

To all interested, please feel free to use the Mindset of SES Scale (MSS) for research or any other use. Masters and dissertation students also have my permission to use and publish the Mindset of SES Scale in their theses. The scale is appropriate for ages 12 and up.

Prof. Chi Peilian
Department of Psychology
Faculty of Social Sciences (FSS)
University of Macau

E-mail: peilianchi@um.edu.mo

Reference:

- Dweck, C. (1990). Self-Theories: Their Role in Motivation, Personality, and Development. *Essays in Social Psychology* (Vol. 38).
- Dweck, C. S., & Henderson, V. L. (1989). Theories of Intelligence: Background and Measures.
- Zhao, S., Du, H., Lin, D., Wu, Q., Li, Q. & Chi, P. (2023). Role of self-esteem in the association between mindset of socioeconomic status and well-being: A cross-lagged panel analysis. *Applied Psychology-Health and Well-being*, 15, 1336-1351.
- Zhao, S., Chen, L., King, R. B., Nie, Y., Du, H., & Chi, P. (2021). When adolescents believe that SES can be changed, they achieve more: The role of growth SES mindset. *Personality and Individual Differences*, 183, 111104.

The scale includes three fixed mindset items and three growth mindset items, participants were asked to show their degree of agreement with each item on a 6-point Likert scale ranging from 1 (*strongly disagree*) to 6 (*strongly agree*). In this case, the three entity mindset items need to be reversed when calculating the average score. Average score more than 3 indicate a growth mindset, while average score less than 3 indicate a fixed mindset.

*The three fixed-mindset items can be used alone.

Mindset of SES Scale (MSS)

Socioeconomic status (SES) is a comprehensive indicator which reflected individual education, income, and occupation/occupational prestige. Please read each statement about SES carefully before answering. To the left of each item, indicate the degree which you agree with each statement.

Strongly Disagree

Strongly Agree

1	2	3	4	5	6
---	---	---	---	---	---

——1. You are born with certain socioeconomic status and you really can't do much to change it.

——2. Your socioeconomic status is something about you that you can't change very much.

——3. You can't really change your basic socioeconomic status, even if you try hard.

——4. No matter who you are, you can change your socioeconomic status a lot.

——5. You can always greatly change your socioeconomic status.

——6. No matter what socioeconomic status you are now, you can always change it quite a bit.

指导语：社会经济地位是关于某个人经济和社会地位的总体衡量。简而言之，它是一个家庭收入，教育程度以及职业的整体缩影。下面是有关于社会经济地位的描述，请评估你同意或不同意以下看法的程度，并选择最符合的选项。

非常不同意

非常同意

1	2	3	4	5	6
---	---	---	---	---	---

- 1. 一个人的社会经济地位是出生时就决定的，不太能被改变。
- 2. 一个人的社会经济地位是非常根本的，不太可能改变。
- 3. 无论你做再多的努力，也很难改变自己的社会经济地位。
- 4. 每个人都可以改变自己的社会经济地位。
- 5. 你总是可以改变自己的社会经济地位。
- 6. 无论你现在的社会经济地位如何，你都可以改变它。