

Measure of Primary, Secondary, Central, and Consequence-Related Control for Persons with HIV

Source: Thompson, S. C., Nanni, C., & Levine, A. (1994). Primary versus secondary and disease versus consequence-related control in HIV-positive men. *Journal of Personality and Social Psychology*, 64, 540-547.

This measure uses 24 outcomes covering three areas relevant to living with HIV: HIV infection, daily life, and medical care.

Sometimes people gain a sense of control over a particular area of their lives by actively trying to influence or change things that are going on in that area. For example, a person might do specific things to try and change his relationship with his family, like talking with them more frequently and trying to communicate important things. At other times, they gain a sense of control by trying to accept the way things are in a particular area of their lives. For example, a person might gain a sense of control over his relationship with his family by trying to accept that the members of his family have certain limitations and trying to be more tolerant of them. Often, people do both types of things at the same time. At other times, none of these things work, and people feel that they have no control in certain areas.

Listed below are items that may or may not be important areas of your life. For each, please answer the following two questions:

How much **control** do you have over this area of your life?

How much do you try to **accept** the way things are in this area of your life?

Response scale:

- 1 = not at all
- 2 = a little bit
- 3 = a moderate amount
- 4 = quite a bit
- 5 = a great deal

AREA OF LIFE	CONTROL	ACCEPT
1. Your feelings		
2. Your day-to-day activities		
3. How you feel physically		
4. The likelihood of developing AIDS		
5. Your relationship with your family		
6. Decisions about the medical care and treatment		
7. Your relationship with your friends		
8. The quality of medical care you receive		
9. The quality of your housing		
10. Additional exposure to HIV or other STDs		
11. Maintaining your quality of life		
12. The quality of information you receive about HIV		
13. The progression of HIV infection in your body		
14. Your nutrition		

15. Exposing others to HIV

AREA OF LIFE

CONTROL

ACCEPT

16. Avoiding HIV-related illness

17. The way you spend your time

18. The quality of your sexual life

19. Your general health

20. Your financial situation

21. Your appearance

22. HIV-related symptoms you may experience

23. Prolonging your life

24. Your life in general

Scale Scoring:

Primary Control: Control ratings

Secondary Control: Acceptance ratings

Central Control: Control ratings on items: 4, 10, 13, 16, 22, 23

Consequence-Related Control: Control ratings on items: 1, 2, 3, 5, 7, 9, 11, 17, 18, 19, 20, 21, 24

Cronbach's alphas in previous study:

Primary Control = .93

Secondary Control = .95

Central Control = .75

Consequence-Related Control: .87