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ADAPTATION AND VALIDATION OF THE CONTINGENCIES OF SELF-WORTH SCALE ON A ROMANIAN STUDENT SAMPLE

Laurenţiu P. MARICUŢOIU[*], Irina MACSINGA, Silvia RUSU, Delia VÎRGĂ, Florin A. SAVA

West University of Timişoara, Timişoara, Romania

ABSTRACT

Individuals' self-esteem is not affected by all positive or negative outcomes, but only by the results in a specific domain that they consider important. According to the Contingencies Self-Worth Model (Crocker & Wolfe, 2001), one will invest effort in obtaining positive results only in areas that one considers relevant for self-evaluation. The present paper presents the adaptation and validation of the CSW Scale (Crocker et al., 2003) in a Romanian sample of college students (N = 543 students, 59% F). The validation of this instrument involves: (a) analysis of relations with Five-Factor Model of personality (NEO-FFI) and (b) analysis of relations with relevant behaviors (Self Reported Behaviors List). The results obtained through confirmatory factor analysis show that the CSW Scale has an acceptable configural invariance in the Romanian culture. All CSW Scale dimensions reached acceptable levels of internal consistency indices (above .70 for all factors). The correlations between the CSW Scale dimensions are statistically significant (at p<.05), supporting the idea of external and internal contingencies of self-worth. Except for Competitiveness, all CSW-S variables were associated in the expected direction with the validity criteria (both personality and relevant behaviors). Based on these findings, we can conclude that CSW-S has showed good validity in the Romanian student sample.

KEYWORDS: *Contingencies Self-Worth, adaptation, personality, self-esteem*

[*] Corresponding author:
E-mail: lmaricutoiu@socio.uvt.ro

INTRODUCTION

For most of us, feeling good about ourselves is a generalized state we all perceive as natural and comforting. Most of the time, we experience this positive state without having to invest any cognitive or affective effort. This automated process is the result of an attribution bias that allows for a selective interpretation of reality in such a way that it creates a positive image about us (Mezulis, Abramson, Hyde ,& Hankin, 2004). In its most simple form, this self-serving attribution bias makes people to consider themselves responsible for positive events or outcomes (thus making an internal or dispositional attribution) and consider negative events as attributable to external causes (thus making an external attribution). Yet, the negative or positive nature of an event or outcome is not enough to affect one's self-esteem. According to the Contingencies of Self-Worth Model (CSW Model, Crocker & Wolfe, 2001), a self-worth changing event must occur in a particular area that is highly relevant for the individual, in order to influence his/hers self-esteem.

The CSW Model (Crocker & Wolfe, 2001) identifies seven main types of self-relevant information, and postulates that the subjective importance of each domain varies from person to person. The Contingencies of Self-Worth Scale (CSW-S, Crocker, Luhtanen, Cooper & Bouvrette, 2003) was introduced in the literature for assessing the variables described in the CSW Model. Since it was published, the CSW-S was found to be a valid instrument in various cultures: Japanese, Spanish, German, Dutch, French and Turkish (Self and Social Motivation Lab, 2011). The present paper presents the adaptation and validation of the CSW-S (Crocker et al., 2003) in a Romanian sample of college students.

The Contingencies of Self-Worth Model

In the last decade, researchers (Crocker & Wolfe, 2001; Crocker et al., 2003) identified several domains which individuals consider important for their self-worth, and which contribute to one's global self-esteem. This perspective starts from the assumption that individuals' self-evaluations are not influenced by all positive or negative information, but only by specific information. Crocker and Wolfe (2001, p.594) define contingencies of self-worth as "a domain or category of outcomes on which a person has staked his or her self-esteem, so that person's view of his or her value or worth depends on perceived successes or failures or adherence to self-standards in that domain".

In the CSW Model, the importance given by the individual to that particular domain is moderating the relationship between the positive (or negative) outcome and self-esteem. If the domain is important to the individual, a more positive outcome will lead to higher self-esteem. If the domain is not important, then the self-esteem will not be affected regardless of the positive (or negative) outcome. This is why individuals are selective when it comes to the investment of

effort for maintaining or increasing self-esteem. According to the CSW Model, one will invest effort in obtaining positive results only in areas that are considered relevant for self-evaluation. Therefore, knowing one's contingencies of self-worth can help a counselor understand the person's dynamics of self-esteem, and could provide important information for increasing self-esteem through counseling and psychotherapy.

