

# The Spontaneous Self-Affirmation Measure (SSAM)

## Reference

Please cite as follows:

Harris, P. R., Griffin, D.W., Napper, L., Bond, R., Schüz, 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.

## Scoring

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

relations = (SSAM4 + SSAM7 + SSAM6 + SSAM10 + SSAM11)/5

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If you are planning to use it or have a question about the SSAM or its use, feel free to contact me at:

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Peter Harris  
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Sometimes when we face difficulties, challenges or problems in our daily lives we can find ourselves thinking about ourselves.

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

*When I feel threatened or anxious by people or events I find myself ...*

	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	