

REGULATORY FOCUS QUESTIONNAIRE (HIGGINS ET AL., 2001)

(Also described as the Event Reaction Questionnaire)

This set of questions asks you **HOW FREQUENTLY** specific events actually occur or have occurred in your life. Please indicate your answer to each question by circling the appropriate number below it.

1. Compared to most people, are you typically unable to get what you want out of life?
- | | | | | |
|--------------------|---|-----------|---|---------------|
| 1 | 2 | 3 | 4 | 5 |
| never
or seldom | | sometimes | | very
often |
2. Growing up, would you ever "cross the line" by doing things that your parents would not tolerate?
- | | | | | |
|--------------------|---|-----------|---|---------------|
| 1 | 2 | 3 | 4 | 5 |
| never
or seldom | | sometimes | | very
often |
3. How often have you accomplished things that got you "psyched" to work even harder?
- | | | | | |
|--------------------|---|-------------|---|---------------|
| 1 | 2 | 3 | 4 | 5 |
| never
or seldom | | a few times | | many
times |
4. Did you get on your parents' nerves often when you were growing up?
- | | | | | |
|--------------------|---|-----------|---|---------------|
| 1 | 2 | 3 | 4 | 5 |
| never
or seldom | | sometimes | | very
often |
5. How often did you obey rules and regulations that were established by your parents?
- | | | | | |
|--------------------|---|-----------|---|--------|
| 1 | 2 | 3 | 4 | 5 |
| never
or seldom | | sometimes | | always |
6. Growing up, did you ever act in ways that your parents thought were objectionable?
- | | | | | |
|--------------------|---|-----------|---|---------------|
| 1 | 2 | 3 | 4 | 5 |
| never
or seldom | | sometimes | | very
often |
7. Do you often do well at different things that you try?
- | | | | | |
|--------------------|---|-----------|---|---------------|
| 1 | 2 | 3 | 4 | 5 |
| never
or seldom | | sometimes | | very
often |
8. Not being careful enough has gotten me into trouble at times.
- | | | | | |
|--------------------|---|-----------|---|---------------|
| 1 | 2 | 3 | 4 | 5 |
| never
or seldom | | sometimes | | very
often |
9. When it comes to achieving things that are important to me, I find that I don't perform as well as I ideally would like to do.
- | | | | | |
|---------------|---|-------------------|---|-----------------------|
| 1 | 2 | 3 | 4 | 5 |
| never
true | | sometimes
true | | very
often
true |
10. I feel like I have made progress toward being successful in my life.
- | | | | | |
|--------------------|---|---|---|-------------------|
| 1 | 2 | 3 | 4 | 5 |
| certainly
false | | | | certainly
true |
11. I have found very few hobbies or activities in my life that capture my interest or motivate me to put effort into them.
- | | | | | |
|--------------------|---|---|---|-------------------|
| 1 | 2 | 3 | 4 | 5 |
| certainly
false | | | | certainly
true |

RFQ Scoring Key:

The RFQ yields independent scores for Promotion and Prevention, both ranging from 1-5. There are 3 reverse-scored questions for the promotion subscale and 4 reverse-scored questions for the prevention subscale.

Six questions quantify Promotion and five questions quantify Prevention. Therefore, the promotion sums must be divided by 6, and the prevention sums must be divided by 5 in order to place scores for both orientations on the same 1-5 scale:

$$Promotion = [(6 - Q1) + Q3 + Q7 + (6 - Q9) + Q10 + (6 - Q11)] / 6$$

$$Prevention = [(6 - Q2) + (6 - Q4) + Q5 + (6 - Q6) + (6 - Q8)] / 5$$

Given a large enough sample, expect a correlation between Promotion and Prevention scores of $r = .11$