

Appearance Control: Primary and Secondary Control

Source: Thompson, S. C., Thomas, C., Rickabaugh, C. A., Tantamjarik, P., Otsuki, T., Pan, D., Garcia, B. F., & Sinar, E. (1998). Primary and secondary control over age-related changes in physical appearance. *Journal of Personality*, 66, 585-607.

Directions: Please rate how much each of the following statements describes how you feel:

	<i>Strongly Disagree</i>						<i>Strongly Agree</i>
	1	2	3	4	5	6	7
1. I can stay attractive and youthful as long as possible if I just work at it.	1	2	3	4	5	6	7
2. It is more important to me to accept the effects of aging than to try to fight it.	1	2	3	4	5	6	7
3. I dread the thought of aging, but there is not much that I can do about it.	1	2	3	4	5	6	7
4. I tend to focus on what's good about getting older, not the negative side.	1	2	3	4	5	6	7
5. As long as I put in the effort, I can keep looking attractive.	1	2	3	4	5	6	7
6. As long as I know what's coming, it doesn't bother me too much to get older.	1	2	3	4	5	6	7
7. I get depressed when I think about what's coming as I get older.	1	2	3	4	5	6	7
8. I feel that I have some control over the effects of aging on my appearance.	1	2	3	4	5	6	7
9. I am not worried about getting older, because I trust that God will take care of me.	1	2	3	4	5	6	7
10. It is better to trust fate and good luck instead of worrying about getting older.	1	2	3	4	5	6	7
11. I look forward to the benefits of being older.	1	2	3	4	5	6	7
12. Understanding what will happen as I get older, makes it easier.	1	2	3	4	5	6	7

Scoring: Primary Control = items 1, 3 (reverse-scored), 5, 7 (reverse-scored), 8
 Secondary Control = items 2, 4, 6, 9, 10, 11, 12