

WAI

The purpose of these questions is to understand what you are *usually* like or what you have *usually* felt, not just during the past few weeks but over the *past year* or more.

Please read each sentence carefully and *circle* the number that best describes you. For each sentence in Part I, decide whether it is: (1) *false* or mostly false for you; (2) *somewhat false*, (i.e., more false than true); (4) *somewhat true*, (i.e., more true than false); or (5) *true* or mostly true for you. If you can't really say it's more true or more false, circle (3) *not sure*.

Example: If a question were: "I spend a lot of time reading," and you read some but not that much, you would circle (2) *somewhat false*.

Part I

	FALSE	SOMEWHAT FALSE	NOT SURE	SOMEWHAT TRUE	TRUE
1. I enjoy most of the things I do during the week.	1	2	3	4	5
2. There have been times when I said I would do one thing but did something else.	1	2	3	4	5
3. I often feel that nobody really cares about me the way I want them to.	1	2	3	4	5
4. Doing things to help other people is more important to me than almost anything else.	1	2	3	4	5
5. I spend a lot of time thinking about things that might go wrong.	1	2	3	4	5
6. There are times when I'm not very proud of how well I've done something.	1	2	3	4	5
7. No matter what I'm doing, I usually have a good time.	1	2	3	4	5
8. I'm the kind of person who will try anything once, even if it's not that safe.	1	2	3	4	5
9. I'm not very sure of myself.	1	2	3	4	5
10. Some things have happened this year that I felt unhappy about at the time.	1	2	3	4	5
11. Once in a while, I don't do something that someone asked me to do.	1	2	3	4	5
12. I can remember a time when I was so angry at someone that I felt like hurting them.	1	2	3	4	5
13. I am answering these questions truthfully.	1	2	3	4	5

	FALSE	SOMEWHAT FALSE	NOT SURE	SOMEWHAT TRUE	TRUE
14. In recent years, there have been a lot of times when I've felt unhappy or down about things.	1	2	3	4	5
15. I usually think of myself as a happy person.	1	2	3	4	5
16. I have done some things that weren't right and felt sorry about it later.	1	2	3	4	5
17. I usually don't let things upset me too much.	1	2	3	4	5
18. I can think of times when I did not feel very good about myself.	1	2	3	4	5
19. I should try harder to control myself when I'm having fun.	1	2	3	4	5
20. I do things that are against the law more often than most people.	1	2	3	4	5
21. I really don't like myself very much.	1	2	3	4	5
22. I usually have a great time when I do things with other people.	1	2	3	4	5
23. When I try something for the first time, I am always sure that I will be good at it.	1	2	3	4	5
24. I never feel sad about things that happen to me.	1	2	3	4	5
25. I never act like I know more about something than I really do.	1	2	3	4	5
26. I often go out of my way to do things for other people.	1	2	3	4	5
27. I sometimes feel so bad about myself that I wish I were somebody else.	1	2	3	4	5
28. I'm the kind of person who smiles and laughs a lot.	1	2	3	4	5
29. Once in a while, I say bad things about people that I would not say in front of them.	1	2	3	4	5
30. Once in a while, I break a promise I've made.	1	2	3	4	5
31. Once in a while, I get upset about something that I later see was not that important.	1	2	3	4	5
32. Everyone makes mistakes at least once in awhile.	1	2	3	4	5

	FALSE	SOMEWHAT FALSE	NOT SURE	SOMEWHAT TRUE	TRUE
33. Most of the time, I really don't worry about things very much.	1	2	3	4	5
34. I'm the kind of person who has a lot of fun.	1	2	3	4	5
35. I often feel like not trying any more because I can't seem to make things better.	1	2	3	4	5
36. People who get me angry better watch out.	1	2	3	4	5
37. There have been times when I did not finish something because I spent too much time "goofing off."	1	2	3	4	5
38. I worry too much about things that aren't important.	1	2	3	4	5
39. There have been times when I didn't let people know about something I did wrong.	1	2	3	4	5
40. I am never unkind to people I don't like.	1	2	3	4	5
41. I sometimes give up doing something because I don't think I'm very good at it.	1	2	3	4	5
42. I often feel sad or unhappy.	1	2	3	4	5
43. Once in a while, I say things that are not completely true.	1	2	3	4	5
44. I usually feel I'm the kind of person I want to be.	1	2	3	4	5
45. I have never met anyone younger than I am.	1	2	3	4	5

The questions in Part II relate to how *often* you think, feel, or act a certain way. Again, we want to know what is usual for you even if it hasn't happened in the past couple of days or last few weeks. After you read each sentence carefully, please *circle* how often it is true: (1) *almost never* or never, (2) *not often*, (3) *sometimes*, or an average amount, (4) *often*, or (5) *almost always* or always.

