

Decision Making Skills

These are statements about your views on how you make decisions. Tick the one that is right for you.

	Strongly Agree	Agree	Hard to Say	Disagree	Strongly Disagree
(a) When I have decided to do something, I always carry it through	[]	[]	[]	[]	[]
(b) I seldom make up my mind without thinking of the consequences	[]	[]	[]	[]	[]
(c) Sometimes, I decide on something 'off the top of my head' (-)	[]	[]	[]	[]	[]
(d) I weigh up all the choices before I decide on something	[]	[]	[]	[]	[]
(e) I seldom decide to do something that I later regret	[]	[]	[]	[]	[]
(f) When I get an idea I often make a decision without thinking (-)	[]	[]	[]	[]	[]
(g) Sometimes I change my mind about something several times a day (-)	[]	[]	[]	[]	[]
(h) When I decide on something it doesn't matter what my friends think.	[]	[]	[]	[]	[]

Calculation of Indices: Score each item 1 to 5, having reversed the scores for items (c), (f) and (g). The mean of all of the items can be taken as a measure of endorsement of rational decision making.