

## Personal Attributes Questionnaire (Spence, Helmreich & Stapp, 1973)

Instructions:

The items below inquire about what kind of person you think you are. Each item consists of a PAIR of characteristics, with the letters A-E in between. For example,

Not at all artistic                      A.....B.....C.....D.....E                      Very artistic

Each pair describes contradictory characteristics - that is, you cannot be both at the same time, such as very artistic and not at all artistic.

The letters form a scale between the two extremes. You are to choose a letter which describes where YOU fall on the scale. For example, if you think that you have no artistic ability, you would choose A. If you think that you are pretty good, you might choose D. If you are only medium, you might choose C, and so forth.

M-F	1.	Not at all aggressive	A.....B.....C.....D.....E	Very aggressive*
M	2.	Not at all independent	A.....B.....C.....D.....E	Very independent*
F	3.	Not at all emotional	A.....B.....C.....D.....E	Very emotional*
M-F	4.	Very submissive	A.....B.....C.....D.....E	Very dominant*
M-F	5.	Not at all excitable in a major crisis*	A.....B.....C.....D.....E	Very excitable in a major crisis
M	6.	Very passive	A.....B.....C.....D.....E	Very active*
F	7.	Not at all able to devote self completely to others	A.....B.....C.....D.....E	Able to devote self completely to others*
F	8.	Very rough	A.....B.....C.....D.....E	Very gentle*
F	9.	Not at all helpful to others	A.....B.....C.....D.....E	Very helpful to others*
M	10.	Not at all competitive	A.....B.....C.....D.....E	Very competitive*
M-F	11.	Very home oriented	A.....B.....C.....D.....E	Very worldly*
F	12.	Not at all kind	A.....B.....C.....D.....E	Very kind*
M-F	13.	Indifferent to others' approval*	A.....B.....C.....D.....E	Highly needful of others' approval
M-F	14.	Feelings not easily hurt*	A.....B.....C.....D.....E	Feelings easily hurt
F	15.	Not at all aware of feelings of others	A.....B.....C.....D.....E	Very aware of feelings of others*
M	16.	Can make decisions easily*	A.....B.....C.....D.....E	Has difficulty making decisions
M	17.	Gives up very easily	A.....B.....C.....D.....E	Never gives up easily*
M-F	18.	Never cries*	A.....B.....C.....D.....E	Cries very easily
M	19.	Not at all self-confident	A.....B.....C.....D.....E	Very self-confident*
M	20.	Feels very inferior	A.....B.....C.....D.....E	Feels very superior*
F	21.	Not at all understanding of others	A.....B.....C.....D.....E	Very understanding of others*

F	22.	Very cold in relations with others	A.....B.....C.....D.....E	Very warm in relations with others*
M-F	23.	Very little need for security*	A.....B.....C.....D.....E	Very strong need for security
M	24.	Goes to pieces under pressure	A.....B.....C.....D.....E	Stands up well under pressure*

The scale to which each item is assigned is indicated by M (Masculinity), F (Femininity) and M-F (Masculinity-Femininity)

Items with an asterisk indicate the extreme masculine response for the M and M-F scales and the extreme feminine response for the F scale. Each extreme masculine response on the M and M-F scales and the extreme feminine response on the F scale are scored 4, the next most extreme scored 3, etc.

## References

Spence, J.T., & Helmreich, R.L. (1978). *Masculinity and femininity: Their psychological dimensions, correlates, and antecedents*. Austin, TX: University of Texas Press.