The CSW Model defines seven domains, grouped in two major categories: internal and external contingencies. Internal contingencies reflect intrinsic aspects of the self and are not dependent on achieving social standards (Crocker et al. 2003). From this perspective, internal contingencies are one's beliefs that his/hers actions are moral (*virtue*, as a domain of CSW) and one's belief that his/hers actions are valued and unique in the eyes of God (*God's Love*, as a domain of CSW). External contingencies are dependent on others' evaluations or appreciation and involve social comparison processes. More specifically, external contingencies include being superior to others (*Competition*) or simply reaching high social standards (*Competencies*, if the standard refers to one's skills and abilities; *Appearance* if the standard refers to one's physical appearance). Other external CSWs are support and approval from the family (*Family support*) or by most of the people one interacts with (*Approval from generalized others*).

Previous research (Crocker, 2002) showed that contingencies of self-worth are associated with various health-related variables such as substance use (alcohol and drugs), unhealthy eating habits or exercising. For example, Crocker (2002) predicted the apparition of various problems in the second semester, using as predictors CSW data collected before participants were students. These social problems were: aggressive behavior (negatively predicted by *CSW Approval*), sexual victimization (negatively predicted by *CSW Virtue* and *CSW God's Love*), substance use (negatively predicted by *CSW Virtue*). In addition, research on depression showed that CSW are predictors of change in depressive symptoms over time, indicating that using CSW Model can lead to important insights in the understanding of mental health issues (Burwell & Shirk, 2006).

OVERVIEW OF THE ADAPTATION AND VALIDATION PROCESS

Following the publication of the CSW Model by Crocker and Wolfe (2001), researchers (Crocker et al. 2003) developed a questionnaire for measuring one's stable preference for a particular type of contingency of self-worth. The validation of this particular instrument involves (a) analysis of content validity, through investigation of relations between CSW dimensions and other stable variables (such as personality variables) and (b) analysis of predictive validity, through investigation of relations between CSW dimensions and relevant behaviors.

First, one's preference for a particular type of self-relevant information is stable throughout time (Crocker & Wolfe, 2001). Therefore, we should find some

relationships between the CSW scales and other individual stable variables such as the personality variables included in the Big Five (or Five Factor) Model. Such relationships were previously reported by Crocker et al. (2003) and should be replicated on the Romanian participants, in order to conclude that CSW scale is valid.

Second, CSW theory stated that preference for a particular type of self-relevant information should influence one's tendency to invest effort in that particular area. Therefore, we should find some relations between the variables measured by the CSW Scale and behaviors that indicate the investment of effort. For example, going to confession should correlate with high scores on *God's Love* scale; or keeping a diet should be associated with high scores on *Appearance* scale. Therefore, the second approach for the evaluation of CSW Scale validity involves asking participants about various behaviors relevant to contingencies of self-worth.

METHOD

Participants

543 participants in various researches completed the CSW scale and some other measures not relevant in this context. Participants were students at the West University of Timişoara (55% Psychology students, 59% female) and had an average age of 21.56 years. All participants were volunteers and were rewarded with course credits for their contribution to the research.

Materials

The Contingencies of Self-Worth Scale (Crocker et al., 2003) consists of 35 items equally distributed on the seven types of contingencies described by the CSW Model. The subjects are requested to evaluate each item using a 7-points Likert scale (from 1-*strongly disagree* to 7-*strongly agree*). The scale was translated from English into Romanian, and back translated to English by two independent translators. In all scales of the CSW, higher scores indicate higher relevance of that particular contingency of self-worth.

The Big Five personality variables were measured using the popular *NEO-FFI* (Costa & McCrae, 1992/2008). The participants are requested to evaluate 60 items using a 5-points Likert scale (from 1- *strongly disagree* to 5-*strongly agree*). The NEO-FFI measures Neuroticism (Cronbach's alpha = .86), Extraversion (Cronbach's alpha = .77), Openness to Experience (Cronbach's alpha = .73), Agreeableness (Cronbach's alpha = .68) and Conscientiousness (Cronbach's alpha = .81).

