

## **Affective Control Scale**

K. Elaine Williams and Dianne L. Chambless

### **Bibliography**

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### **French Version of the ACS**

Pierre Lamy has translated the ACS into French. The link for the pdf is included below. Dr. Lamey may be contacted at Service Universitaire de Psychiatrie et de Psychologie Médicale, Hôpital de Casselardit, TSA 40031, 31059 Toulouse France, or via Internet: [pierrelamy52@orange.fr](mailto:pierrelamy52@orange.fr).

Return to the Questionnaire Index page to download the French ACS.

## 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

## Affective Control Scale <sup>1,2</sup> ©

ID \_\_\_\_\_

Date \_\_\_\_\_

Please rate the extent of your agreement with each of the statements below by circling the appropriate number below each statement.

1	2	3	4	5	6	7
very strongly disagree	strongly disagree	disagree	neutral	agree	strongly agree	very strongly agree

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1. I am concerned that I will say things I'll regret when I get angry.

1                      2                      3                      4                      5                      6                      7

2. I can get too carried away when I am really happy.

1                      2                      3                      4                      5                      6                      7

3. Depression could really take me over, so it is important to fight off sad feelings.

1                      2                      3                      4                      5                      6                      7

4. If I get depressed, I am quite sure that I'll bounce right back.

1                      2                      3                      4                      5                      6                      7

5. I get so rattled when I am nervous that I cannot think clearly.

1                      2                      3                      4                      5                      6                      7

6. Being filled with joy sounds great, but I am concerned that I could lose control over my actions if I get too excited.

1                      2                      3                      4                      5                      6                      7

7. It scares me when I feel "shaky" (trembling).

1                      2                      3                      4                      5                      6                      7

1	2	3	4	5	6	7
very strongly disagree	strongly disagree	disagree	neutral	agree	strongly agree	very strongly agree

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8. I am afraid that I will hurt someone if I get really furious.

1	2	3	4	5	6	7
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9. I feel comfortable that I can control my level of anxiety.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

10. Having an orgasm is scary for me because I am afraid of losing control.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

11. If people were to find out how angry I sometimes feel, the consequences might be pretty bad.

1	2	3	4	5	6	7
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12. When I feel good, I let myself go and enjoy it to the fullest.

1	2	3	4	5	6	7
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13. I am afraid that I could go into a depression that would wipe me out.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

14. When I feel really happy, I go overboard, so I don't like getting overly ecstatic.

1	2	3	4	5	6	7
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15. When I get nervous, I think that I am going to go crazy.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

16. I feel very comfortable in expressing angry feelings.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

1	2	3	4	5	6	7
very strongly disagree	strongly disagree	disagree	neutral	agree	strongly agree	very strongly agree

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- |     |  |   |   |   |   |   |   |
|-----|--|---|---|---|---|---|---|
| 17. | I am able to prevent myself from becoming overly anxious.                |   |   |   |   |   |   |
|     | 1  | 2 | 3 | 4 | 5 | 6 | 7 |
| 18. | No matter how happy I become, I keep my feet firmly on the ground.       |   |   |   |   |   |   |
|     | 1  | 2 | 3 | 4 | 5 | 6 | 7 |
| 19. | I am afraid that I might try to hurt myself if I get too depressed.      |   |   |   |   |   |   |
|     | 1  | 2 | 3 | 4 | 5 | 6 | 7 |
| 20. | It scares me when I am nervous.  |   |   |   |   |   |   |
|     | 1  | 2 | 3 | 4 | 5 | 6 | 7 |
| 21. | Being nervous isn't pleasant, but I can handle it.                       |   |   |   |   |   |   |
|     | 1  | 2 | 3 | 4 | 5 | 6 | 7 |
| 22. | I love feeling excited -- it is a great feeling.                         |   |   |   |   |   |   |
|     | 1  | 2 | 3 | 4 | 5 | 6 | 7 |
| 23. | I worry about losing self-control when I am on cloud nine.               |   |   |   |   |   |   |
|     | 1  | 2 | 3 | 4 | 5 | 6 | 7 |
| 24. | There is nothing I can do to stop anxiety once it has started.           |   |   |   |   |   |   |
|     | 1  | 2 | 3 | 4 | 5 | 6 | 7 |
| 25. | When I start feeling "down," I think I might let the sadness go too far. |   |   |   |   |   |   |
|     | 1  | 2 | 3 | 4 | 5 | 6 | 7 |
| 26. | Once I get nervous, I think that my anxiety might get out of hand.       |   |   |   |   |   |   |
|     | 1  | 2 | 3 | 4 | 5 | 6 | 7 |

