## Appendix 5: Self-Regulation Questionnaire (SRQ)

The Self-Regulation Questionnaire (SRQ) is a tool that assesses an individual's ability to regulate their behavior, emotions, and thoughts in different situations. The SRQ can provide valuable insights into an individual's self-regulation skills and help guide interventions to improve these skills if necessary.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Item** | **Strongly Disagree** | **Disagree** | **Unsure** | **Agree** | **Strongly Agree** |
| I usually keep track of my progress toward my goals | 1 | 2 | 3 | 4 | 5 |
| My behavior is not that different from other people’s. | 1 | 2 | 3 | 4 | 5 |
| Others tell me that I keep on with things too long. | 1 | 2 | 3 | 4 | 5 |
| I doubt I could change even if I wanted to. | 1 | 2 | 3 | 4 | 5 |
| I have trouble making up my mind about things. | 1 | 2 | 3 | 4 | 5 |
| I get easily distracted from my plans. | 1 | 2 | 3 | 4 | 5 |
| I reward myself for progress toward my goals. | 1 | 2 | 3 | 4 | 5 |
| I don’t notice the effects of my actions until it’s too late. | 1 | 2 | 3 | 4 | 5 |
| My behavior is similar to that of my friends. | 1 | 2 | 3 | 4 | 5 |
| It’s hard for me to see anything helpful about changing my ways. | 1 | 2 | 3 | 4 | 5 |
| I am able to accomplish goals I set for myself. | 1 | 2 | 3 | 4 | 5 |
| I put off making decisions. | 1 | 2 | 3 | 4 | 5 |
| I have so many plans that it’s hard for me to focus on any one of them. | 1 | 2 | 3 | 4 | 5 |
| I change the way I do things when I see a problem with how things are going. | 1 | 2 | 3 | 4 | 5 |
| It’s hard for me to notice when I’ve “had enough” (alcohol, food, sweets). | 1 | 2 | 3 | 4 | 5 |
| I think a lot about what other people think of me. | 1 | 2 | 3 | 4 | 5 |
| I am willing to consider other ways of doing things. | 1 | 2 | 3 | 4 | 5 |
| If I wanted to change, I am confident that I could do it. | 1 | 2 | 3 | 4 | 5 |
| When it comes to deciding about a change, I feel overwhelmed by the choices. | 1 | 2 | 3 | 4 | 5 |
| I have trouble following through with things once I’ve made up my mind to do something. | 1 | 2 | 3 | 4 | 5 |
| I don’t seem to learn from my mistakes. | 1 | 2 | 3 | 4 | 5 |
| I’m usually careful not to overdo it when working, eating, drinking. | 1 | 2 | 3 | 4 | 5 |
| I tend to compare myself with other people. | 1 | 2 | 3 | 4 | 5 |
| I enjoy a routine, and like things to stay the same. | 1 | 2 | 3 | 4 | 5 |
| I have sought out advice or information about changing. | 1 | 2 | 3 | 4 | 5 |
| I can come up with lots of ways to change, but it’s hard for me to decide which one to use. | 1 | 2 | 3 | 4 | 5 |
| I can stick to a plan that’s working well. | 1 | 2 | 3 | 4 | 5 |
| I usually only have to make a mistake one time in order to learn from it. | 1 | 2 | 3 | 4 | 5 |
| I don’t learn well from punishment. | 1 | 2 | 3 | 4 | 5 |
| I have personal standards, and try to live up to them. | 1 | 2 | 3 | 4 | 5 |
| I am set in my ways. | 1 | 2 | 3 | 4 | 5 |
| As soon as I see a problem or challenge, I start looking for possible solutions. | 1 | 2 | 3 | 4 | 5 |
| I have a hard time setting goals for myself. | 1 | 2 | 3 | 4 | 5 |
| I have a lot of willpower. | 1 | 2 | 3 | 4 | 5 |
| When I’m trying to change something, I pay a lot of attention to how I’m doing. | 1 | 2 | 3 | 4 | 5 |
| I usually judge what I’m doing by the consequences of my actions. | 1 | 2 | 3 | 4 | 5 |
| I don’t care if I’m different from most people. | 1 | 2 | 3 | 4 | 5 |
| As soon as I see things aren’t going right I want to do something about it. | 1 | 2 | 3 | 4 | 5 |
| There is usually more than one way to accomplish something. | 1 | 2 | 3 | 4 | 5 |
| I have trouble making plans to help me reach my goals. | 1 | 2 | 3 | 4 | 5 |
| I am able to resist temptation. | 1 | 2 | 3 | 4 | 5 |
| I set goals for myself and keep track of my progress. | 1 | 2 | 3 | 4 | 5 |
| Most of the time I don’t pay attention to what I’m doing. | 1 | 2 | 3 | 4 | 5 |
| I try to be like people around me. | 1 | 2 | 3 | 4 | 5 |
| I tend to keep doing the same thing, even when it doesn’t work. | 1 | 2 | 3 | 4 | 5 |
| I can usually find several different possibilities when I want to change something. | 1 | 2 | 3 | 4 | 5 |
| Once I have a goal, I can usually plan how to reach it. | 1 | 2 | 3 | 4 | 5 |
| I have rules that I stick by no matter what.  If I make a resolution to change something, I pay a lot of attention to how I’m doing. | 1 | 2 | 3 | 4 | 5 |
| Often I don’t notice what I’m doing until someone calls it to my attention. | 1 | 2 | 3 | 4 | 5 |
| I think a lot about how I’m doing. | 1 | 2 | 3 | 4 | 5 |
| Usually I see the need to change before others do. | 1 | 2 | 3 | 4 | 5 |
| I’m good at finding different ways to get what I want. | 1 | 2 | 3 | 4 | 5 |
| I usually think before I act. | 1 | 2 | 3 | 4 | 5 |
| Little problems or distractions throw me off course. | 1 | 2 | 3 | 4 | 5 |
| I feel bad when I don’t meet my goals. | 1 | 2 | 3 | 4 | 5 |
| I learn from my mistakes. | 1 | 2 | 3 | 4 | 5 |
| I know how I want to be. | 1 | 2 | 3 | 4 | 5 |
| It bothers me when things aren’t the way I want them.  I call in others for help when I need it. | 1 | 2 | 3 | 4 | 5 |
| Before making a decision, I consider what is likely to happen if I do one thing or another. | 1 | 2 | 3 | 4 | 5 |
| I give up quickly. | 1 | 2 | 3 | 4 | 5 |
| I usually decide to change and hope for the best. | 1 | 2 | 3 | 4 | 5 |
| TOTAL YOUR COLUMN SCOREs: |  |  |  |  |  |
| OVERALL SCORE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |

### Score Interpretation:

> 239 High (intact) self-regulation capacity (top quartile)

214-238 Intermediate (moderate) self-regulation capacity (middle quartiles)

< 213 Low (impaired) self-regulation capacity (bottom quartile)

*Sourse:* Adapted from Brown, Miller, & Lawendowski, 1999.