Self-reported Behavioral Indices were measured using a short questionnaire. This questionnaire was originally designed to investigate behaviors relevant for Neuroticism and Conscientiousness scales, and items were suggested by research conducted by Paunonen (1998) and Paunonen and Ashton (2001). The questionnaire asked participants regarding the frequency of various behaviors (or behavioral indices) relevant for contingencies of self-worth. In our investigation, the behavioral indices are results of previous behaviors (for example, the Body Mass Index is the result of a large spectrum of eating behaviors), or indicate a particular subjective need for engaging a specific behavior (for example, the subjective need for confession). The selection of these particular behaviors was based on previous findings reported on the literature, or using a rational approach. We selected indices that (a) were previously investigated in the literature (BMI, for example), or (b) indicated the presence of effort for maintaining or improving self-evaluations in a particular domain. The list of behaviors and a rationale for investigating each behavior is presented in Table 1.

Table 1.
Behaviors relevant for the validity of CSW dimensions

Contingency	Behavior	Rationale
Appearance	Ever kept a diet (Yes/No)	Keeping a diet involves changing alimentation behavior with the purpose of losing weight. Therefore, people who evaluate themselves based on *Appearance* are more likely to involve into such behaviors.
	Body Mass Index	Body Mass Index (BMI) is computed using the height and the weight of a person. Crocker (2002) reported a significant relation between eating disorders and this particular contingency of self-worth, therefore we expect people with low BMI to have high scores on the *Appearance* scale.
Competencies	Ever pulled an all-nighter for finishing an assignment (Yes/No)	Staying up all night in order to finish an assignment demands energy, and failure to respect a deadline influences one's perception of own competencies.
God's Love	Frequency of church attendance Subjective need for confession	Individuals who need to believe that God approves their actions and decisions are more likely to attend church more frequently and to seek the forgiveness of their sins.

RESULTS

Factor structure and internal consistency of the CSW Scale

In accordance with generally accepted practices (Sava, 2011), we tested the factor structure of the CSW Scale through confirmatory factor analysis. Using AMOS 4.0 (Arbuckle & Wothke, 1999), we tested the following three models: (1) a model that assumed that the answers to all items have a single, common latent factor; (2) a model that assumed that the answers to all items are influenced by seven uncorrelated factors; and (3) a model that assumed that the answers to all items are influenced by seven correlated factors. We used the maximum likelihood estimation method and reported the following fit indices (as recommended by Byrne, 2010): the chi-square index, the Root-Mean-Square Error of Approximation (RMSEA), the Normed Fit Index (NFI) and the Comparative Fit Index (CFI). Values smaller than .06 for RMSEA indicate adequate model fit, and similar conclusions can be drawn for values greater than .90 for NFI and CFI indices (Byrne, 2010).

The results obtained through confirmatory factor analysis are presented in Table 2. The model that assumed that the answers to all items have a single common latent factor has very poor fit indices (RMSEA = .13, NFI = .36, CFI = .38), indicating that the CSW scale has a multifactor structure. In accordance with the CSW Model, the highest values of the fit indices were found in the case of model that assumed the existence of 7 correlated factors (RMSEA = .056, NFI = .85, CFI = .90). Although the NFI did not reach an accepted value of .90, the other two indices (RMSEA and CFI) indicated adequate fit of this model.

Table 2.
Results of the confirmatory factor analysis.

Model	χ^2	RMSEA	NFI	CFI
1 factor	χ^2 (560) = 6339.29, p<.001	.131 (.128-.134)	.362	.381
7 uncorrelated factors	χ^2 (560) = 2729.28, p<.001	.080 (.077-.083)	.725	.768
7 correlated factors	χ^2 (529) = 1419.70, p<.001	.056 (.052-.059)	.853	.902

Unstandardized and standardized item loadings are presented in Table 3. Except for Item 9, all standardized loadings have absolute values higher than .30 (which is a generally accepted cut-off value for considering the item relevant for that particular factor, according to Sava, 2011). Overall, the median value of the standardized factor loadings is .719, which indicates strong relations between items and their designated factors. Along with the results presented earlier, we can conclude that the CSW Scale shows acceptable configural invariance in the Romanian culture.

