

SAPS (Short Almost Perfect Scale)

The following items are designed to measure certain attitudes people have toward themselves, their performance, and toward others. It is important that your answers be true and accurate for you. In the space next to the statement, please enter a number from "1" (strongly disagree) to "7" (strongly agree) to describe your degree of agreement with each item.

STRONGLY DISAGREE	DISAGREE	SLIGHTLY DISAGREE	NEUTRAL	SLIGHTLY AGREE	AGREE	STRONGLY AGREE
1	2	3	4	5	6	7

- _____ 1. I have high expectations for myself.
- _____ 2. Doing my best never seems to be enough.
- _____ 3. I set very high standards for myself.
- _____ 4. I often feel disappointment after completing a task because I know I could have done better.
- _____ 5. I have a strong need to strive for excellence.
- _____ 6. My performance rarely measures up to my standards.
- _____ 7. I expect the best from myself.
- _____ 8. I am hardly ever satisfied with my performance.

Note: We recommend distributing these 8 SAPS within other items the researcher might use that have a similar response scale.

Citation:

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SAPS Scoring Key:

Standards = 1, 3, 5, 7

Discrepancy = 2, 4, 6, 8

For any questions regarding the SAPS, please contact **Ken Rice** at kgr1@gsu.edu.