Part II

	ALMOST NEVER	NOT OFTEN	SOMETIMES	OFTEN	ALMOST ALWAYS
46. I feel I can do things as well as other people can.	1	2	3	4	5
47. I think about other people's feelings before I do something they might not like.	1	2	3	4	5
48. I do things without giving them enough thought.	1	2	3	4	5
49. When I have the chance, I take things I want that don't really belong to me.	1	2	3	4	5
50. If someone tries to hurt me, I make sure I get even with them.	1	2	3	4	5
51. I enjoy doing things for other people, even when I don't receive anything in return.	1	2	3	4	5
52. I feel afraid if I think someone might hurt me.	1	2	3	4	5
53. I get into such a bad mood that I feel like just sitting around and doing nothing.	1	2	3	4	5
54. I become "wild and crazy" and do things other people might not like.	1	2	3	4	5
55. I do things that are really not fair to people I don't care about.	1	2	3	4	5
56. I will cheat on something if I know no one will find out.	1	2	3	4	5
57. When I'm doing something for fun (for example, partying, acting silly), I tend to get carried away and go too far.	1	2	3	4	5
58. I feel very happy.	1	2	3	4	5
59. I make sure that doing what I want will not cause problems for other people.	1	2	3	4	5
60. I break laws and rules I don't agree with.	1	2	3	4	5

	ALMOST NEVER	NOT OFTEN	SOMETIMES	OFTEN	ALMOST ALWAYS
61. I feel at least a little upset when people point out things I have done wrong.	1	2	3	4	5
62. I feel that I am a special or important person.	1	2	3	4	5
63. I like to do new and different things that many people would consider weird or not really safe.	1	2	3	4	5
64. I get nervous when I know I need to do my best (on a job, team, etc.).	1	2	3	4	5
65. Before I do something, I think about how it will affect the people around me.	1	2	3	4	5
66. If someone does something I really don't like, I yell at them about it.	1	2	3	4	5
67. People can depend on me to do what I know I should.	1	2	3	4	5
68. I lose my temper and "let people have it" when I'm angry.	1	2	3	4	5
69. I feel so down and unhappy that nothing makes me feel much better.	1	2	3	4	5
70. In recent years, I have felt more nervous or worried about things than I have needed to.	1	2	3	4	5
71. I do things that I know really aren't right.	1	2	3	4	5
72. I say the first thing that comes into my mind without thinking enough about it.	1	2	3	4	5
73. I pick on people I don't like..	1	2	3	4	5
74. I feel afraid something terrible might happen to me or somebody I care about.	1	2	3	4	5
75. I feel a little down when I don't do as well as I thought I would.	1	2	3	4	5
76. If people I like do things without asking me to join them, I feel a little left out.	1	2	3	4	5
77. I try very hard not to hurt other people's feelings.	1	2	3	4	5
78. I feel nervous or afraid that things won't work out the way I would like them to.	1	2	3	4	5

	ALMOST NEVER	NOT OFTEN	SOMETIMES	OFTEN	ALMOST ALWAYS
79. I stop and think things through before I act.	1	2	3	4	5
80. I say something mean to someone who has upset me.	1	2	3	4	5
81. I make sure I stay out of trouble.	1	2	3	4	5
82. I feel lonely.	1	2	3	4	5
83. I feel that I am really good at things I try to do.	1	2	3	4	5
84. When someone tries to start a fight with me, I fight back.	1	2	3	4	5

WAI - SF

The purpose of these questions is to understand what you are *usually* like or what you have *usually* felt, not just during the past few weeks but over the *past year* or more.

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Example: If a question were: "I spend a lot of time reading," and you read some but not that much, you would circle (2) *somewhat false*.

Part I

	FALSE	SOMEWHAT FALSE	NOT SURE	SOMEWHAT TRUE	TRUE
1. I usually think of myself as a happy person.	1	2	3	4	5
2. There have been times when I said I would do one thing but did something else.	1	2	3	4	5
3. I really don't like myself very much.	1	2	3	4	5
4. I can remember a time when I was so angry at someone that I felt like hurting them.	1	2	3	4	5
5. Once in a while, I don't do something that someone asked me to do.	1	2	3	4	5
6. There have been times when I didn't let people know about something I did wrong.	1	2	3	4	5
7. I'm not very sure of myself.	1	2	3	4	5
8. I never act like I know more about something than I really do.	1	2	3	4	5
9. I am answering these questions truthfully.	1	2	3	4	5
10. Once in a while, I say bad things about people that I would not say in front of them.	1	2	3	4	5
11. People who get me angry better watch out.	1	2	3	4	5
12. I have done some things that weren't right and felt sorry about it later.	1	2	3	4	5
13. I worry too much about things that aren't important.	1	2	3	4	5
14. Once in a while, I break a promise I've made.	1	2	3	4	5

