

Short forms of the Texas Social Behavior Inventory (TSBI), an objective measure of self-esteem

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Two short (16 item) forms of the Helmreich, Stapp, and Ervin (1974) Texas Social Behavior Inventory, a validated, objective measure of self-esteem or social competence are presented. Normative data and other statistics are described for males and females. Correlations between each short form and long (32-item) scale were .97. Factor analysis and part-whole correlations verified the similarity of the two forms. The utility of the scale in research is described.

Development of an objective measure of self-esteem or social competence was begun in 1969 with the accumulation of a pool of items dealing with aspects of personal worth and social interaction. The original scale was administered to more than 1000 Ss and was reduced to 32 items on the basis of factor and item analyses. Each item has five response alternatives ranging from "not at all characteristic of me" to "very characteristic of me." Each item is given a score from 0 to 4 with 0 representing the response associated with lower self-esteem and 4 that associated with highest self-esteem. The resulting scale (TSBI: Helmreich, Stapp, & Ervin, 1974) has been given to more than 8,000 students at the University of Texas at Austin and has been used in a variety of other academic and nonacademic settings.

The TSBI has proved effective in predicting interpersonal attraction in laboratory studies (Ervin, 1969; Helmreich, Aronson, & LeFan, 1970; Kimble & Helmreich, 1972). The instrument is also strongly correlated with a new measure of masculinity and femininity, the PAQ self-rating scale (Personal Attributes Questionnaire; Spence, Helmreich, & Stapp, 1974, in press); the TSBI yields correlations of .81 and .83 with the masculinity subscale for males and females, respectively, and correlations of .42 and .44 with the femininity subscale. The TSBI is also significantly related to an index of proneness to coronary heart disease (Glass, Snyder, & Hollis, 1974) with higher self-esteem Ss more likely to be classified as Type A or coronary prone.

The TSBI is not related to intelligence (as measured by the Scholastic Aptitude Test), although it is significantly and positively related to the achievement of academic and other honors (Stapp, 1974). The scale is orthogonal for males to a measure of social desirability, the Marlowe-Crowne Social Desirability Scale (Crowne & Marlowe, 1961), and shows a modest, although

significant ($r = .32$), correlation for females.

A factor analysis of the 32-item scale, using the principal axis routine of SPSS (Nie, Bent, & Hull, 1970) produces one large factor, although oblique rotation yields four coherent, correlated factors; for males—confidence, dominance, social competence, and social withdrawal; for females—confidence, dominance, social competence, and relations to authority figures.

The decision to split the scale into two parallel forms was based on a desire for a short version which can be rapidly administered to large samples and the need for equivalent forms for use in research settings where retesting for changes in self-esteem is indicated.

The criteria for assignment to one of the two forms (TSBIA or TSBIB) were: (1) equivalence of part-whole correlations, (2) equivalence of means between forms and between sexes, (3) equivalence of score distributions, and (4) parallel factor structures. The items and the scoring key for each form are shown in Table 1. Selection of items was based on data from a sample of 248 males and 282 females.

Table 1
 Texas Social Behavior Inventory

The Texas Social Behavior Inventory is designed to gather background and social behavior data. Please answer on the accompanying IBM answer sheet. Be sure to fill in your name, sex, and date of birth. The letters a, b, c, d, and e correspond to the blanks beside each number on the answer sheet. When you decide which letter is the best answer for a particular question, fill in the box provided beside that letter and question number on the IBM form.

(Alternative coded 0 is underlined.)

FORM A					
1. I am not likely to speak to people until they speak to me.	a	b	c	d	e
Not at all character- istic of me	Not very	Slightly	Fairly	Very much character- istic of me	
2. I would describe myself as self-confident.	a	b	c	d	e
Not at all character- istic of me	Not very	Slightly	Fairly	Very much character- istic of me	

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Table 1 Continued

3. I feel confident of my appearance.	a	b	c	d	e
Not at all character- istic of me	Not very	Slightly	Fairly	Very much character- istic of me	
4. I am a good mixer.	a	b	c	d	e
Not at all character- istic of me	Not very	Slightly	Fairly	Very much character- istic of me	
5. When in a group of people, I have trouble thinking of the right things to say.	a	b	c	d	e
Not at all character- istic of me	Not very	Slightly	Fairly	Very much character- istic of me	
6. When in a group of people, I usually do what the others want rather than make suggestions.	a	b	c	d	e
Not at all character- istic of me	Not very	Slightly	Fairly	Very much character- istic of me	
7. When I am in disagreement with other people, my opinion usually prevails.	a	b	c	d	e
Not at all character- istic of me	Not very	Slightly	Fairly	Very much character- istic of me	
8. I would describe myself as one who attempts to master situations.	a	b	c	d	e
Not at all character- istic of me	Not very	Slightly	Fairly	Very much character- istic of me	
9. Other people look up to me.	a	b	c	d	e
Not at all character- istic of me	Not very	Slightly	Fairly	Very much character- istic of me	
10. I enjoy social gatherings just to be with people.	a	b	c	d	e
Not at all character- istic of me	Not very	Slightly	Fairly	Very much character- istic of me	
11. I make a point of looking other people in the eye.	a	b	c	d	e
Not at all character- istic of me	Not very	Slightly	Fairly	Very much character- istic of me	
12. I cannot seem to get others to notice me.	a	b	c	d	e
Not at all character- istic of me	Not very	Slightly	Fairly	Very much character- istic of me	
13. I would rather not have very much responsibility for other people.	a	b	c	d	e
Not at all character- istic of me	Not very	Slightly	Fairly	Very much character- istic of me	

