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Personality Characteristics Which Predispose Potentially Self-Destructive Behaviors

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Personality Characteristics Which Predispose

Potentially Self-Destructive Behaviors

A Thesis

The Honors Program

College of St. Benedict/St. John's University

In Partial Fulfillment

of the Requirements for the Distinction "All College Honors"

and the Degree of Bachelor Arts

In the Department of Psychology

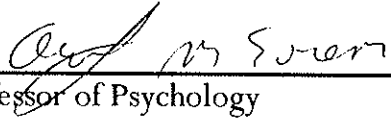
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Ann F. Schumacher

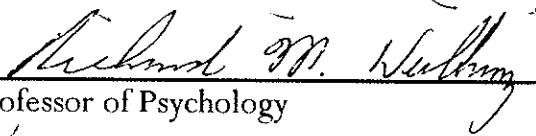
May, 1998

Personality Characteristics Which Predispose
Potentially Self-Destructive Behaviors

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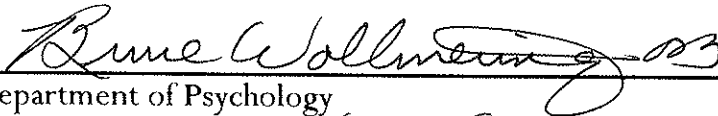
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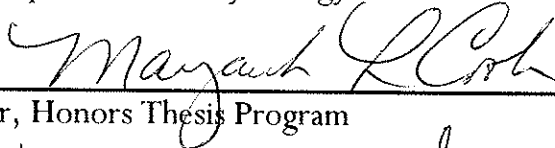
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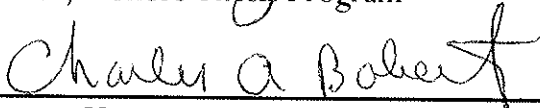
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Running Head: DESTRUCTIVE BEHAVIORS

Personality Characteristics which Predispose

Potentially Self-Destructive Behaviors

Ann F. Schumacher

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Abstract

In the college setting, many adolescents choose to engage in potentially self-destructive behaviors such as smoking, drinking, and body piercing, despite the associated risks. It is hypothesized that the tendency to participate in these behaviors is correlated with personality characteristics. Personality tests measuring sensation seeking, locus of control, and impulsiveness, along with three scales measuring the tendency to participate in three self-destructive behaviors: smoking, drinking, and body decoration, were administered to 102 college-aged students. Results showed that most of the self-destructive behaviors were negatively correlated with subscales of the sensation seeking measure. One possible explanation of these results would be the conservative, Catholic, campus culture of the university. However, more research is necessary to substantiate this type of group difference.

Personality Characteristics which Predispose
Potentially Self-Destructive Behaviors

Human adolescence is a period of immense change marked with new opportunities and an imposing array of choices. Group cohesion is a crucial aspect of daily living, and many students abandon their better judgment to intentionally participate in potentially self-destructive in an attempt to ensure their position in the social hierarchy (Bauman & Ennett, 1994). While drinking and smoking are the typical self-destructive behaviors in which adolescents participate, cohesive behaviors have taken a turn toward mainstreaming deviancy type behaviors. The prevalence of body piercing, tattooing, and other forms of body decoration mark the emergence of a new culture, and could reflect a growing acceptance for sadomasochism in mainstream culture (Leo, 1995). Furthermore, current research has shown increases in the more common self-destructive behaviors of smoking, drinking, and drug use (Johnston, Bachman, & O'Malley, 1995a; 1995b; Jenkins, 1996). Even more recently, some declines have occurred.

The choice of adolescents to willfully participate in destructive behaviors is not clouded by a lack of information or education. Despite the tobacco industry's constant efforts to downplay or deny the evident correlations between smoking and lung cancer, emphysema, and ultimate death, most Americans are quite aware of the risks (CDC's Tobacco Information, 1997). In fact, the US Congress passed

legislation to 1) require a health warning on cigarette packages, 2) ban cigarette advertising in the broadcasting media, and 3) call for an annual report on the health consequences of smoking, in 1965. For the past 30 years these efforts have prevented approximately 42 million Americans from starting to smoke, but for some reason, adolescents and young adults have not reaped the same benefits from these measures (CDC's Tobacco Information, 1997).

