ADOLESCENT SOCIAL COMPARISON SCALE (ASCS)

We would like you to tell us how you feel about yourself compared to other friends of yours. Here is an example:

Compared to your friends how tall do you think you are?
  Smaller  1  2  3  4  5  6  7  8  9  10  Taller

1. Compared to your friends how *shy* do you feel?
   Less shy  1  2  3  4  5  6  7  8  9  10  More shy

2. Compared to your friends how *clever* do you think you are?
   Less clever  1  2  3  4  5  6  7  8  9  10  More clever

3. Compared to your friends how *popular* do you think you are?
   Less popular  1  2  3  4  5  6  7  8  9  10  More popular

4. Compared to your friends how *different* do you feel?
   Less different  1  2  3  4  5  6  7  8  9  10  More different

5. Compared to your friends how *attractive* do you think you are?
   Less attractive  1  2  3  4  5  6  7  8  9  10  More attractive

6. Compared to your friends how *strong* do you feel?
   Less strong  1  2  3  4  5  6  7  8  9  10  More strong

7. Compared to your friends how *accepted* do you feel?
   Less accepted  1  2  3  4  5  6  7  8  9  10  More accepted

8. Compared to your friends how *quiet* are you?
   Less quiet  1  2  3  4  5  6  7  8  9  10  More quiet

9. Compared to your friends how *confident* do you feel?
   Less confident  1  2  3  4  5  6  7  8  9  10  More confident

10. Compared to your friends how much do you feel *left out*?
   Less left out  1  2  3  4  5  6  7  8  9  10  More left out
SCORING

Sum up all the items.

DESCRIPTION

Adolescent Social Comparison Scale-Revised

The adolescent social comparison scale-revised (ASCS-R) was adapted from the adult Social Comparison Scale (Allan & Gilbert, 1995), collaboratively by one of the authors (P.G.) for use in a clinical project (Lang, 1994). Lang (1994) reported an internal consistency of .78. Through a set of bipolar constructs, participants make global comparisons about themselves in relation to other people, rated on a 10-point Likert scale. High total scores represent a more positive social comparison (i.e. participants feel more popular, attractive and accepted in comparison to their friends). For example, ‘Compared to your friends, how confident do you feel?’

Less confident  1  2  3  4  5  6  7  8  9  10  More confident

REFERENCE