Table 3.
Unstandardized and standardized item loadings for the model with 7 correlated factors

Scale	Item	Unstandardized Loading	Standardized Loading
Others' approval	Item 6	1.192	.719
	Item 9	-.402	-.247
	Item 15	1.409	.813
	Item 23	1.209	.737
	Item 35	-.835	-.546
Appearance	Item 1	.432	.421
	Item 4	-.668	-.401
	Item 17	1.112	.713
	Item 21	1.152	.744
	Item 30	-.848	-.551
Competition	Item 3	.852	.719
	Item 12	.845	.711
	Item 20	.958	.814
	Item 25	.734	.564
	Item 32	.867	.667
Competencies	Item 13	-.493	-.308
	Item 19	1.167	.826
	Item 22	.887	.743
	Item 27	1.126	.819
	Item 33	.902	.598
Family support	Item 7	.768	.713
	Item 10	-.496	-.308
	Item 16	.816	.748
	Item 24	.841	.528
	Item 29	.991	.818
Virtue	Item 5	.874	.542
	Item 11	.636	.551
	Item 14	.894	.609
	Item 28	1.246	.809
	Item 34	1.021	.750
God's Love	Item 2	1.679	.872
	Item 8	1.939	.941
	Item 18	1.681	.881
	Item 26	1.830	.927
	Item 31	1.526	.815

As presented in Table 4, all CSW Scale dimensions reached acceptable levels of internal consistency (all Cronbach's alphas were between .72 and .94). The correlations between the CSW Scale dimensions are statistically significant (mainly because of the large sample), and indicate moderate to high associations between various domains of contingencies of self-worth. Such associations support the idea of external and internal contingencies of self-worth, and are similar with the results reported by Crocker et al. (2003) on a US student sample.

Table 4.
Internal consistency indices and correlations among dimensions of the CSW Scale.

	Mean	*SD*	*1*	*2*	*3*	*4*	*5*	*6*	*7*
1. Others' approval	3.60	1.16	.75						
2. Appearance	4.41	1.02	-.48	.72					
3. Competition	5.28	0.95	-.12	.52	.83				
4. Competencies	4.79	1.03	-.34	.56	.62	.77			
5. Family Support	5.30	0.91	-.13	.35	.47	.55	.72		
6. Virtue	4.92	1.05	-.23	.23	.34	.45	.55	.78	
7. God's Love	4.14	1.78	-.14	.14	.13	.20	.45	.35	.94

Note. N = 543. All correlations are significant at p<.05. Internal consistency indices (Cronbach's alpha) are presented on the diagonal, in italics. Higher scores indicate higher relevance of the contingency domain.

Comparative analyses (presented in Table 5) between male and female respondents indicated that gender induced statistically significant differences on all CSW scales, except for *Approval from generalized others*. The effect sizes (d-values) of these differences are smaller than .50 (which is a reference value for average effect sizes, as indicated by Cohen, 1988). Therefore, our statistically significant findings were the consequence of the large sample, not the consequence of relevant effect sizes.

Table 5.
Gender differences for the seven CSW scales

CSW Scale	Gender	Mean	t test	d (Cohen)
1. Others' approval	Men	3.56	t(541) = 1.23, p>.05	0.11
	Women	3.68		
2. Appearance	Men	4.24	t(541) = 4.49, p<.01	0.39
	Women	4.61		
3. Competition	Men	5.17	t(541) = 2.56, p<.05	0.22
	Women	5.39		
4. Competencies	Men	4.49	t(541) = 5.34, p<.01	0.46
	Women	4.95		
5. Family Support	Men	5.03	t(541) = 5.63, p<.01	0.49
	Women	5.46		
6. Virtue	Men	4.76	t(541) = 2.68, p<.01	0.23
	Women	5.01		
7. God's Love	Men	3.83	t(541) = 2.83, p=.01	0.25
	Women	4.28		

Note. N = 543(320 women)

Investigation of concept validity

As we mentioned earlier in this paper, the CSW Scale assesses stable preferences for particular types of self-relevant information. Because such preferences are stable throughout the time, they should be related with other stable characteristics, such as personality variables described by the Big Five (or Five Factor) Model. Previous research (Crocker et al. 2003) reported such significant associations between CSW dimensions and the Big Five Model, and the replication of these findings on Romanian sample should support the concept validity.