Research also reveals that adolescents are knowledgeable about tattoos and the process of tattooing, and are aware that viral transmissions and physical disfigurement are possible risks of body piercing and tattooing (Durkin & Carroll, 1995). Heavy restrictions have been placed on tattoo parlors in order to reduce the risk of such viral transmissions as Hepatitis B, HIV, and AIDS. Young adults realize the detrimental effect tattoos could have on their health as well as their future employability. Still, numerous accounts of infections, ripping of the flesh, and deformities due to body piercings have kept plastic surgeons increasingly busy (USA Today, 1996).

It seems that the dangerous nature of behaviors in which adolescents choose to engage is not a deterrent to their use. The question remains as to what factors could override the physical liabilities that come as a result of participating in a self-destructive behavior. This study investigates three personality traits that might

predispose individuals to self-destructive behaviors. They are sensation seeking, locus of control, and impulsiveness.

Sensation Seeking

High sensation seeking has been correlated with alcohol abuse (Beck, Mahoney, Bromley, Thombs, & Bezon, 1994), substance use (Wood, Chochran, Pfefferbaum, & Arnklev, 1995), risky sexual behavior (Kalichman, Heckman, & Kelly, 1994), and nicotine dependence (Carton, Jouvent, & Widlocher, 1994). Research suggests that sensation seeking is a multidimensional personality construct operationalized by subscales that identify different genotypic foundations of sensation seeking (Zuckerman, 1979a; 1979b; 1979c; Fey, Orlebeke, Ganzendam, & Van Zuilen, 1985). Within Zuckerman's Sensation Seeking Scale V (1984), four dimensions can be distinguished. The first dimension, Experience, inquires about the participant's past sensation seeking type behaviors. The second dimension, Intention, uses the same statements as the Experience scale and asks about the participants' willingness to partake in sensation seeking behaviors in the future. The third and fourth dimensions (Thrill and Adventure Seeking and Disinhibition) are found within the first two dimensions of Experience and Intention (see Figure 1). High Thrill and Adventure Seeking scores describe individuals who have a strong desire to engage in physical activities involving danger or risk. Those who score high on Disinhibition can be described as having a need to seek release in uninhibited

social and/or sexual activities, and do so with or without the inclusion of alcohol or drugs (De Brabander, et. al., 1996).

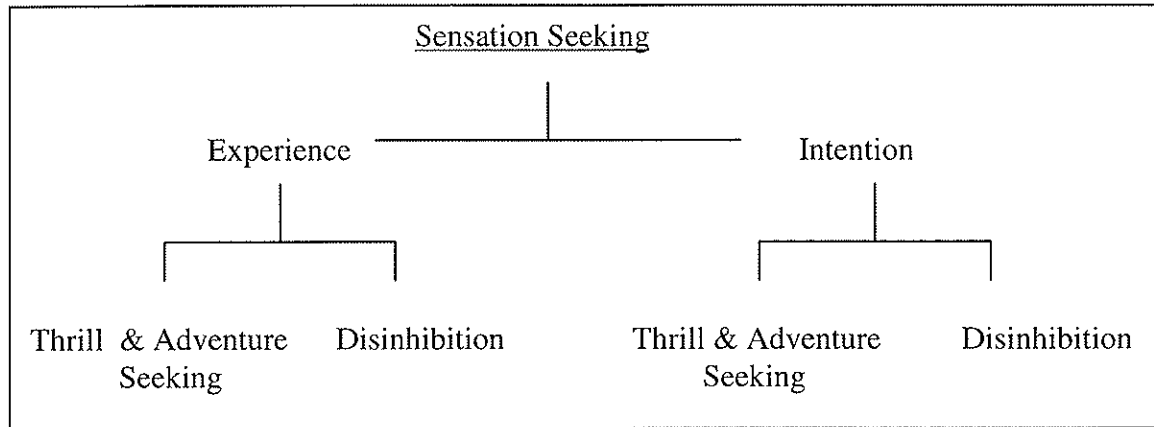


Figure 1: Sensation seeking scales including measures of previous experience with behaviors and the likelihood individuals will do them in the future.

Locus of Control/Invincibility

Locus of control is a personality construct that refers to an individual's sense of control over life outcomes. Persons with an Internal locus of control believe they are masters of their fate and are thereby able to control life outcomes, whereas persons with an External locus of control believe that they are pawns of fate and external factors control their life experiences. It is hypothesized that individuals who engage in self-destructive behaviors have an internal locus of control. This conjecture is based on the research supporting the common adolescent feeling of invincibility in dangerous situations. Teenagers drive drunk, participate in risky sex, smoke, and overall make dangerous decisions under the assumption that the possible negative outcomes of the situation do not apply to them, or that they have control over them (Gerrard & Warner, 1994; Millstein, 1993).

