

Description of SIPP-118 domains and facets

Higher scores on SIPP-facets or domains refer to more adaptive (and thus less pathological) capacities. The SIPP-118 is a self-report questionnaire. The scores of a particular person therefore refer to how this person sees himself/ herself. T-scores are calculated, which are labeled as very low, low, average, high, and very high.

Self-control

The capacity to tolerate and control emotions, to focus concentration and to direct impulses.

Emotion regulation

The capacity to tolerate and manage the emotions you have and to control their intensity, course, and expression.

Items:

- I usually have adequate control over my feelings (17)
- I can find ways to express my feelings appropriately even if they are strong (30)
- I have such strong feelings that I easily lose control of them (52)
- Others have told me that I should try harder to avoid losing control over my feelings (67)
- I often cannot help expressing my moods inappropriately (79)
- I often overreact to minor problems (92)
- One of my problems is that I can't handle strong feelings (106)

Effortful control

The ability to focus concentration, and direct impulses through conscious effort.

Items:

- Sometimes I get so overwhelmed that I can't control my reactions (2)
- I seldomly get so excited that I lose control over myself (31)
- I frequently say things I regret later (41)
- I often act before I think (53)
- I often can't withstand my cravings and urges (68)
- I seem to do things that I regret more often than other people do (80)
- I often act impulsively even though I know I will regret it later on (107)

Identity integration

Mature identity: the capacity to experience self-worth, purposefulness, enjoyment, a sense of self continuity, and an understanding of internal and external events.

Self respect

The capacity to feel that you are worthy, and to know that others or yourself have no right to harm you physically or emotionally.

Items:

- It is hard for me to believe in myself as a worthy person (6)
- Sometimes I feel like hurting or punishing myself on purpose (20)
- I strongly believe that I am just as worthy as other people (33)
- Criticisms of others can make me feel very uncertain about myself (57)
- I often feel that I am not as worthy as other people (70)
- I feel proud of some things I have accomplished in my life (84)
- I often think that I deserve to be treated badly (96)
- I usually have a low opinion of myself (111)

Stable self-image

To experience an inner sense of continuity/ sameness of self across time and situations.

Items:

- I know exactly who I am and what I am worth (4)
- I often find myself behaving in ways that are out of character (43)
- I often find myself wondering what sort of person I am (55)
- Other people have commented that sometimes I behave out of character (69)
- Others find me inconsistent (82)
- The way I feel or behave is often very unpredictable (94)
- I am often confused about what kind of person I really am (109)

Self-reflexive functioning

The capacity to understand the possible meanings of, and causal connections between, internal and external experiences, as well as the ability to identify reasons for things happening within yourself rather than constantly trying to find answers in the world outside.

Items:

One of my problems is that I lack a proper insight in the meaning of some experiences I had as a child (118)
Whenever I feel something, I can almost always name that feeling (5)
Most of the time, I understand why I do the things I do (19)
I am often not fully aware of my inner feelings (56)
I am often confused about the way I act, even when I try hard to understand (83)
I am often resistant toward reflecting on my inner motives (95)
When I try to understand myself, I often get more confused than I was before (110)

Enjoyment

The capacity to enjoy, without feeling guilty.

Items:

Overall I feel that my activities are enjoyable to me (10)
I spend a lot of time doing things that have to be done but don't give me any pleasure (24)
It is hard for me to really enjoy doing things (47)
One of my problems is that I cannot easily let myself have a good time (61)
Sometimes it seems that everything in me somehow blocks the capacity to have fun (73)
I strongly believe that life is too serious to be enjoyable (86)
I have no leisure activities that I can really enjoy (100)

Purposefulness

The capacity to make life meaningful by creating the means as well as the opportunities for achievement, and organizing time in line with one's goals.

Items:

I strongly believe that life is worth living (9)
I often see no reason to continue living (23)
Most of the time I am capable of filling my days meaningfully (35)
I try to live by the day, because most long-term objectives are pointless (46)
I often feel that my life is meaningless (60)
My interests are changing all the time (72)
One of my problems is that I lack clear goals in my life (114)

Responsibility

The ability to set realistic goals, and to achieve these goals in line with the values and norms of social collaboration.

Responsible industry

The capacity to set realistic goals, and to achieve these through effective and responsible constructive actions.

