










Rational Emotive Self Determination Scale for Adolescents (RESA-A)

 Activating Event/Situation 1 My mom or/and dad is keep telling me that when and how should I study. Imagine such situation as realistically as possible and tell us what you would think or believe about this type of situation?	Strongly disagree	Mostly Disagree	Partially agree	Mostly Agree	Strongly agree
1. They must not interfere.	1	2	3	4	5
2. It is terrible when they are forcing me.	1	2	3	4	5
3. I can't stand them keep interfering.	1	2	3	4	5
4. I think I'm worthless in such situations.	1	2	3	4	5
5. I believe that life is worthless in such situations.	1	2	3	4	5
6. In such cases, I start thinking my parents are not worthwhile.	1	2	3	4	5
<i>I was able to animate the activation event/situation in my mind.</i>	1	2	3	4	5
 Activating Event/Situation 2 What you are doing in your free time has been managed by your parents, and they restrict you doing certain things in your free times. Imagine such situation as realistically as possible and tell us what you would think or believe about this type of situation?	Strongly disagree	Mostly Disagree	Partially agree	Mostly Agree	Strongly agree
1. I definitely shouldn't be restricted.	1	2	3	4	5
2. Being restricted is catastrophic/awful.	1	2	3	4	5
3. I can't stand it when I am restricted.	1	2	3	4	5
4. In such situations I believe that I am worthless person.	1	2	3	4	5
5. In such situations I believe that life is worthless.	1	2	3	4	5
6. In such situations I believe my parents are not worthwhile.	1	2	3	4	5
<i>I was able to animate the activation event/situation in my mind.</i>	1	2	3	4	5
 Activating Event/Situation 3 Your teacher decides you should do some homework/task and but it seems like it is an unnecessary and meaningless homework/task. Imagine such situation as realistically as possible and tell us what you would think or believe about this type of situation?	Strongly disagree	Mostly Disagree	Partially agree	Mostly Agree	Strongly agree
1. I must have my own decisions on whatever I want to do.	1	2	3	4	5
2. If I am not allowed to have my own decisions, this is awful/terrible.	1	2	3	4	5
3. I can't stand it when I can't make my own decisions.	1	2	3	4	5
4. In such situations I start thinking that I'm worthless person.	1	2	3	4	5
5. I believe that life is worthless in such situations.	1	2	3	4	5
6. In such cases, I believe my teacher is not worthwhile person.	1	2	3	4	5
<i>I was able to animate the activation event/situation realistically in my mind.</i>	1	2	3	4	5

<p style="text-align: center;"> Activating Event/Situation 4</p> <p style="text-align: center;">One of my teacher I valued so much, she/he saw me when I was sad, however she/he didn't ask me what my problem is.</p> <p>Imagine such situation as realistically as possible and tell us what you would think or believe about this type of situation?</p>	Strongly disagree	Mostly Disagree	Partially agree	Mostly Agree	Strongly agree
1. She/he had to take care of me.	1	2	3	4	5
2. It is horrible that my teacher didn't ask me how I feel.	1	2	3	4	5
3. I can't stand it when I am ignored by significant people.	1	2	3	4	5
4. I believe I'm worthless.	1	2	3	4	5
5. I believe that life is worthless.	1	2	3	4	5
6. I believe my teacher is not worthwhile person.	1	2	3	4	5
<i>I was able to animate the activation event/situation in my mind.</i>	1	2	3	4	5
<p style="text-align: center;"> Activating Event/Situation 5</p> <p style="text-align: center;">Even though I had a problem, no one listened to me.</p> <p>Imagine such situation as realistically as possible and tell us what you would think or believe about this type of situation?</p>	Strongly disagree	Mostly Disagree	Partially agree	Mostly Agree	Strongly agree
1. When I am unhappy, someone must listen to me.	1	2	3	4	5
2. It is catastrophe/awful If nobody wants to listen to me,	1	2	3	4	5
3. I can't stand it when nobody wants to listen to me.	1	2	3	4	5
4. In such situations I start believing that I'm worthless person.	1	2	3	4	5
5. I believe that life is worthless.	1	2	3	4	5
6. Who didn't want to listen to me are worthless people.	1	2	3	4	5
<i>I was able to animate the activation event/situation in my mind.</i>	1	2	3	4	5
<p style="text-align: center;"> Activating Event/Situation 6</p> <p style="text-align: center;">My best friend is totally ignoring me and hanging out with another girl/guy.</p> <p>Imagine such situation as realistically as possible and tell us what you would think or believe about this type of situation?</p>	Strongly disagree	Mostly Disagree	Partially agree	Mostly Agree	Strongly agree
1. She/he must hang out with me.	1	2	3	4	5
2. If she/he doesn't hang out with me it is terrible/awful.	1	2	3	4	5
3. I cannot stand when she/he hangs out with other girl/guy.	1	2	3	4	5
4. I believe that I am worthless.	1	2	3	4	5
5. I believe that life is worthless.	1	2	3	4	5
6. I believe that she/he isn't worthwhile.	1	2	3	4	5
<i>I was able to animate the activation event/situation in my mind.</i>	1	2	3	4	5

