



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

Irons, C., & Gilbert, P. (2005). Evolved mechanisms in adolescent anxiety and depression symptoms: The role of the attachment and social rank systems. *Journal of Adolescence*, 28(3), 325-341. doi: 10.1016/j.adolescence.2004.07.004