Overall, results presented in Table 6 indicate a pattern of associations between CSW dimensions and variables included in the Big Five Model, which is similar to the findings of Crocker et al (2003) on a US student sample.

Table 6. Zero-order correlations between CSW Scale and variables of the Big Five Model, on the US and Romanian sample.

	Neuroticism		Extraversion		Openness		Agreeableness		Conscientiousness	
	US	RO	US	RO	US	RO	US	RO	US	RO
Others' approval	.26*	.29*	-.03	.10	-.06	-.10	-.01	.17*	-.06	.02
Appearance	.27*	.26*	.03	-.01	-.06	.02	-.05	.13	.02	-.05
Competition	.12*	.07	-.04	.08	-.11*	.02	-.14*	.10	.02	.11
Competencies	.20*	.15*	.01	.09	-.02	.01	.14*	.16*	.19*	.18*
Family Support	.06	-.07	.16*	.21*	.11*	-.01	.28*	.18*	.19*	.23*
Virtue	.02	-.03	.03	.25*	.19*	.03	.27*	.38*	.21*	.28*
God's Love	.00	.03	.06	.26*	-.01	-.18*	.19*	.33*	.10*	.29*

Note. US – correlations reported by Crocker et al. (2003) on a US sample (N = 677); RO – correlations found on Romanian students who completed the CSW Scale and the NEO-FFI (N = 205);

The dimension *Approval from others* is positively associated with Neuroticism (r(203)=.29, p<.001) and Agreeableness (r(205)=.17, p<.05). Although the association with Agreeableness was not found on the US sample, the result obtained on the Romanian sample indicates that individuals with high scores at *Approval from others* are oriented towards maintaining pleasant relations with other people, which supports the validity of this scale. Similar with the findings on the US sample, the dimension *Appearance* was also positively associated with Neuroticism (r(203)=.26, p<.001).

The *Competencies* domain is associated with Neuroticism (r(203)=.15, p<.05), Agreeableness (r(203)=.16, p<.05) and Conscientiousness (r(203)=.18, p<.05) and are replicating the results found on the US sample. Giving importance to self-relevant information which comes from the family is associated with Extraversion (r(203)=.21, p<.001), Agreeableness (r(203)=.18, p<.01) and Conscientiousness (r(203)=.23, p<.001). Unlike the results on US sample, we could not find any significant relation between *Family support* and Openness to Experience (r(203)=-.01, p>.05).

Relationships identified between internal contingencies domains (*Virtue* and *God's Love*) and the Big Five variables confirmed the findings reported on US sample. Both CSWs correlated with Agreeableness (r(203)=.38, p<.001 for *Virtue*, and r(203)=.33, p<.001 for *God's Love*) and Conscientiousness (r(203)=.28, p<.001 for *Virtue*, and r(203)=.29, p<.001 for *God's Love*). Unlike the findings of Crocker et al. (2003), both CSWs correlated significantly with Extraversion (r(203)=.25, p<.001 for *Virtue*, and r(203)=.26, p<.001 for *God's Love*). Also, the associations between Openness to Experience and these two internal CSWs were different on the Romanian sample, than on the US sample.

The *Competition* contingency domain is the only CSW factor that does not replicate any result obtained on the US sample. Although this result indicates some

validity problems for this particular scale, we will analyze its implications in the Discussions section of this material.

Investigation of predictive validity

Previous research (Crocker, 2002) indicated that contingencies of self-worth are associated with the presence or the frequency or specific behaviors. Results presented in Table 7 indicate such associations, supporting the validity of the CSW Scale.