	FALSE	SOMEWHAT FALSE	NOT SURE	SOMEWHAT TRUE	TRUE
15. I'm the kind of person who has a lot of fun.	1	2	3	4	5
16. There have been times when I did not finish something because I spent too much time "goofing off."	1	2	3	4	5
17. I am never unkind to people I don't like.	1	2	3	4	5
18. Everyone make mistakes at least once in a while.	1	2	3	4	5
19. I often feel sad or unhappy.	1	2	3	4	5
20. Once in a while, I say things that are not completely true.	1	2	3	4	5
21. I usually feel I'm the kind of person I want to be.	1	2	3	4	5

(Please continue on the next page.)

The questions in Part II relate to how *often* you think, feel, or act a certain way. Again, we want to know what is usual for you even if it hasn't happened in the past couple of days or last few weeks. After you read each sentence carefully, please *circle* how often it is true: (1) *almost never* or never, (2) *not often*, (3) *sometimes*, or an average amount, (4) *often*, or (5) *almost always* or always.

Part II

	ALMOST NEVER	NOT OFTEN	SOMETIMES	OFTEN	ALMOST ALWAYS
22. I do things without giving them enough thought.	1	2	3	4	5
23. When I have the chance, I take things I want that don't really belong to me.	1	2	3	4	5
24. If someone tries to hurt me, I make sure I get even with them.	1	2	3	4	5
25. I feel nervous or afraid that things won't work out the way I would like them to.	1	2	3	4	5
26. I become "wild and crazy" and do things other people might not like.	1	2	3	4	5
27. I feel lonely.	1	2	3	4	5
28. Before I do something, I think about how it will affect the people around me.	1	2	3	4	5
29. I will cheat on something if I know no one will find out.	1	2	3	4	5
30. When I'm doing something for fun (for example, partying, acting silly), I tend to get carried away and go too far.	1	2	3	4	5
31. I do things that I know really aren't right.	1	2	3	4	5
32. I get into such a bad mood that I just feel like sitting around and doing nothing.	1	2	3	4	5
33. I lose my temper and "let people have it" when I'm angry.	1	2	3	4	5
34. In recent years, I have felt more nervous or worried about things than I have needed to.	1	2	3	4	5
35. I feel very happy.	1	2	3	4	5
36. I think about other people's feelings before I do something they might not like.	1	2	3	4	5
37. I make sure that doing what I want will not cause problems for other people.	1	2	3	4	5

Weinberger Adjustment Inventory (WAI-SF) Short Form Scoring

The Short Form of the WAI consists of 37 items that are each scored on a scale from 1 - 5. The items are a subset of those on the 84-item long-form. Items with an 'R' after the number (e.g., 20R) have reflected scoring (i.e., 5 = 1, 4 = 2, 3 = 3, 2 = 4, 1 = 5), where the items must be recoded before the scores are summed. Ordinarily, only the distress, restraint, and repressive defensiveness scores are derived, though the 3-item subscales of distress and restraint are also identified below.

DISTRESS (12 items) = Anxiety + Depression + Low Self-Esteem + Low Well-Being

Anxiety (3 items) = 13 + 25 + 34

Depression (3 items) = 19 + 27 + 32

Low Self-Esteem (3 items) = 3 + 7 + 21R

Low Well-Being (3 items) = 1R + 15R + 35R

RESTRAINT (12 items) = Suppression of Aggression + Impulse Control + Consideration of Others + Responsibility

Suppression of Aggression (3 items) = 11R + 24R + 33R

Impulse Control (3 items) = 22R + 26R + 30R

Consideration of Others (3 items) = 28 + 36 + 37

Responsibility (3 items) = 23R + 29R + 31R

DEFENSIVENESS

Repressive Defensiveness (11 items) = 2R + 4R + 5R + 6R + 8 + 10R + 12R + 14R + 16R + 17 + 20R

RESPONSE SET

Validity (2 items) = 9 + 18

**Cronbach Alpha Reliabilities for the
Weinberger Adjustment Inventory -- Short Form (WAI-SF)**

	Sixth-graders ^a (Ages 10 - 14)	Young Adults ^b (Ages 18 - 30)	Adults ^c (Ages 31 - 60)
Subjective Experience of Distress (12 items)	.87	.86	.89
Self-Restraint (12 items)	.84	.80	.78
Repressive Defensiveness (11 items)	.82	.79	.77

^a Sample consists of 367 lower-middle to upper-middle class public school children from the Newark and Campbell, California districts.