Locus of control in my study was measured by Levenson's I,P,C Scale (Levenson, 1981). The scale reflects a person's general expectations for the future with regard to one's own internal power, the power of chance, and the power of others in determining life outcomes. The Internal scale is most closely related to Rotter's I-E scale (Rotter, 1966), where it measures an individual's perception of personal control over life outcomes, i.e. someone with an internal locus of control will believe that s/he is the master of her/his own destiny. The Powerful Others scale is more of a sociological scale. It measures individuals' perceptions of life in a society where powerful people can have an impact on our lives. The Chance scale is a fatalist approach to life control. It measures the extent to which people believe that life outcomes are determined by fate, chance, or destiny.

Impulsiveness

It is generally believed that adolescents participate in destructive behaviors in response to peer pressure and/or personal impulsiveness, but it can be argued that individuals instead, deliberately choose to get a tattoo on their shoulder, or get a tongue ring, or take a cigarette, or get drunk, or smoke marijuana. Although people become addicted to substances such as nicotine through regular use, or might have a genetic predisposition for alcoholism, they must initially decide to participate in those behaviors. Therefore, it is expected that individuals in the present study who score high on sensation seeking would score correspondingly low on impulsiveness.

The Barratt Impulsiveness Scale (BIS-11) is the measure of impulsiveness used in this study (Patton, Stanford, & Barratt, 1995). The scale measures responses to statements that characterize impulsive behaviors. Scale items describe behaviors such as acting without thinking, making quick cognitive decisions, and having a “present” orientation or a lack of “futuring.”

Hypotheses

The study’s premise is that certain personality characteristics predispose a person to engage in self-destructive behaviors despite our society’s warnings against them. There are four hypotheses. First, high levels of self-destructive behavior will be positively correlated with sensation seeking behaviors. Second, internal locus of control will be positively correlated with self-destructive behaviors. Third, low impulsiveness will be positively correlated with high levels of behaviors. Finally, a combination of these traits will provide the most powerful means of predicting self-destructive behavior when combined in the form of a multiple regression analysis.

Method

Participants

Volunteers for this study were solicited from upper division core classes at a small (pop. 3,600), private, liberal arts college in the upper Midwest. Students were all juniors or seniors ranging from 20 to 23 years of age. The college attracts primarily Caucasian, Catholic, upper-middle class students from the upper Midwest.

The study included 101 students (54 female and 41 male) who either brought the testing packet home to complete, attended a separate testing session in the evening, or completed the testing packet during a class period. Refreshments were served during the evening testing period.

Materials

Three scales were developed by the author to measure participant's behaviors and opinions on smoking, drinking, and body decoration (Appendix). A combined score on these three dependent variables comprise the overall "Destructive Behavior" variable. For each scale, twelve statements were printed separately on 3x5" index cards describing separate positions of high to low acceptance of the same behavior. For the drinking scale, the highest (or most liberal) statement was: "I drink to the point where I shouldn't drive 4-6 times a week" while the lowest or most conservative statement was: "No one should ever drink." For the smoking scale, the most liberal statement was: "I smoke more than 2 packs a day" while the most conservative statement was: "Smoking should be banned." For the body decoration scale, the most liberal statement was: "I have two or more *highly visible* tattoos or body pierces. (*Highly visible implies not easily hidden)" while the most conservative statement was: "Tattoos and body piercing should be condemned."

Sensation Seeking was measured by Marvin Zuckerman's Sensation Seeking Scale, Form VI (Zuckerman, 1984). The scale was designed to assess two

dimensions of sensation seeking, each with two subfactors. Of 128 items, the first 64 (Part 1) make up the first dimension; an Activities – Experience scale.

Participants are asked to indicate whether or not they have ever engaged in the particular activity described in the item. The response options are: (A) I have never done this; (B) I have done this once; and (C) I have thought of doing this more than once. Items 65-128 comprise the second dimension (Part II - Intention) of the sensation seeking scale, which measures participant's intention or desire for future sensation seeking experiences. The response options for this section are: (A) I have no desire to do this; (B) I have thought of doing this but will probably not do it; and (C) I have thought of doing this and will do it if I have the chance. In scoring both scales, each response is weighted: A=1, B=2, and C=3. The weighted responses for each subscale are totaled, which constitutes the raw score for that scale. The items for the scales were selected on the bases of factor analyses of 80 items listed twice, once for the Experience section and once for the Intentions section (see Zuckerman, 1984b for a description of scale development).

