

SABS 5.0

#	Item	Reversed?
1	I think about my life as an ongoing project to become a better person.	No
2	It can sometimes be a good thing to become angry at people.	Yes
3	If bad things happen to you, you are bound to feel distressed.	Yes
4	Having good understanding and good character is all that is required in order to be happy.	No
5	Viewing other people as fellow-members of the brother/sisterhood of humankind helps me to avoid feeling angry and resentful.	No
6	The universe is benevolent in its overall plan.	No
7	I regularly spend time reflecting on what is most important to enable me to live a good and happy life.	No
8	Bad luck could stop me being happy.	Yes
9	I do the right thing even when I feel afraid.	No
10	It is my duty to help others.	No
11	Sometimes a controlled experience of anger can be helpful in resolving conflicts with others	Yes
12	I always aim to do the right thing.	No
13	I do not act on urges when it would be unwise to act on them	No
14	I am committed to helping humanity in general.	No
15	I aim to treat everyone fairly.	No
16	To flourish as a human being all you need is good character and understanding of what really matters in life	No

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17	If things don't go well for my friends, I can't lead a good life.	Yes
18	I take active steps to reduce the suffering of others.	No
19	I spend quite a lot of time dwelling on what has gone wrong in the past.	Yes
20	It is possible to lead a happy life even after the death of someone we love.	No
21	The universe embodies reason and order.	No
22	When making an important decision I ask myself "What really matters here?"	No
23	I cannot really be harmed by what other people say.	No
24	The universe is a living thing.	No
25	I need quite a lot of money in order to be happy.	Yes
26	When I have a problem, I am good at taking constructive action in a timely manner.	No
27	We can't really control other people.	No

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28	There is a rational and orderly plan in the universe and in the causes of events.	No
29	When making a significant decision I reflect on what a good role model would do.	No
30	Nothing except our judgements and voluntary actions are truly under our control in life.	No
31	I pay attention to my judgements about good or bad things or people as I am making them.	No
32	I need to be well thought of by others in order to be happy.	Yes
33	I spend quite a lot of time worrying about the future.	Yes
34	It is good to think about life as an ongoing journey towards becoming a better person.	No
35	I am committed to helping my friends.	No
36	I pay attention to my thoughts about what I intend to do before I act on them.	No
37	I want to become a better person ethically.	No
38	When a negative thought enters my mind, I remind myself that it is just an interpretation of the situation.	No
39	It is right to feel intense and overwhelming grief after a significant loss	Yes

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40	I view other people as fellow-members of the brother/sisterhood of humankind.	No
41	If things don't go well for me, I can't lead a good life.	Yes
42	I can't control how I feel.	Yes
43	I need to be in good health in order to be happy.	Yes
44	I am committed to helping my family.	No
45	Every day I spend some time thinking about how I can best face challenges in the day ahead.	No
46	Our voluntary actions are among the only things truly under our control in life.	No
47	As long as you have the right attitude, you can lead a good life even in the most difficult circumstances.	No
48	Even when I can't do anything more about a problem I still worry about it a lot.	Yes

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49	I care about the suffering of others	No
50	I often do what I feel like doing rather than doing what I believe to be the right thing.	Yes
51	Our judgements are amongst the only things truly under our control in life.	No
52	I see my happiness as fully compatible with caring for other people.	No
53	The best idea is to give up trying to control people and instead focus on our own actions and our judgements and character.	No
54	There is no overall plan to the universe.	Yes
55	I think about what the ideal wise and good person would do when faced with misfortunes in life.	No
56	If things don't go well for my family, I can't lead a good life.	Yes
57	I am committed to helping in my local community.	No
58	It does not help me to get angry	No
59	it is possible to lead a happy life even when we have lost success or wealth.	No
60	We can sometimes influence how others behave, but we can't completely control other people.	No

Instructions

The SABS 5.0 (Stoic Attitudes and Behaviours Scale) lists 60 statements.

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On a 7 point Likert scale please answer how much you agree with each statement, from Strongly Agree (7) to Strongly disagree (1) as follows:

Strongly Agree 7

Agree 6

Slightly Agree 5

Neither agree or disagree 4

Slightly disagree 3

Disagree 2

Strongly Disagree 1

Please answer honestly and without over-thinking what a “correct”, Stoic answer might be.

Scoring

See column 3 in the table above to see which items are reverse-scored

For items that are not reversed, add the item score from 1 to 7 to the total

For items that are reversed, subtract first the item score from 8 and then add to the total.

Interpretation

The SABS 5.0 gives you a score between 60 and 420. The higher the score, the more Stoic.

In a recent large survey of participants (over 2500 people from SMRT course 2020) the average total score for SMRT was 291.6. A score of over 315 would place you in the top 25% in terms of being Stoic, a score of below 267 in the bottom 25%

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We are very interested in hearing about any research being conducted using SABS – please contact stoicresearch@tumblebon.com