 Activating Event/Situation 7 I couldn't handle a task which was assigned to me. Imagine such situation as realistically as possible and tell us what you would think or believe about this type of situation?	Strongly disagree	Mostly Disagree	Partially agree	Mostly Agree	Strongly agree
1. I must be skillful in all my tasks.	1	2	3	4	5
2. It is terrible/awful if I am not skillful person.	1	2	3	4	5
3. I can't stand when I'm not good at anything.	1	2	3	4	5
4. I am a worthless person.	1	2	3	4	5
5. Since I'm not good at anything, then life is not worthwhile.	1	2	3	4	5
<i>I was able to animate the activation event/situation in my mind.</i>	1	2	3	4	5
 Activating Event/Situation 8 I made a mistake doing a task and I screwed up. Imagine such situation as realistically as possible and tell us what you would think or believe about this type of situation?	Strongly disagree	Mostly Disagree	Partially agree	Mostly Agree	Strongly agree
1. I must definitely be competent in what I do.	1	2	3	4	5
2. It is awful to be incompetent in my doings.	1	2	3	4	5
3. I can't stand it when I'm incompetent.	1	2	3	4	5
4. I believe I'm worthless when I'm incompetent.	1	2	3	4	5
5. Since I am incompetent then I believe life is worthless.	1	2	3	4	5
<i>I was able to animate the activation event/situation in my mind.</i>	1	2	3	4	5
 Activating Event/Situation 9 I failed on an important exam. Imagine such situation as realistically as possible and tell us what you would think or believe about this type of situation?	Strongly disagree	Mostly Disagree	Partially agree	Mostly Agree	Strongly agree
1. I had to be successful.	1	2	3	4	5
2. Failing is terrible/awful.	1	2	3	4	5
3. I can't stand to fail.	1	2	3	4	5
4. I believe I'm worthless when I fail.	1	2	3	4	5
5. I believe life is worthless when I fail.	1	2	3	4	5
<i>I was able to animate the activation event/situation realistically in my mind.</i>	1	2	3	4	5

Thank you !

Scoring

AIB: Autonomy irrational beliefs (1., 2. and 3. Scenarios), and for **RIB: Relatedness irrational beliefs** (4., 5., 6. Scenarios)

- 18-36 point range can be evaluated a very low score. Therefore it may be appropriate to refer the individual to psychological counseling.
- The range of 37-72 points can be interpreted as 'normal'
- The range of 73-90 can be interpreted as abnormal. Therefore the individual is needed to see a psychological counselor.

CIB: Competence irrational beliefs (7., 8. and 9. Scenarios)

- 15-30 point range can be evaluated a very low score. Therefore it may be appropriate to refer the individual to psychological counseling.
- The range of 31-45 points can be interpreted as 'normal'.
- The range of 46-60 can be interpreted as abnormal. Therefore the individual is needed to see a psychological counselor.

For whole scale the highest score can be $51 \times 5 = 255$, and as the lowest score can be 51.