Twenty-two items on each scale constitute the Thrill and Adventure Seeking scale. The types of activities described include: parachute jumping, flying an airplane, scuba diving, snorkeling, horseback riding, sailing long distances, exploring caves, skiing, racing cars, and backpacking. The remaining 42 items comprise the Disinhibition scale. The activities described in the items involve sexual activity,

heavy drinking, drug use and doing illegal or dangerous things without regard for possible consequences. Reliabilities for three samples of college students and test-retest reliabilities for one sample retested after a 7-week interval are as follows. For Experience-Disinhibition, Intention-Thrill and Adventure Seeking, and Intention-Disinhibition scales the alphas ranged from .83 to .94. The alphas for Experience-Thrill and Adventure Seeking were lower, ranging from .62 to .66. Test-Retest reliabilities were high for all scales ranging from .84 for Intention-Thrill and Adventure Seeking to .93 for Experience-Thrill and Adventure Seeking and Experience-Disinhibition scales (Zuckerman, 1984).

Locus of Control was measured with Hanna Levenson's I,P,C scale (Levenson, 1972). The I (Internal) scale measures the extent to which people believe that they have control over their own lives (e.g., "When I make plans, I am almost certain to make them work"); the P scale deals with powerful others (e.g., "In order to have my plans work, I make sure that they fit in with the desires of people who have power over me"); and the C scale is concerned with perceptions of chance control (e.g., "It's not wise for me to plan too far ahead because many things turn out to be a matter of good or bad luck"). The scale was presented as a Likert format where participant's response options range from strongly disagree to strongly agree (from -3 to +3, including a mid point of 0). A constant of 24 was added to eliminate negative values, which resulted in a range from 0-48. High scores on each

subscale are interpreted as indicating high expectations of control by the source designated. Low scores reflect tendencies *not* to believe in that locus of control. For a student sample (N=152) Kuder-Richardson reliabilities yielded .64 for the I Scale, .77 for the P Scale, and .78 for the C Scale (Levenson, 1974). Test-retest reliabilities for a 1-week period are in the .60-.79 range (Levenson, 1973a). The validity of the I,P, and C Scales has been demonstrated through convergent and discriminant methods (Campbell & Fiske, 1959) that are designed to show significant low-order correlations with other measures of the general construct as well as a pattern of theoretically expected positive and negative relationships with other variables (Lefcourt, 1981).

Impulsiveness was measured through Barratt's Scale of Impulsiveness, the BIS-11. The BIS-11 measure was created by revising the B-10 to identify factor structure among test items. However, for this research, total scores for impulsiveness were used instead of factors of the scale. The BIS-11 is a 30-item self-report questionnaire designed to measure impulsiveness (Patton, Stanford, & Barratt, 1995). All items are answered on a 4-point scale (Rarely/Never, Occasionally, Often, Almost Always/Always). Items are scored 1,2,3,4; with 4 indicating the most impulsive response. The higher the summed score for all items and the higher the level of impulsiveness. To avoid a response set, selected items had been worded to indicate nonimpulsiveness and were scored accordingly. Research

suggests that the total score of the BIS-11 is an internally consistent measure of impulsiveness with correlations between .79 and .83 (Patton, Stanford, & Barratt, 1995).

Procedure

Data was gathered from a randomly selected group of students (N=102) in upper division classes of a private, undergraduate college. Students who took home testing packets were read the directions of the test aloud as well as given written directions, while students who completed the testing packets in class or during an evening session of testing (the large majority) were orally given the testing directions and were allowed to ask the researcher questions for clarification. The testing packets contained the following: 1) a small sheet where year in school and sex were marked; 2) the Barratt scale and the Levenson scale where answers were written directly on the test; 3) the Zuckerman scale along with a bubble sheet to use for marking answers; 4) three envelopes, separately marked as "Drinking Behaviors and Opinions," "Smoking Behaviors and Opinions," and "Body Decoration Behaviors and Opinions" with statements on index cards inside, and 5) one final envelope marked "My Choices." Students were asked to complete the personality tests according to the directions on the test and then to choose one statement from the smoking, drinking, and body decoration scales that best described them most of the time.