Results presented in Table 7 suggested that Body Mass Index is negatively associated with the *Appearance* (r(203) = -.18, p<.01). In addition, as presented in Figure 1, persons who acknowledged they kept a diet obtained significantly (t(204)=2.74, p=.007) higher scores on the *Appearance* scale (average score = 4.76, SD = 1.08), than persons that denied involvement in such a behavior (average score = 4.33, SD = 0.97). Corroborated with the correlations with the Big Five variables, both these results indicate that the *Appearance* scale of the CSW has good validity on the Romanian student sample.
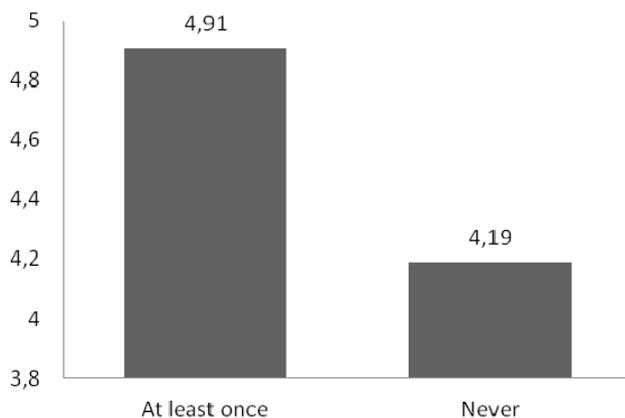

Figure 1.
Relationship between keeping a diet and the scores on *CSW Appearance*.

Table 7.
Relations between self-reported behaviors and CSWs.

Contingency	Behavioral criterion	Descriptive statistics of the behavioral criterion	Result
Appearance	Ever kept a diet (Yes/No)	Yes – 73%	t(204)=2.74, p=.007
	Body Mass Index (mass/height^2)	m=21.06, SD = 3.41	r(203) = -.18, p<.01
Competencies	Ever pulled a all-nighter for finishing an assignment (Yes/No)	Yes – 65%	t(108)=3.65, p<.001
God's Love	Frequency of church attendance (1-Daily, 7-never)	m=4.72, SD=1.36	r(203)=-.69, p<.001
	Subjective need for confession, in difficult moments (1-not at all, 5- very much)	m=2.36, SD=1.55	r(203)=.40, p<.001

Staying up all night for finishing an assignment is a behavior that "saves" many students' self-esteem from the delicate self-threatening situation of failing an exam. Our results, as presented in Figure 2, indicated that students who acknowledge this behavior have higher scores (average score = 4.91, SD = 1.17) on the Competencies scale, than students who claim they never spent a night for finishing an academic task (average score = 4,19, SD = 0.95). This difference is statistically significant (t(108)=3.65, p<.001) and indicates that the *Competencies* variable of the CSW Scale has good reliability on our student sample.
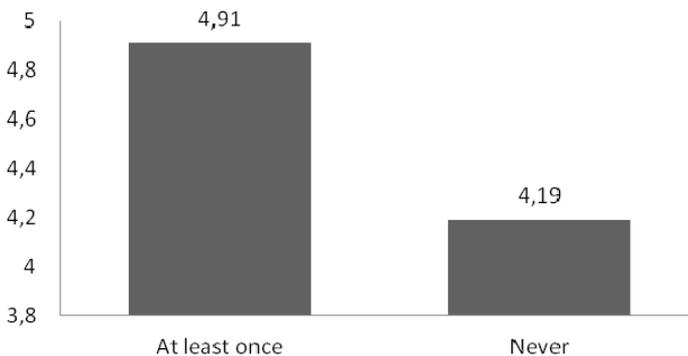

Figure 2.
Relationship between staying up all night in order to finalize an academic task and the scores on CSW Competencies

The highest validity coefficients were obtained on for the *God's Love* scale. Results on this variable correlated with the self-reported frequency of church attendance (r(203)=-.69, p<.001) and with self-reported subjective need for confession (r(203)=.40, p<.001).

