

Internal Locus of Control Index

Duttweiler, P.C. (1984). The [internal control index](#): a newly developed measure of locus of control. *Educational and Psychological Measurement* 44, 209-221.

INTERNAL CONTROL INDEX (ICI) INDEX INSTRUCTIONS

Please read each statement. Where there is a blank _____, decide what your normal or usual attitude, feeling, or behavior would be:

A = RARELY (less than 10% of the time)

B = OCCASIONALLY (about 30% of the time)

C = SOMETIMES (about half the time)

D = FREQUENTLY (about 70% of the time)

E = USUALLY (more than 90% of the time)

Of course, there are always unusual situations, in which this would not be the case, but think of what you would do or feel in most normal situations.

Write the letter that describes your usual attitude or behavior in the space provided on the response sheet.

1. When faced with a problem I _____ try to forget it.
2. I _____ need frequent encouragement from others for me to keep working at a difficult task.
3. I _____ like jobs where I can make decisions and be responsible for my own work.
4. I _____ change my opinion when someone I admire disagrees with me.
5. If I want something I _____ work hard to get it.
6. I _____ prefer to learn the facts about something from someone else rather than having to dig them out for myself.
7. I _____ will accept jobs that require me to supervise others.
8. I _____ have a hard time saying "no" when someone tries to sell me something.
9. I _____ like to have a say in any decisions made by any group I'm in.
10. I _____ consider the different sides of an issue before making any decisions.
11. What other people think _____ has a great influence on my behavior.
12. Whenever something good happens to me I _____ feel it is because I've earned it.
13. I _____ enjoy being in a position of leadership.
14. I _____ need someone else to praise my work before I am satisfied with what I've done.
15. I _____ am sure enough of my opinions to try and influence others.
16. When something is going to affect me I _____ learn as much about it as I can.
17. I _____ decide to do things on the spur of the moment.

18. For me, knowing I've done something well is _____ more important than being praised by someone else.
19. I _____ let other peoples' demands keep me from doing things I want to do.
20. I _____ stick to my opinions when someone disagrees with me.
21. I _____ do what I feel like doing not what other people think I ought to do.
22. I _____ get discouraged when doing something that takes a long time to achieve results.
23. When part of a group I _____ prefer to let other people make all the decisions.
24. When I have a problem I _____ follow the advice of friends or relatives.
25. I _____ enjoy trying to do difficult tasks more than I enjoy trying to do easy tasks.
26. I _____ prefer situations where I can depend on someone else's ability rather than just my own.
27. Having someone important tell me I did a good job is _____ more important to me than feeling I've done a good job.
28. When I'm involved in something I _____ try to find out all I can about what is going on even when someone else is in charge.

Scoring:

Rarely = 5; Occasionally = 4; Sometimes = 3; Frequently = 2; and Usually = 1. The scoring is reversed for the following items: 3, 5, 7, 9, 10, 12, 13, 15, 16, 18, 20, 21, 25, and 28.

The ICI questions will give you a number in the range 28-140, with higher numbers indicating a more internal locus of control. The value 84 is the center of the scale, indicating neither an internal nor external LoC.

Values below 84 indicate a belief that your life is controlled more by external forces than yourself, and the lower the value, the stronger that belief in the power of external forces. Likewise, values above 84 indicate a belief that you are in control of your own life, with higher values indicating a stronger belief in your power.