Students were then to place the three most descriptive behavior and opinion statements in the envelope marked "My Choices."

Results

A stepwise multiple regression was used to find correlations between each independent variable with each of the three dependent variables plus the overall destructive behavior score. Correlations that were not significantly significant were deleted from the analysis. Only one independent variable correlated significantly with each dependent variable. These correlations were then treated as Pearson's correlation coefficients as shown in Tables 1-3.

Table 1

Summary of Hierarchical Regression Analysis for Dependent Variables Predicting College Student's Destructive Behaviors: All-Subjects (N = 102)

Smoking	<u>B</u>	<u>SE B</u>	β
Step 1			
Experience – Sensation Seeking	-6.20E-02	.014	-.416**
Drinking	<u>B</u>	<u>SE B</u>	β
Step 1			
Disinhibition – Intention (SSS)	-6.40E-02	.011	-.491**
Body Decoration	<u>B</u>	<u>SE B</u>	β
Step 1			
Impulsiveness	4.224E-02	.016	.249*
Total Destructive Behavior Scores	<u>B</u>	<u>SE B</u>	β
Step 1			

Disinhibition – Experience (SSS)	-6.14E-02	.010	-.533**
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Note: SSS = Sensation Seeking Scale; * $p < .05$, ** $p < .01$

Table 2

Summary of Hierarchical Regression Analysis for Dependent Variables Predicting College Student's Destructive Behaviors: Males (N = 41)

Smoking	<u>B</u>	<u>SE B</u>	β
Step 1			
Disinhibition – Intention (SSS)	-8.70E-02	.022	-.543**

Drinking	<u>B</u>	<u>SE B</u>	β
Step 1			
Disinhibition – Intention (SSS)	-6.81E-02	.018	-.520**

Body Decoration	<u>B</u>	<u>SE B</u>	β
Step 1			
Impulsiveness	.108	.025	.566**

Total Destructive Behavior Scores	<u>B</u>	<u>SE B</u>	β
Step 1			
Disinhibition – Experience (SSS)	-7.15E-02	.014	-.633**

Note: SSS = Sensation Seeking Scale; * $p < .05$, ** $p < .01$

Table 3

Summary of Hierarchical Regression Analysis for Dependent Variables Predicting College Student's Destructive Behaviors: Females (N = 53)

Smoking	<u>B</u>	<u>SE B</u>	β
Step 1			
Experience – (SSS)	-7.17E-02	.020	-.445**

Drinking	<u>B</u>	<u>SE B</u>	β
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Step 1			
	<u>B</u>	<u>SE B</u>	<u>β</u>
Disinhibition – Experience (SSS)	-7.74E-02	.018	-.510**
Step 1			
	<u>B</u>	<u>SE B</u>	<u>β</u>
Disinhibition – Experience (SSS)	-3.84E-02	.017	-.308*
Total Destructive Behavior Scores			
	<u>B</u>	<u>SE B</u>	<u>β</u>
Step 1			
Disinhibition – Experience (SSS)	-6.57E-02	.014	-.546**

Note: SSS = Sensation Seeking Scale; * $p < .05$, ** $p < .01$

Table 4

Summary of Self-Destructive Behavior Correlations vs. Personality Characteristics

	<u>Smoking</u>	<u>Drinking</u>	<u>Body Decoration</u>	<u>Total Destr. Behaviors</u>
Experience (SSS)	-.416*	-.435**	-.205*	-.516*
Thrill and Adv./ Experience (SSS)	-.216*	-.202*	.017	-.234*
Disinhibition/ Experience (SSS)	-.415**	-.465**	-.231*	-.533**
Intention (SSS)	-.079	-.026	.021	-.048
Thrill and Adv./ Intention (SSS)	-.117	-.183	.011	-.163
Disinhibition/ Intention (SSS)	-.379**	-.491**	-.183	-.483**
Locus of Control - Internal	-.177	-.157	-.058	-.208*
Locus of Control – Powerful Other	.026	-.007	-.089	-.004

Locus of Control - Chance	.008	-.017	-.011	.020
Impulsiveness	.082	.220*	.249*	.247*
Student Sex	-.056	.052	-.116	-.052

Note: SSS = Sensation Seeking Scale; * $p < .05$, ** $p < .01$

Discussion

Not only were the original hypotheses of the research not supported, the results obtained were *opposite* of those hypothesized. Where it was assumed that most of the independent variables would be at least moderately correlated with the dependent variables, in reality only one independent variable was significantly correlated with each dependent variable for each population (males, females, and all participants). In short, where positive correlations were anticipated between the dependent and independent variables, either negative or no correlations were found.

