

## Reversal Theory Instruments

Name of test: Telic/Paratelic State Measure

Contact e-mail address: oconnell@tc.columbia.edu

Variables measured: Telic versus Paratelic States with subscales of Serious-Minded/Playful; Arousal-Seeking/Arousal Avoidance; and Total Scores.

Intended population(s): Adults; has also been used with adolescents.

Brief description (less than 300 words):

The Telic/Paratelic State Instrument (T/PSI) is a 12 item scale comprising a 7-item Serious-Minded/Playful subscale and a 5-item Arousal-Seeking/Arousal Avoidance Subscales. The items ask participants to circle numbers on 6-point rating scales with terms representing opposing metamotivational states at each end of the rating scales. Scores are summed to achieve subscale scores and the subscale scores are added together to produce a total score. Scoring instructions also suggest Cut-off points for determining telic or paratelic states. The construct validity and reliability of the scale was established with a sample of 571 adults. Other aspects of the scale are reported in the *Personality and Individual Differences* paper (O'Connell & Calhoun, 2001) listed below, which should be cited when the scale is referred to in a manuscript or publication.

Electronic version available? From Kathleen O'Connell

Coding available? From Kathleen O'Connell

Norms available? No

Key References:

Calhoun, J. E. (1995). *Construct validity of the telic/paratelic state instrument*. Kansas City, Kansas: Unpublished doctoral dissertation.

O'Connell, K. A., & Calhoun, J. E. (2001). The telic/paratelic state instrument (T/PSI): Validating a reversal theory measure. *Personality and Individual Differences*, 30, 193-204.