

Scale Description

This scale assesses people's perception of competence in various life domains. There are 4 life domains: leisure, interpersonal relationships, school, and life in general. There are 4 items for each of the subscales, each one being assessed on a 7-point scale.

References

Losier, G.F., Vallerand, R.J., & Blais, M.R. (1993). Construction et validation de l'Échelle des Perceptions de Compétence dans les Domaines de Vie (EPCDV). *Science et comportement*, 23, 1-16.

PERCEPTION OF COMPETENCE IN LIFE DOMAINS SCALE (PCLDS)

Gaëtan F. Losier, Robert J. Vallerand, & Marc R. Blais. (1993).
Science et Comportement, 23, 1-16.

Using the scale below, please indicate to what extent you agree with each of the following items.

Not Agree at all 1	Very Slightly Agree 2	Slightly Agree 3	Moderately Agree 4	Mostly Agree 5	Strongly Agree 6	Very strongly Agree 7				
1. In many of my life domains, I feel I am not good enough.				1	2	3	4	5	6	7
2. In general, I have difficulty doing my school work well.				1	2	3	4	5	6	7
3. I find it difficult to make friends.				1	2	3	4	5	6	7
4. In my leisure activities, I almost always succeed in attaining the goals I have set for myself.				1	2	3	4	5	6	7
5. If I could, I would change a lot of things about myself.				1	2	3	4	5	6	7
6. I have developed very good abilities as a student.				1	2	3	4	5	6	7
7. I always have a lot of people to do things with.				1	2	3	4	5	6	7
8. In my leisure activities, I am just as good as anyone else.				1	2	3	4	5	6	7
9. Sometimes, I think I am not competent in the many activities in which I participate.				1	2	3	4	5	6	7
10. I don't believe I am a very efficient student.				1	2	3	4	5	6	7
11. I have many friends.				1	2	3	4	5	6	7
12. My leisure activities represent, for me, a domain in which I excel.				1	2	3	4	5	6	7
13. In many domains, I don't think I am efficient.				1	2	3	4	5	6	7
14. Overall, I believe I am a good student.				1	2	3	4	5	6	7
15. In general, I succeed easily in establishing a good contact with people.				1	2	3	4	5	6	7
16. It looks like I can never fully master my leisure activities.				1	2	3	4	5	6	7

KEY FOR PCLDS

# 1*, 5*, 9*, 13*	Perceptions of general competence
# 2*, 6, 10*, 14	Perceptions of academic competence
# 3*, 7, 11, 15	Perceptions of competence in interpersonal relationships
# 4, 8, 12, 16*	Perceptions of leisure competence

* Indicates an item with an inversed score before data analysis.

Note: This scale may be used for research purposes only. To use this scale you require only to mention the complete reference data.

Thank you for your interest.

Good luck in your research.