

Problem-Solving Index

<i>Question text</i>	<i>Strongly agree (1)</i>	<i>Agree (2)</i>	<i>Slightly agree (3)</i>	<i>Slightly disagree (4)</i>	<i>Disagree (5)</i>	<i>Strongly disagree (6)</i>
When I am faced with a challenging situation, I feel confident in my ability to solve it.						
I often feel overwhelmed when trying to solve a problem.						
I believe I can find a good solution to most problems I face.						
When dealing with a problem, my first response is to avoid thinking about it.						
I take time to think through different solutions before acting on a problem.						
If one solution doesn't work, I try a different approach.						
When I have a problem, I tend to put off dealing with it.						
I am usually able to think up creative and effective alternatives to solve a problem.						
I have the ability to solve most problems even though initially no solution is immediately apparent.						
Many problems I face are too complex for me to solve.						
I make decisions and am happy with them later.						
When I make plans to solve a problem, I am almost certain that I can make them work.						
Given enough time and effort, I believe I can solve most problems that confront me.						

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When faced with a novel situation I have confidence that I can handle problems that may arise.						
I trust my ability to solve new and difficult problems.						
After making a decision, the outcome I expected usually matches the actual outcome.						
When confronted with a problem, I am unsure of whether I can handle the situation.						
When I become aware of a problem, one of the first things I do is to try to find out exactly what the problem is						
When a solution to a problem was unsuccessful, I do not examine why it didn't work.						
When I am confronted with a complex problem, I do not bother to develop a strategy to collect information so I can define exactly what the problem is.						
After I have solved a problem, I do not analyze what went right or what went wrong.						
After I have tried to solve a problem with a certain course of action, I take time and compare the actual outcome to what I thought should have happened.						
When I have a problem, I think up as many possible ways to handle it as I can until I can't come up with any more ideas.						
When confronted with a problem, I consistently examine my feelings to find out what is going on in a problem situation.						
When confronted with a problem, I tend to do the first thing that I can think of to solve it.						

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When deciding on an idea or possible solution to a problem, I do not take time to consider the chances of each alternative being successful.						
When confronted with a problem, I stop and think about it before deciding on a next step.						
I generally go with the first good idea that comes to my mind.						
When making a decision, I weigh the consequences of each alternative and compare them against each other.						
I try to predict the overall result of carrying out a particular course of action,						
When I try to think up possible solutions to a problem, I do not come up with very many alternatives.						
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When I try to think up possible solutions to a problem, I do not come up with very many alternatives.						
I have a systematic method for comparing alternatives and making decisions.						
When confronted with a problem, I do not usually examine what sort of external things my environment may be contributing to my problem.						
When I am confused by a problem, one of the first things I do is survey the situation and consider all the relevant pieces of information.						
When my first efforts to solve a problem fail, I become uneasy about my ability to handle the situation.						
Sometimes I do not stop and take time to deal with my problems, but just kind of muddle ahead.						

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Even though I work on a problem, sometimes I feel like I am groping or wandering, and am not getting down to the real issue						
I make snap judgments and later regret them.						
Sometimes I get so charged up emotionally that I am unable to consider many ways of dealing with my problems.						

Scoring: Add the total for all responses. The score range is 32–192, with lower scores indicating better problem-solving skills (Tate, 2010).