It was the researcher's belief that sensation seeking along with its subscales and internal locus of control would show high positive correlations with self-destructive behaviors. There was a significant correlation between self-destructive behaviors and the sensation seeking subscales of Experience, Intention-disinhibition, and Experience-disinhibition. While it was a significant correlation, contrary to the original hypothesis, it was unexpectedly negative. Locus of Control was not significantly correlated with any type of destructive behavior for men or women. Furthermore, it was originally hypothesized that impulsiveness would have a

significant negative correlation with self-destructive behaviors, but the correlation was, in fact, positive, especially for males.

An accurate explanation for the results would require more research on personality characteristics that might have a correlation with self-destructive behaviors as well as research investigating group differences in college populations. Group differences are found only when there is a restriction of range in the population, and with an N of 102 my population was considered representative. Therefore, it would be presumptuous to suppose that the culture of this campus could skew data enough to create negative correlations when intuitions (and my hypotheses) assume they would be positive. However, with the data I have before me, student population is the only potential explanation I can currently make for the results I found. All assumptions made are unsubstantiated.

Most of the participants in my study (approx. 80%) were Catholic. There is a level of conservatism that is associated with the Catholic tradition that excludes drug use and unconventional sexual practices. Within the 42 items on the Disinhibition subscale of Sensation Seeking, over half of them refer to drug use, (i.e., "Trying the drug LSD,") or sex (i.e., "Having sexual intercourse with more than one person on the same day,") and numerous others are closely related (i.e., "Doing what feels good regardless of the consequences"). While the scores on this scale were low – especially for men, still, the incidence of destructive behaviors (especially drinking)

was high among the population. It seems as if the campus culture is one where drinking alcohol is tolerated, if not encouraged. The students here perceive smoking and drinking to be somewhat of a “safe release” through their high social acceptance. This would seem to be true for both men and women, as the correlated independent variable was the same (experience-disinhibition) and the coefficients were similar.

It was interesting to note that the independent variables that correlated most strongly with smoking and drinking for females were Experience and Experience-disinhibition, while for males it was Intention-disinhibition. The researcher believes that these results reflect a gender difference in the social acceptability of promiscuous and other unconventional behaviors. High scores in negative correlations imply rejection of a self-destructive behavior. Therefore, one would assume that men have had more experience with destructive behaviors, but do not intend to make them a habit. However, it would seem that women might have felt detained from experimenting with nontraditional sexual practices and/or drug use, and instead have been culturally restricted to drinking and smoking as social releases.

Results show that the hypothesis that destructive behaviors are performed in a deliberate way is not supported – especially in the case of body decoration for men. It seems that men are highly impulsive when it comes to body piercing and tattooing. So impulsive in fact, that their scores on impulsiveness increase the All Subjects responses for that measure, which overrides the influence of the greater number of

females included in the study. On the other hand, women had a negative correlation with impulsiveness, which would imply that they are very deliberate in their body piercing decisions. Their high scores on the body piercing scale are attributed to the increasing social acceptability of having a highly visible earring in the upper part of the ear.

Overall, it seems that my study could be more a reflection of a Catholic college culture than a study of personality. While few personality characteristics were correlated with student's destructive behaviors, the social environment seemed to dictate the cultural norm. Although the results are contrary to the original intent of the study, they suggest some interesting options for future research. An obvious pursuit would be to administer the same tests to a larger, more diverse population. Results from the same testing methods with an urban, public population of college students with an N of more than 100 could possibly verify a restriction of range in the campus used in this study. It could also show a much different cultural norm and possibly even more correlations between destructive behaviors and personality characteristics. Another option for the future would be choosing any number of different personality characteristics that might be impacting students' choices to behave destructively. Finally, the concept of immortality and/or attitude in college students could be focused on rather than personality characteristics for an explanation of motivations for self-destructive behaviors.

