

A scale purportedly measuring _____ (Lay, 1986)

Instructions: For each statement, decide whether the statement is **uncharacteristic** or **characteristic** of you. Note that the 3 on the scale is **neutral** – the statement is neither characteristic nor uncharacteristic of you.

This scale is designed and scored like a **Likert scale**, one of which you will be designing later in the year in your research on **attitudes**.

STATEMENT	Extremely uncharacteristic of me	Moderately uncharacteristic of me	Neutral	Moderately characteristic of me	Extremely characteristic of me
1. I often find myself performing tasks that I had intended to do days before.					
2. I do not do assignments until just before they are to be handed in.					
3. When I am finished with a library book, I return it right away regardless of the date it is due.					
4. When it is time to get up in the morning, I most often get right out of bed.					
5. I generally return phone calls promptly.					
6. Even with jobs that require little else except sitting down and doing them, I find I tend to put them off for days.					
7. I usually make decisions as soon as possible.					
8. I generally delay before starting on work I have to do.					
9. I usually have to rush to complete a task on time.					
10. When preparing to go out, I am seldom caught having to do something at the last minute.					
11. In preparing for some deadline, I often waste time by doing other things.					
12. I prefer to leave early for an appointment.					
13. I usually start an assignment shortly after it is assigned.					
14. I often have a task finished sooner than necessary.					
15. I frequently seem to end up shopping for birthday or Christmas gifts at the last minute.					
16. I very rarely accomplish all the things I hope to do in a day.					
17. I am continually saying: "I'll do it tomorrow".					
18. I usually take care of all the tasks I have to do before I settle down and relax for the evening.					

This scale is based on the work of...

Lay, C. (1986). *At last, my research article on procrastination*. Journal of Research in Personality, 20, 474-495.

Scoring:

1, 2, 6, 8, 9, 11, 15, 16, 17 – score from left to right: 1, 2, 3, 4, 5
3, 4, 5, 7, 10, 12, 13, 14, 18 – score from left to right: 5, 4, 3, 2, 1

Analysis

- Now that you have a number representing your procrastination level, how could it be used by psychologists? What statistical manipulations are possible?
- What could be some question marks over the validity of such a scale? – Validity means: to what extent does the scale measure what it is intended to measure?
- Look closely at the concept map below. What pieces of advice could you take from it in the next two years?

