree strongly	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	disagree strongly
11. In times of stress, I feel isolated and alone	agree strongly	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	disagree strongly

12. In really difficult situations	I feel unable to respond in positive ways	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	I feel able to respond in positive ways
13. When I need to relax during stressful times	I experience no peace-only thoughts & worries	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	I am peaceful, free of thoughts & worries
14. In a frightening situation	I panic	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	I remain calm
15. During stressful times, I worry about the future	all the time	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	never