14. I feel comfortable being approached by someone in a position of authority.	a	b	c	d	e
Not at all character- istic of me	Not very	Slightly	Fairly	Very much character- istic of me	
15. I would describe myself as indecisive.	a	b	c	d	e
Not at all character- istic of me	Not very	Slightly	Fairly	Very much character- istic of me	
16. I have no doubts about my social competence.	a	b	c	d	e
Not at all character- istic of me	Not very	Slightly	Fairly	Very much character- istic of me	

FORM B

1. I would describe myself as socially unskilled.	a	b	c	d	e
Not at all character- istic of me	Not very	Slightly	Fairly	Very much character- istic of me	
2. I frequently find it difficult to defend my point of view when confronted with the opinions of others.	a	b	c	d	e
Not at all character- istic of me	Not very	Slightly	Fairly	Very much character- istic of me	
3. I would be willing to describe myself as a pretty "strong" personality.	a	b	c	d	e
Not at all character- istic of me	Not very	Slightly	Fairly	Very much character- istic of me	
4. When I work on a committee I like to take charge of things.	a	b	c	d	e
Not at all character- istic of me	Not very	Slightly	Fairly	Very much character- istic of me	
5. I usually expect to succeed in the things I do.	a	b	c	d	e
Not at all character- istic of me	Not very	Slightly	Fairly	Very much character- istic of me	
6. I feel comfortable approaching someone in a position of authority over me.	a	b	c	d	e
Not at all character- istic of me	Not very	Slightly	Fairly	Very much character- istic of me	
7. I enjoy being around other people, and seek out social encounters frequently.	a	b	c	d	e
Not at all character- istic of me	Not very	Slightly	Fairly	Very much character- istic of me	
8. I feel confident of my social behavior.	a	b	c	d	e
Not at all character- istic of me	Not very	Slightly	Fairly	Very much character- istic of me	

Table 1 Continued

9. I feel I can confidently approach and deal with anyone I meet.	a	b	c	d	e
Not at all characteristic of me	Not very	Slightly	Fairly	Very much characteristic of me	
10. I would describe myself as happy.	a	b	c	d	e
Not at all characteristic of me	Not very	Slightly	Fairly	Very much characteristic of me	
11. I enjoy being in front of large audiences.	a	b	c	d	e
Not at all characteristic of me	Not very	Slightly	Fairly	Very much characteristic of me	
12. When I meet a stranger, I often think that he is better than I am.	a	b	c	d	e
Not at all characteristic of me	Not very	Slightly	Fairly	Very much characteristic of me	
13. It is hard for me to start a conversation with strangers.	a	b	c	d	e
Not at all characteristic of me	Not very	Slightly	Fairly	Very much characteristic of me	
14. People seem naturally to turn to me when decisions have to be made.	a	b	c	d	e
Not at all characteristic of me	Not very	Slightly	Fairly	Very much characteristic of me	
15. I feel secure in social situations.	a	b	c	d	e
Not at all characteristic of me	Not very	Slightly	Fairly	Very much characteristic of me	
16. I like to exert my influence over other people.	a	b	c	d	e
Not at all characteristic of me	Not very	Slightly	Fairly	Very much characteristic of me	

COMPARISONS AMONG VERSIONS

Comparisons were based on data from a second sample of 238 male and 262 female undergraduates at the University of Texas at Austin. The two forms were highly correlated with the original 32-item scale. TSBIA yielded *r*s with the long form of .973 for males and .974 for females. The equivalent correlations of TSBIB with the original TSBI were .973 and .977. The two forms were highly correlated with an *r* of .894 obtained. Differences between forms and between sexes on each form were

Table 2
Decile Scores (Rounded) and Other Normative Data for Form A and Form B of the TSBI

Deciles	Form A		Form B	
	Males	Females	Males	Females
10	29	29	28	28
20	33	33	33	33
30	36	36	36	37
40	39	39	38	40
50	40	41	40	42
60	42	44	42	44
70	44	46	44	46
80	47	48	47	48
90	52	51	51	52
Mean	40.45	40.64	40.25	41.02
SD	8.87	9.02	8.95	9.68
Range	13-64	11-61	13-64	6-61

nonsignificant. Factor analyses of TSBIA and TSBIB for males and females revealed structures similar to those obtained from the original scale.

Descriptive data for male and female college students for each form are presented in Table 2.

In summary, analyses of the short forms indicate that they are statistically and logically consistent and can be used with confidence to provide reliable indices of self-esteem. Only in cases where subscale scores on components of self-esteem are required would use of the long form seem indicated.

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