

Name of Instrument: **Self-Control Rating Scale**  
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**Contact Info:**

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**Privacy Use Cost:** \$

**Public Use Cost:** \$

**Year Developed:** 1979

**Where to obtain Instrument:**

- Contact author

**Description of the Instrument**

- The self-control rating scale measures self-control in children.
- The rating scale contains 33 items:
  - 10 items descriptive of self control
    - E.g. Does the child stick to what he or she is doing until he or she is finished with it?
  - 13 items indicative of impulsivity
    - E.g. Does the child grab for the belongings of others?
  - 10 items worded to denote both possibilities
    - E.g. Does the child interrupt inappropriately in conversations with peers, or wait his/her turn to speak?
- The teacher of the children rates each item on a 7-point continuum, 1 indicating maximum self-control and 7 indicating maximum impulsivity.

**Form of instrument:**

- Questionnaire/ Survey
- Other: Rating Scale

**Method of delivery:**

- In-person interview/assessment
- Self-Report

**Relevance to injury/ Percentage of the instrument specific to injury**

- Instrument measures self-control and impulsivity, characteristics that may be related increased risk of injury.

**Time to administer or complete the instrument**

- 10 – 15 minutes

**Methods of data analyses:**

- Quantitative
- Qualitative

**Setting/sample instrument used in:**

- 110 children, 59 boys and 51 girls, attending Grades 3-6 at a predominantly white, middle-class elementary schools.
- Testing was performed in three identical rooms. Subjects were seated such that they could look through a large window into a busy library by a 45° turn of the head.

**Was it pilot tested?** No

**Pilot test sample:****Reliability Measures**

- Internal reliability - Cronbach's alpha = 0.98.
- Test-retest reliability over 3-4 weeks for a sample (n=24) taken from the present group was .84.

**Validity Measures****Reference**

Kendall, P.C., & Wilcox, L.E. (1979). Self-control in children: Development of a rating scale. Journal of Consulting and Clinical Psychology, 47(6), 1020-1029.

**Other References**

**Keywords:** self-control, impulse, children, disruptive behaviours.