Items:

I do things even when I know that they may be considered irresponsible by others (14)
I often fail to get a job done because I didn't try hard enough (38)
I have a tendency to start things and then give up on them (50)
I seem to lack the sense of responsibility necessary to meet my obligations (64)
Most of the time I try to perform tasks that are assigned to me conscientiously (76)
Some people have criticized me because of insufficient sense of responsibility (90)
Unfortunately, I am not as hard-working as I would like to be (103)

Trustworthiness

That one has internalized the values and norms of social collaboration and is normally able to behave in accordance to these.

Items:

If I have agreed on a course of action with others, I tend to keep to my agreement (15)
I am someone who does not always keep to the rules, especially when it is easy to ignore them (28)
Sometimes I am not as reliable as I perhaps should be (39)
I often fail to do things that I am supposed to do (65)
Often I do not succeed to pay my debts promptly (77)
When I have promised to do something I will always try to keep that promise (91)
Other people have complained about me being not fully reliable (104)
Although I regret it, I have to admit that I am not as sincere as I should be (117)

Relational capacities

The capacity to share sensitive personal experiences, to love and to feel loved and recognized in order to maintain long-term, intimate relationships.

Intimacy

The ability to share sensitive personal experiences with other people.

Items:

I rarely meet someone with whom I dare to share my thoughts and feelings (12)
It is hard for me to show affection to other people (26)
I enjoy intimate contacts with other people (36)
Even among good friends, I do not show much of myself (49)
It makes me feel better to share my problems with friends (63)
I can demonstrate my affection for others without too much discomfort (87)
It is hard for me to express affection to others (99)

Enduring relationships

The capacity to love and to feel loved in order to form and maintain long-term, intimate relationships; also referred to as the capacity for 'healthy attachment'.

Items:

I have people in my life to whom I feel particularly close (13)
It is hard for me to get attached to someone else (27)
I tend to think of myself as a loner (37)
It is hard for me to feel loved by people I have become close to (75)
It is hard for me to enjoy lasting relationships (88)
One of my problems is that I find it hard to really believe that others love me (102)
I have been able to form lasting relationships (116)

Feeling recognized

The experience that others understand what you feel and believe.

Items:

I constantly feel misunderstood by other people (7)
I am convinced that other people cannot learn to know me as I really am (21)
My colleagues or friends do not appear to be interested in me as a person (34)
From conversations I have learned that other people can understand my problems quite well (44)
I feel constantly underestimated (58)
I believe that most people do not like to go along with me (71)
Only very special people can understand me (97)
My friends are really interested in my well-being (112)

Social concordance

The ability to value someone's individual needs and personal identity, to withhold aggressive impulses towards others, to cope with disappointments and to work constructively together with others.

Aggression regulation

The ability to withhold aggressive impulses towards others.

Items:

When upset by someone I often feel like hurting him or her (3)
Sometimes I get so angry, that I feel like hitting or kicking people around me (18)
Others seem to experience my behavior sometimes as aggressive (32)
I lose control sometimes to the extent that people are frightened of me (42)
Sometimes I get so angry, that I damage other people's properties (54)
It is hard for me not to control my aggression towards others (81)
Sometimes it is hard for me not to become aggressive towards others (93)
Some people think of me as a rude person (108)

Frustration tolerance

The capacity to cope with disappointments and setbacks.

Items:

I can cope very well with disappointments (1)
I get irritated whenever things are not going my way (16)
I truly believe that there is always a way out when things go wrong (29)
I tend to be very frustrated about setbacks (40)
I give up too easily if tasks are frustrating (51)
I tend to hit or kick things when thwarted in my goal (66)
When things go wrong, I often get discouraged and feel like giving up (78)
Minor annoyances can be very frustrating to me (105)

Cooperation

The ability to work constructively with others, to be aware of needs and ideas of others, and to establish mutual goals.

Items:

I can work with people on a joint project in spite of personal differences (11)
I prefer to work alone so I don't have to adjust to other people (25)
It is hard for me to cooperate unless others submit to my way of doing things (48)
At work I get easily irritated about other people's way of doing things (62)
I avoid to work with others as much as I can (74)

I like to create something together with other people (89)
Other people do not seem to like to work with me (101)
I have rarely cooperated with other people (115)

Respect

The capacity to value someone's individual needs and personal identity.

Items:

I can easily accept people the way they are, even when they are different (8)
It is hard for me to respect people who have ideas that are different from mine (22)
I often comment adversely on others' beliefs or actions (45)
It is often hard for me to go along with people with different values (59)
I strongly believe that everybody is entitled of his own opinion (85)
I think that most other people have ideas that are not as good as mine (98)
I regularly get into disputes with others at work or home (113)

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