CONCLUSIONS, LIMITS, AND DIRECTIONS FOR FUTURE RESEARCH

This paper presents the adaptation to a Romanian student sample of the Contingency of Self-Worth (CSW) Scale. This questionnaire was developed by Crocker et al. (2003) and assesses one's preference for seven main types of self-relevant information. Assessment of such preferences can provide valuable insights on how individuals maintain and enhance their self-esteem (Crocker & Wolfe, 2001; Crocker, 2002), and could improve psychological counseling practices.

Using structural equation modeling, we tested whether the original structure of the instrument is adequate for explaining how Romanian students answered the items. We concluded that CSW Scale shows acceptable configural invariance, and it can be used in the Romanian student sample in a similar manner as in the original culture of the instrument. However, in the absence of a US sample, we cannot draw any conclusions regarding more advanced forms of invariance (metric or scalar). Analysis of questionnaire fidelity revealed acceptable internal consistency indices, with values above .70 for all factors of the CSW Scale. Correlations between the factors of the CSW Scale were similar with the ones reported by Crocker et al. (2003). The present research identified statistically significant differences between men and women

Validity of the questionnaire was evaluated through analysis of correlations CSW-S with the Big Five variables (for conceptual validity), and by investigating associations between CSW-S and relevant behaviors (for predictive validity). Except for *Competitiveness*, all CSW-S variables were associated in the expected direction with the validity criteria (both personality and relevant behaviors). Based on these findings, we can conclude that CSW-S has showed good validity on the Romanian student sample.

Limitations of the present study can be clustered in the following categories: limitations concerning the sample used in this study and limitations concerning the validation of the CSW Scale. First, findings reported in this paper are limited by the nature of our sample, and cannot be generalized for the general population. Future research should investigate the psychometric properties of this instrument on the general population. Second, regarding the *Competitiveness* scale, the present study failed to replicate the findings on the US sample reported by Crocker et al. (2003). In the case of this scale, we did not find any significant correlations with personality variables, and this situation was due to very low effect sizes (highest correlation was .11), not necessarily due to low statistical power. Therefore, future research should further investigate the validity of this particular

scale. In addition, future investigations of the CSW Scale validity should explore the relations between this scale and self-esteem. According to the CSW Model (Crocker & Wolfe, 2001), contingencies moderate the relationships between a particular (positive or negative) event and self-esteem variations. Such moderation effects were not analyzed in the present paper, and should be included in future research.

The CSW Scale can provide useful information for counseling and career orientation practice. Knowing how each individual maintains and enhances self-esteem can be important information for orienting that particular person towards activities that are related to that particular contingency of self-worth.

ACKNOWLEDGMENTS

The Romanian version of the CSW Scale

The publication of the Romanian version has the approval of prof. Jennifer Crocker. Researchers who wish to use the Romanian version in their studies have our permision to do so, with the caveat that it is acknowledged by including the citation of the measure and the citation of the adaptation paper in any reports. The scoring key of the CSW scale can be found in Table 3 (negative loadings indicate reversed items) of the present paper.

INSTRUCŢIUNI: Vă rugăm să răspundeţi la fiecare dintre afirmaţiile de mai jos prin încercuirea răspunsului Dvs. pe o scală de la "1 – Dezacord total" la „7 – Acord total". Dacă nu aţi experimentat vreo situaţie descrisă, vă rugăm să răspundeţi cum credeţi că v-aţi simţi dacă ar apărea o asemenea situaţie.

		Dezacord total	Dezacord	Dezacord parţial	Neutru	Acord parţial	Acord	Acord total
1.	Atunci când mă gândesc că arăt într-un mod atractiv, mă simt bine cu mine însumi (însămi).	1	2	3	4	5	6	7
2.	Valoarea mea este fundamentată pe dragostea lui Dumnezeu.	1	2	3	4	5	6	7
3.	Mă simt valoros atunci când obţin performanţe mai bune decât alţii într-o sarcină sau la o aptitudine.	1	2	3	4	5	6	7
4.	Stima de sine nu este legată de modul cum arată fizicul (corpul) meu.	1	2	3	4	5	6	7
5.	A face ceva ce ştiu că este greşit mă face să-mi pierd respectul de sine.	1	2	3	4	5	6	7
6.	Nu-mi pasă dacă alţi oameni au o opinie negativă despre mine.	1	2	3	4	5	6	7
7.	A şti că membrii familiei mele mă iubesc mă face să mă simt bine cu mine însumi (însămi).	1	2	3	4	5	6	7
8.	Mă simt valoros când am dragostea lui Dumnezeu.	1	2	3	4	5	6	7
9.	Nu mă pot respecta pe mine dacă ceilalţi nu mă respectă.	1	2	3	4	5	6	7
10.	Aprecierea de sine nu este influenţată de calitatea relaţiilor mele cu membrii familiei.	1	2	3	4	5	6	7

