



SOCIAL COMPARISON SCALE

Please circle a number at a point which best describes the way in which you see yourself in **comparison to others**.

For example:

Short 1 2 3 4 5 6 7 8 9 10 Tall

If you put a mark at 3 this means you see yourself as shorter than others; if you put a mark at 5 (middle) about average; and a mark at 7 somewhat taller.

If you understand the above instructions, please proceed. Circle one number on each line according to how you see yourself in relationship to others.

In relationship to others I feel:

Inferior	1	2	3	4	5	6	7	8	9	10	Superior
Incompetent	1	2	3	4	5	6	7	8	9	10	More competent
Unlikeable	1	2	3	4	5	6	7	8	9	10	More likeable
Left out	1	2	3	4	5	6	7	8	9	10	Accepted
Different	1	2	3	4	5	6	7	8	9	10	Same
Untalented	1	2	3	4	5	6	7	8	9	10	More talented
Weaker	1	2	3	4	5	6	7	8	9	10	Stronger
Unconfident	1	2	3	4	5	6	7	8	9	10	More confident
Undesirable	1	2	3	4	5	6	7	8	9	10	More desirable
Unattractive	1	2	3	4	5	6	7	8	9	10	More attractive
An outsider	1	2	3	4	5	6	7	8	9	10	An insider



SCORING

Scoring, add up all items.

Sometimes it is useful to look at the 3 items of feeling left out, different and an outsider as a measure of group fit or belongingness.

DESCRIPTION

Social Comparison Scale

This scale was developed by Allan and Gilbert (1995) to measure self-perceptions of social rank and relative social standing. This scale uses a semantic differential methodology and consists of 11 bipolar constructs. Participants are required to make a global comparison of themselves in relation to other people and to rate themselves along a ten-point scale. For example, the scale asks:

In relationship to others I feel:

Incompetent 1 2 3 4 5 6 7 8 9 10 More competent

The 11-items cover judgements concerned with rank, attractiveness and how well the person thinks they 'fit in' with others in society. Low scores point to feelings of inferiority and general low rank self-perceptions.

The scale has been found to have good reliability, with Cronbach alphas of .88 and .96 with clinical populations and .91 and .90 with student populations (Allan and Gilbert, 1995, 1997).

REFERENCES

Allan, S. & Gilbert, P. (1995). A social comparison scale: Psychometric properties and relationship to psychopathology. *Personality and Individual Differences*, 19, 293-299.