^b Sample consists of 335 students from San Jose State University and Foothill Community College.

^c Sample consists of 170 parents of preadolescent boys.

WAI-Short Form

Raw Scores and Percentile Ranks for Distress Scores

Percentiles	Raw Scores		
	Sixth-graders (Ages 11 - 12)	Young Adults (Ages 17 - 30)	Adults (Ages 31 - 60)
0	12	12	12
5	14	15	14
10	15	18	15
20	19	21	18
25	20	22	19
30	21	23	20
33	22	24	21
40	24	25	22
50	26	27	24
60	28	29	26
66	29	31	27
70	31	32	28
75	33	33	30
80	34	35	31
90	39	39	35
95	43	42	39
100	57	54	52

Mean	27.1	28.2	24.8
Standard Deviation	9.2	8.2	7.7
Mean Score Per Item	2.26	2.35	2.07
Sample Size	380	340	171

WAI-Short Form

Raw Scores and Percentile Ranks for Restraint Scores

Percentiles	Raw Scores		
	Sixth-graders (Ages 11 - 12)	Young Adults (Ages 17 - 30)	Adults (Ages 31 - 60)
0	19	24	34
5	31	32	43
10	34	35	44
20	39	39	48
25	41	41	50
30	42	42	50
33	43	43	51
40	45	44	52
50	47	46	53
60	49	47	54
66	50	48	55
70	51	49	56
75	52	50	56
80	54	51	57
90	56	54	58
95	58	56	59
100	60	59	60

Mean	46.1	45.5	52.3
Standard Deviation	8.1	6.9	5.2
Mean Score Per Item	3.84	3.79	4.36
Sample Size	380	340	171

WAI-Short Form

Raw Scores and Percentile Ranks for Repressive Defensiveness Scores

Percentiles	Raw Scores		
	Sixth-graders (Ages 11 - 12)	Young Adults (Ages 17 - 30)	Adults (Ages 31 - 60)
0	11	11	13
5	13	14	17
10	15	16	21
20	18	19	25
25	19	20	26
30	21	21	27
33	21	21	29
40	23	23	31
50	25	24	34
60	27	26	36
66	29	28	37
70	30	29	37
75	31	30	39
80	33	32	39
90	38	36	42
95	42	41	47
100	50	49	53

Mean	25.8	25.5	32.6
Standard Deviation	8.7	7.8	8.4
Mean Score Per Item	2.4	2.3	3.0
Sample Size	382	342	170

Note: The short form for repressive defensiveness is identical to the long form.

WAI-Short Form

Raw Scores and Percentile Ranks for Repressive/Restraint Composite Scores

Percentiles	Raw Scores		
	Sixth-graders (Ages 11 - 12)	Young Adults (Ages 17 - 30)	Adults (Ages 31 - 60)
0	30	35	56
5	48	54	65
10	53	56	70
20	59	61	73
25	62	63	75
30	64	64	77
33	64	65	79
40	67	67	83
50	71	70	86
60	75	74	89
66	78	76	91
70	80	77	93
75	82	78	94
80	85	80	96
90	92	87	99
95	98	92	103
100	110	108	111

Mean	71.9	71.1	85.0
Standard Deviation	14.9	11.8	11.6
Mean Score Per Item	3.13	3.09	3.70
Sample Size	380	339	170

WAI-Short Form

Raw Scores and Percentile Ranks for Validity Scores

Percentiles	Raw Scores		
	Sixth-graders (Ages 11 - 12)	Young Adults (Ages 17 - 30)	Adults (Ages 31 - 60)
0	3	3	8
5	7	6	9
10	8	7	9
20	9	8	10
25	10	8	10
30	10	9	10
33	10	10	10
40	10	10	10
50	10	10	10
60	10	10	10
66	10	10	10
70	10	10	10
75	10	10	10
80	10	10	10
90	10	10	10
95	10	10	10
100	10	10	10

Mean	9.64	9.40	9.83
Standard Deviation	.94	1.24	.43
Mean Score Per Item	4.82	4.70	
Criterion for Valid Score	≤ 7	≤ 7	
Sample Size	393	361	171

Overview of the Weinberger Adjustment Inventory (WAI)

The Weinberger Adjustment Inventory (WAI) includes 10 subscales plus a short validity scale within an 84-item inventory. The inventory is designed to measure long-term functioning rather than short-term symptoms. It has been validated for use with both clinical and non-clinical populations. The exact same items can be used across a wide range of ages (children, parents, grandparents) as long as the individuals read at or above approximately the fourth-grade level. Adults typically complete the inventory in 15 minutes, whereas children require about 30. There also is a 37-item short-form (WAI-SF) that takes adults about 5 minutes and children about 15.

