

**PLEASE TICK ONE BOX PER LINE
WHICH SHOWS HOW YOU FEEL
ABOUT EACH STATEMENT**

**STRONGLY
DISAGREE**

DISAGREE

**NEITHER
AGREE NOR
DISAGREE**

AGREE

**STRONGLY
AGREE**

1	I always classify myself as old	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	I am always aware of the fact that I am getting older	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	I feel my age in everything that I do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	As I get older I get wiser	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	As I get older I continue to grow as a person	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	As I get older I appreciate things more	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	I get depressed when I think about how ageing might affect the things that I can do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	The quality of my social life in later years depends on me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	The quality of my relationships with others in later life depends on me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	Whether I continue living life to the full depends on me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	Getting older makes me less independent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	As I get older I can take part in fewer activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	As I get older I do not cope as well with problems that arise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	Slowing down with age is not something I can control	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	I have no control over the effects which getting older has on my social life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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16 I worry about the effects that getting older may have on my relationships with others

17 I feel angry when I think about getting older

Sub-dimensions for Scoring:

Timeline-Chronic: Items 1, 2 and 3

Consequences-Positive: Items 4, 5 and 6

Emotional Representations: Items 7, 16 and 17

Consequences and Control Negative: Items 11, 12, 13, 14 and 15

Control-Positive: Items 8, 9 and 10