

CasMac Measure of Character (CasMac)

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Please read each statement and indicate to what extent each item is characteristic of you. You may respond by circling / clicking the appropriate number according to the following scale:

		1	2	3	4	5	6	7	
		Strongly Disagree	Disagree	Slightly Disagree	Neither Agree nor Disagree	Slightly Agree	Agree	Strongly Agree	
1.	I never let obstacles or oppositions prevent me from doing what really matters.								1 2 3 4 5 6 7 CG
2.	I am not afraid to stand up for what is right or speak the truth, even if it may cost me personally.								1 2 3 4 5 6 7 CG
3.	I am not afraid of failures and rejections in pursuing my ideals or dreams.								1 2 3 4 5 6 7 CG
4.	I can face an uncertain and difficult future with courage and faith.								1 2 3 4 5 6 7 CG
5.	I accept my limitations.								1 2 3 4 5 6 7 AC
6.	I accept what cannot be changed.								1 2 3 4 5 6 7 AC
7.	I have learned to live with suffering and make the best of it.								1 2 3 4 5 6 7 AC
8.	I have learned to accept the world as it is.								1 2 3 4 5 6 7 AC
9.	My life is meaningful because I live for something greater than myself.								1 2 3 4 5 6 7 ST
10.	My suffering is more bearable when I believe that it is for my family, friends, and/or for a higher purpose.								1 2 3 4 5 6 7 ST
11.	I enjoy the process of striving towards excellence in what matters.								1 2 3 4 5 6 7 ST
12.	At my funeral, I want to be remembered as a decent human being who cared about others.								1 2 3 4 5 6 7 ST
13.	I can find something meaningful or significant in everyday events.								1 2 3 4 5 6 7 MG
14.	No matter how painful the situation, life is still worth living.								1 2 3 4 5 6 7 MG
15.	What really matters to me is to pursue a higher purpose or calling regardless of personal cost.								1 2 3 4 5 6 7 MG
16.	I can always transform negatives into positives through reframing of meaning.								1 2 3 4 5 6 7 MG
17.	My life is full of hardships and suffering, but I can still count my blessings.								1 2 3 4 5 6 7 AP
18.	I am grateful that my inner resources have increased as a result of overcoming adversities.								1 2 3 4 5 6 7 AP
19.	I am grateful that every crisis represents an opportunity for me to grow.								1 2 3 4 5 6 7 AP

20.	I have learned the importance of gratitude through suffering.	1	2	3	4	5	6	7	<i>AP</i>
21.	I often feel the pain of another human being.	1	2	3	4	5	6	7	<i>CM</i>
22.	It is my belief that we need to care for suffering people without judging them.	1	2	3	4	5	6	7	<i>CM</i>
23.	I have a habit of doing some kind deed to others in need of help.	1	2	3	4	5	6	7	<i>CM</i>
24.	I often feel moved by compassion seeing people waste their lives in pursuing pleasures and money.	1	2	3	4	5	6	7	<i>CM</i>

CasMac Measure of Character: Coding Key

1. Courage (CG) (4 items): 1, 2, 3, 4
2. Acceptance (AC) (4 items): 5, 6, 7, 8
3. Self-Transcendence (ST) (4 items): 9, 10, 11, 12
4. Meaning (MG) (4 items): 13, 14, 15, 16
5. Appreciation (AP) (4 items): 17, 18, 19, 20
6. Compassion (CM) (4 items): 21, 22, 23, 24

References

- [Items 5, 6, 7] from Personal Meaning Profile-Brief (PMP-B), self-acceptance subscale (McDonald, Wong, & Gingras, 2012)
- [Items 9, 10, 11, 12] from the Self-Transcendence Measure-Brief (STM-B) (Wong, 2017)
- [Items 13, 14, 15, 16] from the Life Orientation Scale (LOS) (Wong, 2012)
- [Items 17, 18, 19, 20] from the Existential Gratitude Scale (EGS) (Jans-Beken & Wong, 2018)