The two primary dimensions are distress (anxiety, depression, low self-esteem, low well-being) and self-restraint (impulse control, suppression of aggression, consideration of others, responsibility). The four subscales within both distress and restraint (i.e., self-restraint) can also be used separately to assess the particular construct of interest (e.g., anxiety). In addition, there are two defensiveness scales: denial of distress, which refers to defensiveness about normative experiences of distress, and repressive defensiveness, which refers to claims of nearly absolute restraint. Although these two scales correlate moderately, they are not combined into a composite. Two different short-forms have been used in research, both with 12-item distress and restraint subscales but varying in terms of which defensiveness subscale is included.

In addition to use of the scales in correlational analyses, a six-group WAI typology of adjustment styles (Weinberger & Schwartz (1990) has been validated crossing Distress

(high/low) X Restraint (high/moderate/low). The non-defensive, "self-assured" group (low distress— moderate restraint) and the defensive, "repressive" group (low distress—high restraint) are now discriminated based on an equally weighted composite of restraint and repressive defensiveness (see Weinberger & Davidson, 1994). For individuals interested primarily in the repressor/non-repressor distinction, use of an anxiety scale (or another distress scale) and the Marlowe-Crowne (or a child/ adolescent desirability scale [see Canning et al., 1992]) remains a well-established option (see Weinberger, Schwartz, & Davidson, 1979; Weinberger, 1990). If preselecting subjects, having repressive subjects meet both WAI typology and Marlowe-Crowne criteria may be the best method of insuring high prototypicality (see Weinberger & Davidson, 1994).

Individual subscales (e.g., denial of distress, anxiety, etc.) are all reliable and can be used apart from the Inventory as a whole. However, investigators need to recognize that many subscales have some items on a 5-point True –False and others on a 5-point Almost Always—Almost Never format.

The program can also serve as a guide for scoring using other statistical packages. Two issues are noteworthy. A validity score of 11 or above is used on the long form to constitute a valid protocol. Second, statements such as `COMPUTE ANX=MEAN.6 (W5,W17,.....)*7` is the procedure used to calculate an estimated total score if there are a few missing items (in this case 6 out of 7 are required meeting a criteria of over 75% of the questions answered). SPSS for Windows has this type of feature allowing the specification of a minimum number of items required before a composite is calculated.

**Weinberger Adjustment Inventory (WAI)
Long Form Scoring**

The Long Form of the WAI consists of 84 items that are each scored on a scale from 1 - 5. Items with an 'R' after the number (e.g., 17R) have reflected scoring where the coding must be reversed before the scores are summed (i.e., 5 = 1, 4 = 2, 3 = 3, 2 = 4, 1 = 5). Items are summed to produce subscale scores, which in turn are summed to produce scale scores.

DISTRESS (29 items) = Anxiety + Depression + Low Self-Esteem + Low Well-Being

Anxiety (8 items) = 5 + 17R + 33R + 38 + 64 + 70 + 74 + 78

Depression (7 items) = 3 + 14 + 35 + 42 + 53 + 69 + 82

Low Self-Esteem (7 items) = 9 + 21 + 27 + 44R + 46R + 62R + 83R

Low Well-Being (7 items) = 1R + 7R + 15R + 22R + 28R + 34R + 58R

RESTRAINT (30 items) = Suppression of Aggression + Impulse Control + Consideration of Others + Responsibility

Suppression of Aggression (7 items) = 36R + 50R + 66R + 68R + 73R + 80R + 84R

Impulse Control (8 items) = 8R + 19R + 48R + 54R + 57R + 63R + 72R + 79

Consideration of Others (7 items) = 4 + 26 + 47 + 51 + 59 + 65 + 77

Responsibility (8 items) = 20R + 49R + 55R + 56R + 60R + 67 + 71R + 81

DEFENSIVENESS

Repressive Defensiveness (11 items) = 2R + 11R + 12R + 16R + 25 + 29R + 30R + 37R + 39R + 40 + 43R

Denial of Distress (11 items) = 6R + 10R + 18R + 23 + 24 + 31R + 41R + 52R + 61R + 75R + 76R

RESPONSE SET

Validity (3 items) = 13 + 32 + 45R

Table 1

Alpha Coefficients for the Weinberger Adjustment Inventory by Age Group and Clinical Status