The creation of the three new scales for self-destructive behaviors within this research project offers yet another opportunity for related research in the future. Further testing for reliability and validity could be done, along with testing on different populations. It would also be advantageous for research to be done to further clarify and develop the items on each of the Behavior and Opinion scales. Several of the items on the current scales pose analytical problems because they are chosen so frequently by subjects. They, in essence, create a level distribution curve, which leads to non-descriptive results. For example, the statement “I am a female with one or two sets of pierces in my ears” was chosen by 64% of the females who were tested. Furthermore, the smoking and drinking scales tended to create a Bimodal frequency distribution, which could be investigated in future research.

While the link between personality and destructive behaviors may still be in question, the present research makes a strong reference to the power of the college culture. Students who attend a college or university where drinking and smoking are socially acceptable and even encouraged might have a more difficult time evading their lure. A strong culture will draw social activities and events toward destructive opportunities and away from those who choose not to participate, which makes socializing difficult. For colleges of a secular nature, this phenomenon could be just as easily linked to smoking pot or doing other more life-threatening drugs. It is assumed that the conservative, religious nature of the campus keeps destructive

activities from becoming illegal (besides underage drinking). In order to keep campuses safe through education and alternate activities, these types of cultures must be taken very seriously. The power of the culture could clearly reign over the power of the individual if its capacities are not counterbalanced.

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APPENDIX A – BEHAVIOR AND OPINION SCALES:
SMOKING, DRINKING, BODY DECORATION

To ensure validity of these three scales, statements were given to male and female students who were asked to place the index card statements in a logical descending order from most destructive or liberal behavior to least destructive or conservative opinion. This process was repeated three times with 20 participants each time. After each round, changes were made to the order and syntax, to improve item clarity and regain consistency between subjects. After the third round, ranked responses were averaged from each of the 20 students. These mean ranks were used as weighted scores on the three scales measuring the destructive behaviors of smoking, drinking, and body decoration. Final statements and their weighted values for N=102 are as follows:

Smoking Behavior and Opinion Scale

1) I smoke more than two packs a day	1.0
2) I smoke more than one pack but less than two packs a day	2.05
3) I smoke one pack a day	2.95
4) I smoke less than one pack a day	4.0
5) I smoke mostly on the weekends	5.35
6) I don't often buy cigarettes, but will occasionally bum one from someone	6.55
7) I don't buy cigarettes, but will smoke one if it is offered to me	6.85
8) I have smoked a few times	7.8
9) I have smoked once	8.9
10) I have never tried smoking, but would under the right circumstances	9.75
11) I will never try smoking	11.1
12) Smoking should be banned	11.7

Drinking Behavior and Opinion Scales

1) I drink to the point where I shouldn't drive 4-6 times a week	1.0
2) I drink to the point where I shouldn't drive 2-3 times a week	2.05
3) I drink to the point where I shouldn't drive less than 2 times a week	3.1
4) I drink to get a buzz 2-3 times a week	3.95
5) I drink socially* 2-3 times a <i>week</i>	5.0
6) I drink socially* 2-3 times a <i>month</i>	6.05
7) I have drunk alcohol with my friends less than 5 times in my life	7.25
8) I have drunk alcohol only in the presence of my parents	8.1
9) I have never thought to drink alcohol, but would under the right conditions	8.55
10) I have never drunk alcohol	10.15
11) I will never drink alcohol	11.05
12) No one should ever drink alcohol	11.75

*"socially" means having no more than the legal limit for driving

Body Decoration Behavior and Opinion Scale

1) I have two or more <u>highly visible</u> * tattoos &/or body pierces	1.2
2) I have one <u>highly visible</u> * tattoo &/or body pierce	2.35
3) I have two or more <u>easily concealed</u> ** tattoos &/or body pierces	3.45
4) I have one <u>easily concealed</u> ** tattoo &/or body pierce	5.0
5) I am a male with two pierced ears	4.45
6) I am a male with one pierced ear	5.8
7) I am a female with one or two sets of pierces in my ears	7.35
8) I don't have any tattoos or pierces, but would consider tattooing or piercing	7.8
9) I wouldn't have any tattoos or pierces, but it's OK that others do <u>in any way they want</u>	8.0
10) I wouldn't have any tattoos or pierces, but it's OK that others do <u>when not visible</u>	9.55
11) I wouldn't have any tattoos or pierces and don't like them on other people	11.0
12) Tattoos and body piercing should be condemned	11.95

*"highly visible" means not easily concealed
**"Easily concealed" means not visible or easily hidden