QUESTIONNAIRE NAME AND AUTHOR:

Personal Growth Initiative Scale (PGIS)
Christine Robitschek, Ph.D.

WHAT THE QUESTIONNAIRE MEASURES:

The PGIS is a self-report instrument that yields a single scale score for personal growth initiative. Personal growth initiative is a person’s active and intentional involvement in changing and developing as a person. The PGIS consists of nine items that are rated on a Likert scale from 1 = Strongly Disagree to 6 = Strongly Agree. Item scores are summed to obtain a total PGI score. There is evidence that the PGIS is strongly positively related to psychological well-being and negatively related to psychological distress. Reliability and validity evidence has been strong. The PGIS takes about 5 minutes to complete, and there is no time limit.

KEY REFERENCES:


E-MAIL CONTACT INFORMATION:

Christine Robitschek, Ph.D.: chris.robitschek@ttu.edu

TO DOWNLOAD THE QUESTIONNAIRE:

Click here: Personal Growth Initiative Scale
Personal Growth Initiative Scale (PGIS)

By Christine Robitschek, Ph.D.

Using the scale below, circle the number which best describes the extent to which you agree or disagree with each statement.

1 = Definitely disagree
2 = Mostly disagree
3 = Somewhat disagree
4 = Somewhat agree
5 = Mostly agree
6 = Definitely agree

1. I know how to change specific things that I want to change in my life. 1 2 3 4 5 6
2. I have a good sense of where I am headed in my life. 1 2 3 4 5 6
3. If I want to change something in my life, I initiate the transition process. 1 2 3 4 5 6
4. I can choose the role that I want to have in a group. 1 2 3 4 5 6
5. I know what I need to do to get started toward reaching my goals. 1 2 3 4 5 6
6. I have a specific action plan to help me reach my goals. 1 2 3 4 5 6
7. I take charge of my life. 1 2 3 4 5 6
8. I know what my unique contribution to the world might be. 1 2 3 4 5 6
9. I have a plan for making my life more balanced. 1 2 3 4 5 6