	Clinic Samples			Non-Clinic Samples		
	Youth (10-17)	Young Adults (18-30)	Adults (31-65)	Youth (10-17)	Young Adults (18-30)	Adults (31-60)
Distress	.91	.95	.95	.91	.91	.92
Anxiety	.77	.86	.87	.77	.77	.82
Depression	.81	.87	.89	.83	.78	.86
Low Self-Esteem	.78	.84	.85	.82	.78	.76
Low Well-Being	.78	.85	.88	.77	.81	.81
Self-Restraint	.89	.89	.85	.91	.87	.85
Suppression of Aggression	.83	.82	.82	.87	.79	.76
Impulse Control	.72	.72	.74	.77	.70	.72
Responsibility	.80	.73	.73	.75	.74	.70
Consideration of Others	.74	.70	.68	.77	.77	.74
	N = 184	N = 229	N = 240	N = 392	N = 288	N = 153

**Weinberger Adjustment Inventory -- Long Form
(WAI)**

I. Subjective Experience of Distress (29 items)

A. Anxiety (ANX)	Item No.
1. I spend a lot of time thinking about things that might go wrong.	(5)
2. I usually don't let things upset me too much.	(17 R)
3. Most of the time, I really don't worry about things very much.	(33 R)
4. I worry too much about things that aren't important.	(38) -S
5. I get nervous when I know I need to do my best (on a job, team, etc.).	(64)
6. In recent years, I have felt more nervous or worried about things than I have needed to.	(70) -S
7. I feel afraid something terrible might happen to me or somebody I care about.	(74)
8. I feel nervous or afraid that things won't work out the way I would like them to.	(78) -S
 B. Depression (DEP)	
1. I often feel that nobody really cares about me the way I want them to.	(3)
2. In recent years, there have been a lot of times when I've felt unhappy or down about things.	(14)
3. I often feel like not trying any more because I can't seem to make things better.	(35)
4. I often feel sad or unhappy.	(42) -S
5. I get into such a bad mood that I feel like just sitting around and doing nothing.	(53) -S
6. I feel so down and unhappy that nothing makes me feel much better.	(69)
7. I feel lonely.	(82) -S

Note: Questions 1 - 45 (Part I) are scaled 1-5: False, Somewhat False, Not Sure, Somewhat True, True.
Questions 46 - 84 (Part II) are scaled 1-5: Almost Never, Not Often, Sometimes, Often, Almost Always.
An 'R' as part of an item number indicates reflected (i.e., reversed) scoring.
A '-S' following an item number indicates it is also in the Short Form.

C. Low Self-Esteem (LSE)	Item No.
1. I'm not very sure of myself.	(9) -S
2. I really don't like myself very much.	(21) -S
3. I sometimes feel so bad about myself that I wish I were somebody else.	(27)
4. I usually feel I'm the kind of person I want to be.	(44 R) -S
5. I feel I can do things as well as other people can.	(46 R)
6. I feel that I am a special or important person.	(62 R)
7. I feel that I am really good at things I try to do.	(83 R)
D. Low Well-Being (LWB)	
1. I enjoy most of the things I do during the week.	(1 R)
2. No matter what I'm doing, I usually have a good time.	(7 R)
3. I usually think of myself as a happy person.	(15 R) -S
4. I usually have a great time when I do things with other people.	(22 R)
5. I'm the kind of person who smiles and laughs a lot.	(28 R)
6. I'm the kind of person who has a lot of fun.	(34 R) -S
7. I feel very happy.	(58 R) -S
II. Self-Restraint (30 items)	
A. Suppression of Aggression (SOA)	
1. People who get me angry better watch out.	(36 R) -S
2. If someone tries to hurt me, I make sure I get even with them.	(50 R) -S
3. If someone does something I really don't like, I yell at them about it.	(66 R)
4. I lose my temper and "let people have it" when I'm angry.	(68 R) -S
5. I pick on people I don't like.	(73 R)

