

## Shortened General Attitude and Belief Scale (SGABS)

Lindner, Kirkby, Wertheim, & Birch (1999)

(The GABS was developed through a series of investigations by Burgess, 1986;

DiGiuseppe et al., 1988; & Bernard, 1990)

Name: \_\_\_\_\_

Here are a set of statements which describe what some people think and believe. Read each statement carefully and decide how much you agree or disagree with it.

If you STRONGLY AGREE with the statement circle number .....	5
If you AGREE .....	4
If you are NEUTRAL .....	3
If you DISAGREE .....	2
If you STRONGLY DISAGREE .....	1

There are no right or wrong answers. Only you can tell what you really believe so please mark the way you really think. Circle the number which shows your agreement or disagreement with each statement. Please try to answer each question.

<b>Example:</b>	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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People should never break a promise	1	2	3	4	5
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The person has shown that he/she agrees with the statement by circling number 4. If the person had strongly agreed with the statement he/she would have circled number 5.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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1. It's unbearable to fail at important things, and can't stand not succeeding at them.	1	2	3	4	5
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2. I can't stand a lack of consideration from other people,

and I can't bear the possibility of their unfairness.

1

2

3

4

5

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
3. It's unbearable being uncomfortable, tense or nervous and I can't stand it when I am.	1	2	3	4	5
4. I have worth as a person even if I do not perform well at tasks that are important to me.	1	2	3	4	5
5. I can't stand being tense or nervous and I think tension is unbearable.	1	2	3	4	5
6. It's awful to be disliked by people who are important to me, and it is a catastrophe if they don't like me.	1	2	3	4	5
7. If important people dislike me, it is because I am an unlikable bad person.	1	2	3	4	5
8. When I am treated inconsiderately, I think it shows what kind of bad and hopeless people there are in the world.	1	2	3	4	5
9. If I am rejected by someone I like, I can accept myself and still recognize my worth as a human being.	1	2	3	4	5
10. If I do not perform well at tasks that are so important to me, it is because I am a worthless bad person.	1	2	3	4	5
11. It's awful to do poorly at some important things, and I think it is a catastrophe if I do poorly.	1	2	3	4	5
12. I think it is terribly bad when people treat me with disrespect.	1	2	3	4	5

13. When people I like reject me or dislike me, it is  
because I am a bad or worthless person.

1

2

3

4

5

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
14.I cannot stand being treated unfairly, and I think unfairness is unbearable.	1	2	3	4	5
15.I believe that if a person treats me very unfairly they are bad and worthless.	1	2	3	4	5
16.I can't stand hassles in my life.	1	2	3	4	5
17.It's awful to have hassles in one's life and it is a catastrophe to be hassled.	1	2	3	4	5
18.I cannot tolerate not doing well at important tasks and it is unbearable to fail.	1	2	3	4	5
19.It is important that people treat me fairly most of the time, however I realize I do not have to be treated fairly just because I want to be.	1	2	3	4	5
20.If I do not perform well at things which are important, it will be a catastrophe.	1	2	3	4	5
21.It is unbearable to not have respect from people, and I can't stand their disrespect.	1	2	3	4	5
22.If important people dislike me, it goes to show what a worthless person I am.	1	2	3	4	5
23.I must be liked and accepted by people I want to like me, and I will not accept their not liking me.	1	2	3	4	5
24.I want to be liked and accepted by people whom I like,					

but I realize they don't have to like me just  
because I want them to.

1

2

3

4

5

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
25. When people who I want to like me, disapprove of me or reject me, I can't bear their disliking me.	1	2	3	4	5
26. If people treat me without respect, it goes to show how bad they really are.	1	2	3	4	5

**PLEASE CHECK THAT ALL QUESTIONS HAVE  
BEEN ANSWERED**

**SHORTENED GENERAL ATTITUDE AND BELIEF SCALE****SCORING OF THE SGABS**

<b>Subscales</b>	<b>sum of questions</b>
1. Rationality	4, 9, 19, 24
2. Self-downing	7, 10, 13, 22
3. Need for achievement	1, 11, 18, 20
4. Need for approval	6, 23, 25
5. Need for comfort	3, 5, 17, 16
6. Demand for fairness	2, 12, 14, 21
7. Other downing	8, 15, 26
<b>Total Irrationality</b>	<b>sum of subscales 2-7</b>