1	2	3	4	5	6	7
very strongly disagree	strongly disagree	disagree	neutral	agree	strongly agree	very strongly agree

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27. Being depressed is not so bad because I know it will soon pass.

1                    2                    3                    4                    5                    6                    7

28. I would be embarrassed to death if I lost my temper in front of other people.

1                    2                    3                    4                    5                    6                    7

29. When I get "the blues," I worry that they will pull me down too far.

1                    2                    3                    4                    5                    6                    7

30. When I get angry, I don't particularly worry about losing my temper.

1                    2                    3                    4                    5                    6                    7

31. Whether I am happy or not, my self-control stays about the same.

1                    2                    3                    4                    5                    6                    7

32. When I get really excited about something, I worry that my enthusiasm will get out of hand.

1                    2                    3                    4                    5                    6                    7

33. When I get nervous, I feel as if I am going to scream.

1                    2                    3                    4                    5                    6                    7

34. I get nervous about being angry because I am afraid I will go too far, and I'll regret it later.

1                    2                    3                    4                    5                    6                    7

35. I am afraid that I will babble or talk funny when I am nervous.

1                    2                    3                    4                    5                    6                    7

1	2	3	4	5	6	7
very strongly disagree	strongly disagree	disagree	neutral	agree	strongly agree	very strongly agree

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36. Getting really ecstatic about something is a problem for me because sometimes being too happy clouds my judgment.

1	2	3	4	5	6	7
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37. Depression is scary to me -- I am afraid that I could get depressed and never recover.

1	2	3	4	5	6	7
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38. I don't really mind feeling nervous; I know it's just a passing thing.

1	2	3	4	5	6	7
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39. I am afraid that letting myself feel really angry about something could lead me into an unending rage.

1	2	3	4	5	6	7
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40. When I get nervous, I am afraid that I will act foolish.

1	2	3	4	5	6	7
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41. I am afraid that I'll do something dumb if I get carried away with happiness.

1	2	3	4	5	6	7
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42. I think my judgment suffers when I get really happy.

1	2	3	4	5	6	7
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1. The following items are adapted from the Agoraphobic Cognitions Questionnaire (Chambless et al., 1984): 15, 33, 35, 40.

2. The following items are taken from the Reiss-Epstein-Gursky Anxiety Sensitivity Index: 7 and 20.

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## 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 ( <u>n</u> =66)	0.78 ( <u>n</u> =43)
Overall scale omitting anxiety items	0.92 ( <u>n</u> =66)	0.77 ( <u>n</u> =43)
<u>Subscales</u>		
Anger	0.72 ( <u>n</u> =66)	0.73 ( <u>n</u> =44)
Depressed Mood	0.91 ( <u>n</u> =66)	0.76 ( <u>n</u> =46)
Anxiety	0.89 ( <u>n</u> =66)	0.77 ( <u>n</u> =46)
Positive	0.84 ( <u>n</u> =66)	0.66 ( <u>n</u> =45)

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

Construct Validity - Overall Scale

Marlow-Crowne Social Desirability Index (Discriminant Validity)	$\frac{R}{-0.17^{ns}}$	$\frac{n}{65}$
Emotional Control Questionnaire (Convergent Validity)	$-0.72^{***}$	65

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

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

DISTRIBUTION CHARACTERISTICS, FINAL ACS VERSION  
COLLEGE STUDENT SAMPLE

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<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.

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