	Item No.
6. I say something mean to someone who has upset me.	(80 R)
7. When someone tries to start a fight with me, I fight back.	(84 R)
 B. Impulse Control (IMC)	
1. I'm the kind of person who will try anything once, even if it's not that safe.	(8 R)
2. I should try harder to control myself when I'm having fun.	(19 R)
3. I do things without giving them enough thought.	(48 R) -S
4. I become "wild and crazy" and do things other people might not like.	(54 R) -S
5. When I'm doing something for fun (for example, partying, acting silly), I tend to get carried away and go too far.	(57 R) -S
6. I like to do new and different things that many people would consider weird or not really safe.	(63 R)
7. I say the first thing that comes into my mind without thinking enough about it.	(72 R)
8. I stop and think things through before I act.	(79)
 C. Consideration of Others (COO)	
1. Doing things to help other people is more important to me than almost anything else.	(4)
2. I often go out of my way to do things for other people.	(26)
3. I think about other people's feelings before I do something they might not like.	(47) -S
4. I enjoy doing things for other people, even when I don't receive anything in return.	(51)
5. I make sure that doing what I want will not cause problems for other people.	(59) -S
6. Before I do something, I think about how it will affect the people around me.	(65) -S
7. I try very hard not to hurt other people's feelings.	(77)

D. Responsibility (RES)	Item No.
1. I do things that are against the law more often than most people.	(20 R)
2. When I have the chance, I take things I want that don't really belong to me.	(49 R) -S
3. I do things that are really not fair to people I don't care about.	(55 R)
4. I will cheat on something if I know no one will find out.	(56 R) -S
5. I break laws and rules I don't agree with.	(60 R)
6. People can depend on me to do what I know I should.	(67)
7. I do things that I know really aren't right.	(71 R) -S
8. I make sure I stay out of trouble.	(81)

III. Defensiveness

A. Repressive Defensiveness (RD)	
1. There have been times when I said I would do one thing but did something else.	(2 R) -S
2. Once in a while, I don't do something that someone asked me to do.	(11 R) -S
3. I can remember a time when I was so angry at someone that I felt like hurting them.	(12 R) -S
4. I have done some things that weren't right and felt sorry about it later.	(16 R) -S
5. I never act like I know more about something than I really do.	(25) -S
6. Once in a while, I say bad things about people that I would not say in front of them.	(29 R) -S
7. Once in a while, I break a promise I've made.	(30 R) -S
8. There have been times when I did not finish something because I spent too much time "goofing off."	(37 R) -S
9. There have been times when I didn't let people know about something I did wrong.	(39 R) -S

	Item No.
10. I am never unkind to people I don't like.	(40) -S
11. Once in a while, I say things that are not completely true.	(43 R) -S
B. Denial of Distress (DD)	
1. There are times when I'm not very proud of how well I've done something.	(6 R)
2. Some things have happened this year that I felt unhappy about at the time.	(10 R)
3. I can think of times when I did not feel very good about myself.	(18 R)
4. When I try something for the first time, I am always sure that I will be good at it.	(23)
5. I never feel sad about things that happen to me.	(24)
6. Once in a while, I get upset about something that I later see was not that important.	(31 R)
7. I sometimes give up doing something because I don't think I'm very good at it.	(41 R)
8. I feel afraid if I think someone might hurt me.	(52 R)
9. I feel at least a little upset when people point out things I have done wrong.	(61 R)
10. I feel a little down when I don't do as well as I thought I would.	(75 R)
11. If people I like do things without asking me to join them, I feel a little left out.	(76 R)

IV. Response Set

Validity (VAL)

1. I am answering these questions truthfully.	(13) -S
2. Everyone make mistakes at least once in a while.	(32) -S
3. I have never met anyone younger than I am.	(45 R)

SPSS-X Scoring of the Weinberger Adjustment Inventory (WAI)

W1 to W84 simply defines the individual WAI items. The VAL command removes individuals with low validity scores. Scale scores are calculated in a way that subjects with less than approximately a quarter of their data missing are given a score estimated from the mean of the items completed.

The basic 6-group typology is created by dividing distress scores at the median and restraint scores into terciles. However, the self-assured versus repressive groups are separated by a repressive defensiveness/restraint composite rather than restraint scores alone. Within large samples, the best discrimination of repressors probably results from using this procedure plus the Marlowe-Crowne scale with the added requirement that repressors score at least 16 or above (and self-assured below 16).

The normative cut-offs used in the program are appropriate for both preadolescents and young adults. For adults over 30, who are generally higher in restraint and defensiveness and lower in distress, different cut-offs are required. The currently recommended cut-off scores are 63 for distress (DSS), 123 and 133 for restraint (RST), and 81 for the repressive/restraint composite (RDRST). Because there is a -.2 to -.4 correlation between distress and restraint, the undersocialized and oversocialized groups are smaller than the others. In addition, the former group tends to be primarily males and the latter primarily female. There are no major sex differences within the other four groups.

