**Pearlin Mastery Scale**

|  |
| --- |
| For the next set of statements, please think about whether you agree or disagree with the statement. For example, if the statement is extremely uncharacteristic of you, you may choose “Strongly Disagree.” On the other hand, if the statement is extremely characteristic of you, you may choose “Strongly Agree.” Use the options in the middle if you fall somewhere in between. Press the “OK” button after you have made your choice.  Please raise your hand if you have any questions. Otherwise, press the Continue button now. |

Questions in order of how they will appear on the screen:

7-point scale:

(1) Strongly disagree

(2) Disagree

(3) Somewhat disagree

(4) Somewhat agree

(5) Agree

(6) Strongly agree

(7) Neither agree nor disagree

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1. There's no way I can solve some of the problems I have. | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |
| 2. Sometimes I feel that I am being pushed here and there in life. | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |
| 3. I have little control over things that happen to me. | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |
| 4. I can do anything when I put my mind to it. | | | | | | | | | |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 5. Most of the time, I feel helpless when dealing with problems of life. | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |
| 6. What happens to me in the future mostly depends on me. | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |
| 7. There's little I can do to change most of the important things in my life. | | | | | | | | | |