

COMPETITIVENESS AND CARING SCALE (CCS)

Circle one number on each line according to how you see yourself.

Unaccomplished	1	2	3	4	5	6	7	8	9	10	Accomplished
Unaffectionate	1	2	3	4	5	6	7	8	9	10	Affectionate
Unambitious	1	2	3	4	5	6	7	8	9	10	Ambitious
Unapproachable	1	2	3	4	5	6	7	8	9	10	Approachable
Unassertive	1	2	3	4	5	6	7	8	9	10	Assertive
Uncompassionate	1	2	3	4	5	6	7	8	9	10	Compassionate
Unconfident	1	2	3	4	5	6	7	8	9	10	Confident
Undetermined	1	2	3	4	5	6	7	8	9	10	Determined
Passive	1	2	3	4	5	6	7	8	9	10	Dynamic
Unforgiving	1	2	3	4	5	6	7	8	9	10	Forgiving
Unfriendly	1	2	3	4	5	6	7	8	9	10	Friendly
Unhelpful	1	2	3	4	5	6	7	8	9	10	Helpful
Uncaring	1	2	3	4	5	6	7	8	9	10	Caring
Insensitive	1	2	3	4	5	6	7	8	9	10	Sensitive
Unmotivated	1	2	3	4	5	6	7	8	9	10	Motivated
Fragile	1	2	3	4	5	6	7	8	9	10	Strong
Unsuccessful	1	2	3	4	5	6	7	8	9	10	Successful
Detached	1	2	3	4	5	6	7	8	9	10	Warm

SCORING

Competitive Total: 1 + 3 + 5 + 7 + 8 + 9 + 15 + 16 + 17

Caring Total: 2 + 4 + 6 + 10 + 11 + 12 + 13 + 14 + 18

DESCRIPTION

Competitiveness and Caring Scale (CCS)

The Competitiveness and Caring Scale (CCS) measures evaluations of one's current *competitive abilities and sense of self* (e.g., degree of feeling 'successful–unsuccessful') and *caring abilities and sense of self* (e.g., degree of feeling 'compassionate–uncompassionate'). Research and clinical staff generated words to reflect competitive and caring attributes. These words were then discussed at a research meeting and were blindly and independently rated by six researchers for their suitability. The top nine scoring competitive words and the top nine scoring caring words were chosen and turned into bipolar measures to be rated on a 10-point Likert scale. This used the same basic methodology as used to develop the social comparison (SC) scale (Allan & Gilbert, 1995). McEwan, Gilbert and Duarte (2012) found alpha coefficients of 0.86 for Competitive and 0.90 for Caring.

REFERENCE

McEwan, K., Gilbert, P., & Duarte, J. (2012). An exploration of competitiveness and caring in relation to psychopathology. *British Journal of Clinical Psychology*, 51, 19-36.