Below is the actual SPSSX program:

TITLE SPSS-X Scoring of Weinberger Adjustment Inventory (WAI) Long Form

```
RECODE W1 W2 W6 W7 W8 W10 W11 W12 W15 W16 W17 W18 W19 W20
      W22 W28 W29 W30 W31 W33 W34 W36 W37 W39 W41 W43 W44 W45
      W46 W48 W49 W50 W52 W54 W55 W56 W57 W58 W60 W61 W62 W63
      W66 W68 W71 W72 W73 W75 W76 W80 W83 W84
      (1=5) (2=4) (4=2) (5=1)
```

```
MISSING VALUES W1 TO W84 (9)
COMPUTE VAL = W13 + W32 + W45
DO IF (VAL GE 11)
```

```
COMPUTE DSS=MEAN.22(W5,W17,W33,W38,W64,W70,W74,W78,
      W3,W14,W35,W42,W53,W69,W82,
      W9,W21,W27,W44,W46,W62,W83,
      W1,W7,W15,W22,W28,W34,W58)*29
```

```
COMPUTE ANX=MEAN.6(W5,W17,W33,W38,W64,W70,W74,W78)*8
COMPUTE DEP=MEAN.5(W3,W14,W35,W42,W53,W69,W82)*7
COMPUTE LSE=MEAN.5(W9,W21,W27,W44,W46,W62,W83)*7
COMPUTE LWB=MEAN.5(W1,W7,W15,W22,W28,W34,W58)*7
```

```
COMPUTE RST=MEAN.23(W36,W50,W66,W68,W73,W80,W84,
      W8,W19,W48,W54,W57,W63,W72,W79,
```

```

W4,W26,W47,W51,W59,W65,W77,
W20,W49,W55,W56,W60,W67,W71,W81)*30
COMPUTE SOA=MEAN.5(W36,W50,W66,W68,W73,W80,W84)*7
COMPUTE IMC=MEAN.6(W8,W19,W48,W54,W57,W63,W72,W79)*8
COMPUTE COO=MEAN.5(W4,W26,W47,W51,W59,W65,W77)*7
COMPUTE RES=MEAN.6(W20,W49,W55,W56,W60,W67,W71,W81)*8

COMPUTE RD=MEAN.9(W2,W11,W12,W16,W25,W29,W30,W37,W39,W40,W43)*11
COMPUTE DD=MEAN.9(W6,W10,W18,W23,W24,W31,W41,W52,W61,W75,W76)*11
COMPUTE RDRST= (RST/3) + RD

/*Group Definitions
IF (DSS GE 72) AND (RST LT 105) LWAIGRP=1          /* REACTIVE
IF (DSS GE 72) AND (RST GE 105) AND (RST LE 120) LWAIGRP=2 /* SENSITIZED
IF (DSS GE 72) AND (RST GT 120) LWAIGRP=3          /* OVERSOCIALIZED
IF (DSS LT 72) AND (RST LT 105) LWAIGRP=4          /* UNDERSOCIALIZED
IF (DSS LT 72) AND (RST GE 105) AND (RDRST LE 68) LWAIGRP=5 /* SELF-ASSURED
IF (DSS LT 72) AND (RST GE 105) and (RDRST GT 68) LWAIGRP=6 /* REPRESSIVE

END IF

```

VARIABLE LABELS

```

DSS 'DISTRESS FROM LONG WAI'
ANX 'ANXIETY FROM LONG WAI'
DEP 'DEPRESSION FROM LONG WAI'
LSE 'LOW SELF-ESTEEM FROM LONG WAI'
LWB 'LOW WELL-BEING FROM LONG WAI'
RST 'RESTRAINT FROM LONG WAI'
SOA 'SUPPRESSION OF AGRESSION FROM LONG WAI'
IMC 'IMPULSE CONTROL FROM LONG WAI'
COO 'CONSIDERATION OF OTHERS FROM LONG WAI'
RES 'RESPONSIBILITY FROM LONG WAI'
DD 'DENIAL OF DISTRESS FROM LONG WAI'
RD 'REPRESSIVE DEFENSIVENESS FROM LONG WAI'
RDRST 'REPRESSIVE DEF./RESTRAINT COMPOSITE'

```

VALUE LABELS

```

LWAIGRP 1 'REACTIVE' 2 'SENSITIZED' 3 'OVERSOCIALIZED'
4 'UNDERSOCIALIZED' 5 'SELF-ASSURED' 6 'REPRESSIVE' /

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Definitions of the Six Group Typology

SELF-RESTRAINT

		SELF-RESTRAINT		
		Low	Moderate	High
SUBJECTIVE EXPERIENCE OF DISTRESS	High	REACTIVE	SENSITIZED	OVERSOCIALIZED
	Low	UNDERSOCIALIZED	SELF-ASSURED (Low Defensive)	REPRESSIVE (High Defensive)