		Dezacord total	Dezacord	Dezacord parţial	Neutru	Acord parţial	Acord	Acord total
11.	De fiecare dată când respect principiile mele morale, respectul de sine creşte.	1	2	3	4	5	6	7
12.	A şti că sunt mai bun decât alţii într-o sarcină îmi creşte stima de sine.	1	2	3	4	5	6	7
13.	Opinia mea despre mine nu este legată de cât de bine mă descurc la lucru.	1	2	3	4	5	6	7
14.	Nu m-aş fi putut respecta pe mine, dacă nu aş trăi respectând codul de moralitate.	1	2	3	4	5	6	7
15.	Nu-mi pasă de ceea ce alţi oameni cred despre mine.	1	2	3	4	5	6	7
16.	Când membrii familiei mele sunt mândri de mine, sentimentul valorii mele creşte.	1	2	3	4	5	6	7
17.	Stima mea de sine este influenţată de cât de atractive cred că sunt faţa şi trăsăturile mele faciale.	1	2	3	4	5	6	7
18.	Stima mea de sine ar avea de suferit dacă nu aş avea dragostea lui Dumnezeu.	1	2	3	4	5	6	7
19.	Dacă merg bine cu partea de şcoală am sentimentul respectului de sine.	1	2	3	4	5	6	7
20.	A mă descurca mai bine decât alţii îmi dă un sentiment de respect de sine.	1	2	3	4	5	6	7
21.	Sentimentul meu de apreciere de sine suferă de fiecare dată când mă gândesc că nu arăt bine.	1	2	3	4	5	6	7
22.	Mă simt mai bine cu mine însumi (însămi) atunci când ştiu că mă descurc bine la lucru.	1	2	3	4	5	6	7
23.	Ce cred alţii despre mine nu are niciun efect asupra a ceea ce cred eu despre mine.	1	2	3	4	5	6	7
24.	Când nu mă simt iubit de familia mea, stima mea de sine scade.	1	2	3	4	5	6	7
25.	Aprecierea mea de sine este afectată de cât de bine mă descurc atunci când mă aflu într-o competiţie cu alţii.	1	2	3	4	5	6	7
26.	Stima mea de sine creşte atunci când simt că Dumnezeu mă iubeşte.	1	2	3	4	5	6	7

		Dezacord total	Dezacord	Dezacord parțial	Neutru	Acord parțial	Acord	Acord total
27.	Stima mea de sine este influențată de performanța mea școlară.	1	2	3	4	5	6	7
28.	Stima mea de sine ar suferi dacă aș face ceva ce nu ar fi etic.	1	2	3	4	5	6	7
29.	Este important pentru respectul meu de sine că am o familie căreia îi pasă de mine.	1	2	3	4	5	6	7
30.	Stima mea de sine nu depinde de faptul că simt că arăt într-un mod atractiv sau nu.	1	2	3	4	5	6	7
31.	Atunci când mă gândesc că nu-l ascult pe Dumnezeu, am o părere proastă despre mine.	1	2	3	4	5	6	7
32.	Sentimentul valorii mele este influențat de cât de bine mă descurc în sarcini din competiții.	1	2	3	4	5	6	7
33.	Mă simt prost cu mine însumi (însămi) de fiecare dată când performanța în muncă lipsește.	1	2	3	4	5	6	7
34.	Stima mea de sine depinde de măsura în care eu urmez sau nu principiile mele morale / etice.	1	2	3	4	5	6	7
35.	Stima mea de sine depinde de opinia pe care ceilalți o au despre mine.	1	2	3	4	5	6	7

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