

Please cite as follows:

Harris, P. R., Griffin, D.W., Napper, L., Bond, R., Schütz, B., Stride, C., & Brearley, I. (2019). Individual differences in self-affirmation: distinguishing self-affirmation from positive self-regard. *Self and Identity*, 18, 589-630. doi: 10.1080/15298868.2018.1504819

The SSAM is a 13-item scale that assesses the tendency to report responding to threats with affirming self-related cognitions, in particular by focussing on personal strengths and attributes, values and principles, and important social relationships. Validation evidence can be found in the above paper, which should be used whenever referencing this scale.

We recommend scoring the SSAM as follows:

$SSAM = (strengths + values + relations)/3$

$strengths = (SSAM1 + SSAM8 + SSAM9 + SSAM13)/4$

$values = (SSAM 2 + SSAM3 + SSAM5 + SSAM12)/4$

We are interested in how often you find yourself thinking about yourself when things start to bother you.

$$\mathbf{I}$$

	disagree completely	1-----2-----3-----4-----5-----6-----7	agree completely
thinking about my strengths.		1-----2-----3-----4-----5-----6-----7	
thinking about my values.		1-----2-----3-----4-----5-----6-----7	
thinking about my principles.		1-----2-----3-----4-----5-----6-----7	
thinking about the people who are important to me.		1-----2-----3-----4-----5-----6-----7	
thinking about what I stand for.		1-----2-----3-----4-----5-----6-----7	
thinking about my family.		1-----2-----3-----4-----5-----6-----7	
thinking about my friends.		1-----2-----3-----4-----5-----6-----7	
thinking about the things I am good at.		1-----2-----3-----4-----5-----6-----7	
thinking about the things I like about myself.		1-----2-----3-----4-----5-----6-----7	
thinking about the people I love		1-----2-----3-----4-----5-----6-----7	
thinking about the people I trust		1-----2-----3-----4-----5-----6-----7	
thinking about the things I believe in.		1-----2-----3-----4-----5-----6-----7	
remembering things I have succeeded at.		1-----2-----3-----4-----5-----6-----7	