

## **Affective Control Scale**

K. Elaine Williams and Dianne L. Chambless

### **Bibliography**

- Berg, C.Z., Shapiro, N., Chambless, D. L., Ahrens, A. H. (1998). Are emotions frightening? II: An analogue study of fear of emotion, interpersonal conflict, and panic onset. Behaviour Research and Therapy, 36, 3-15.
- Williams, K. E. (1992). An analogue study of panic onset. Unpublished doctoral dissertation. Department of Psychology, American University, Washington, DC.
- Williams, K. E., Chambless, D. L., & Ahrens, A.H. (1997). Are emotions frightening? An extension of the fear of fear concept. Behaviour Research and Therapy, 35, 239-248.

### **Users' Agreement**

We are making this scale available for your clinical or research use. You may duplicate it as often as you wish for these purposes. However, we ask that you not download this measure unless you agree that you will not duplicate this measure for sale or publication without our express permission. If you choose to download this measure, you are agreeing to these terms.

For additional information, please contact Dianne L. Chambless, Ph.D., Department of Psychology, University of Pennsylvania, 425 S. University Avenue, Philadelphia PA 19104-6018 or [chambless@psych.upenn.edu](mailto:chambless@psych.upenn.edu). For written permission to use the ACS, please contact K. Elaine Williams, Ph.D., 8706 Etta Drive, Springfield, VA 22152 or [KEWpsych@msn.com](mailto:KEWpsych@msn.com).

### **Scoring Instructions**

To obtain the overall scale score, first convert the responses of reverse worded items, then compute the mean of all 42 responses. To convert the reverse-worded items, simply change a score of 1 to 7, a score of 2 to 6, a score of 3 to 5, a score of 5 to 3, a score of 6 to 2, and a score of 7 to 1. The responses for items number 4, 9, 12, 16, 17, 18, 21, 22, 27, 30, 31, and 38 should be converted.

To obtain subscale scores, compute the mean of the items making up that subscale after converting the responses of reverse worded items. Each subscale and the items corresponding to it are listed below. Items to be converted are marked "(R)."

Anger: 1, 8, 11, 16 ( R ), 28, 30 ( R ), 34, 39

Positive Affect: 2, 6, 10, 12 ( R ), 14, 18 ( R ), 22 ( R ), 23, 31 ( R ), 32, 36, 41, 42

Depressed Mood: 3, 4 ( R ), 13, 19, 25, 27 ( R ), 29, 37

Anxiety: 5, 7, 9 ( R ), 15, 17 ( R ), 20, 21 ( R ), 24, 26, 33, 35, 38 ( R ), 40

Psychometric Properties of the Affective Control Scale with Undergraduate Samples

<u>Scale</u>	<u>Cronbach's Alpha</u>	<u>2-week test-retest r</u>
Overall scale	0.94	0.78
	( <u>n</u> =66)	( <u>n</u> =43)
Overall scale omitting anxiety items	0.92	0.77
	( <u>n</u> =66)	( <u>n</u> =43)
<u>Subscales</u>		
Anger	0.72	0.73
	( <u>n</u> =66)	( <u>n</u> =44)
Depressed Mood	0.91	0.76
	( <u>n</u> =66)	( <u>n</u> =46)
Anxiety	0.89	0.77
	( <u>n</u> =66)	( <u>n</u> =46)
Positive	0.84	0.66
	( <u>n</u> =66)	( <u>n</u> =45)

Source: Williams (1992). See Berg et al. (1998) for additional psychometric research.

Construct Validity - Overall Scale

	<u>r</u>	<u>n</u>
Marlow-Crowne Social Desirability Index (Discriminant Validity	-0.17 <sup>ns</sup>	65
Emotional Control Questionnaire (Convergent Validity)	-0.72 <sup>***</sup>	65

\*\*\*  $p < .001$

Source: Williams (1992). See Berg et al. (1998) for additional psychometric research.

DISTRIBUTION CHARACTERISTICS, FINAL ACS VERSION  
COLLEGE STUDENT SAMPLE

---

<u>Scale</u>	<u>Mean</u>	<u>S.D.</u>	<u>Min.</u>	<u>Max.</u>	<u>D*</u>	<u>n</u>
Overall Scale	3.37	0.78	1.57	6.40	.11	66
Overall scale minus anxiety	3.32	0.79	1.59	6.48	.08	68
<u>Subscales</u>						
Anger	3.73	0.86	1.75	6.75	.09	77
Depressed Mood	3.19	1.22	1.00	6.75	.10	74
Anxiety	3.51	0.84	1.54	6.23	.09	76
Positive	3.14	0.76	1.54	6.15	.10	71

\*D statistic for test of normality. Each scale and subscale appear to be normally distributed.

---