

Do Greek Affiliation and Gender Predict Depression, Self-Esteem, and Sense of Support?

Rachael Ridgway

Stockton University

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Advisors: Connie Tang, Christine Gayda, David Lester

Abstract

This study investigated whether affiliation with Greek lettered organizations, and gender of a student, influences the student's level of depression, self-esteem, and sense of support. These levels will be measured using self-report questionnaires which include the Rosenberg Self-Esteem Scale, Multidimensional Scale of Perceived Social Support, and Beck Depression Inventory. Both male and female college students, 66 and 241 respectively, answered a survey of their affiliation with Greek lettered organizations and the questionnaire pertaining to depression, self-esteem, and sense of support. Of these total participants, there were 138 non-Greek students, 130 sorority sisters, and 39 fraternity brothers. The results of this study found no significant results to support the hypothesis. However, one lean in support of Greek lettered organization was found for self-esteem. Greeks were found to have a higher level of self-esteem. The sample size tested in this study was not even proportioned, so a faulty procedure may be to blame. However, a faulty hypothesis may be a factor as well due to improper analysis of past research. Further testing will need to be done on this topic.

Keywords: Greek affiliation, gender, depression, self-esteem, sense of support

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Whether we choose to admit it or not we all have the desire to fit in; to feel as though we belong. Humans long for a positive sense of self and sense of support. When in college students may decide to join a sorority or fraternity to fulfill this desire. This decision, and its effects on those who do, is often one of great dispute. Rushing a Greek organization, learning about the Greek system and the organizations history, anticipating and accepting a bid after searching for the perfect fit, building new friendships and connections, feeling accepted by the members, and experiences occurring within the group have insightful effects on those who chose to rush (Taylor, 2010). Negative attributes have also been associated with these organizations, whether under one's own conscious awareness or not (Wells & Corts, 2008).

Wells and Corts (2008) found that students who were not members of the Greek organizations held preferential attitudes towards academic and service groups. They also found these students to hold negative feelings towards members of Greek lettered society, both fraternity and sorority members alike. Their results showed possibility of attitudes being stronger than reported on a typical basis. Greek members were found to have significantly more positive attitude than those who were non-Greek. When relating Greek students to a category of "good" those who were non-Greek had a slower response than when they were related to "bad" categories. This evidence supports the idea of a negative bias held towards students involved in the Greek lettered society.

Research has been done to show differences in depression and self-esteem levels among college students, however these variables are most commonly those such as gender paired with variables such as physical activity, body satisfaction, and relationship status not involvement in Greek lettered societies. Although women tend to report symptoms of suicide more often than

men, college men were found to report more proneness to suicide (Klibert, 2011). While women reported a slightly higher mean score in depression than men, men reported higher scores of both psychological and physical suicide proneness. When depression and self-esteem were considered amongst men and women the results differed. In female students it was found that both are strong predictors for suicide. This study found that procrastination was also a predictor of both physical and psychological suicidal feelings. These tendencies to procrastinate were correlated with low senses of worth, death-related feelings and thoughts, and risky health or injury-related behaviors. For males, suicidal proneness was linked to depression and lower self-esteem, but not procrastination or risky behavior. This has been attributed to male's tendency to attain a higher sense of indestructibility.

Another study found self-esteem ratings to be affected by variables such as gender, body satisfaction, and relationship status (Pettijohn II, Naples, & McDermott, 2010). Females were found to be more influenced by the status of their relationship than males. Those in relationships report higher levels of self-esteem than those not. Year in college played a slight, yet not significant effect on the students. Freshman students reported a slightly lower rating of body satisfaction and self-esteem, however the most significant difference was still amongst the genders rather than ages. Males reported a mean self-esteem score of 3.48, while females reported a mean score of 3.13. In regards to self-confidence in body satisfaction, females reported a mean score of 3.24 while males reported a mean score of 3.70. These results show a significant difference among males and females in these respects. McWhirter (1997) also found gender having an influence on self-esteem and loneliness. The study found that men and women show different levels, but not types, of loneliness. Gender has been found to be one of the main variables in depression and low self-esteem.

Studies have been done to compare affiliation and behaviors such as eating disorders. One study has observed both genders, but most have a focus on female participants. Membership in Greek organizations was also found to be associated with eating disorders in males (Piquero, Fox, Piquero, Capowich, & Mazerolle, 2010). This study found that stressful experiences prompted eating disorders in females, depressive situations increased likelihood of eating disorders for both male and female, and anger had no effect for either. In regards to membership of a Greek organization, eating disorders were more prominently associated for males. Allison and Park (2004) did a study that surveyed both sorority and non-sorority woman over a three year span. The participants of the study were surveyed in their first, second, and third year of undergraduate schooling which covers pre and post rushing of Greek organizations. On the Eating Disorder Inventory, sorority women held higher reports of drive for thinness, although on average they gained 3 pounds more, than non-sorority women. However, there was no significant difference found in regards to body dissatisfaction, self-esteem, body mass index and ideal weight, bulimia, eating disorders, or depression among those surveyed.

Sorority membership has been associated with a drive for thinness, but not restrictions on eating behaviors or the encouragement of eating disorders (Morris, Parra, & Stender, 2011). Scott-Sheldon, Carey, and Carey (2008) also found that Greeks and non-Greeks showed no significant difference in unhealthy eating behaviors. It was found that these restrictions on eating or eating disorders were linked to depression, self-esteem, and unwanted sexual contact rather than sorority membership. Another study used the Drive for Thinness scale, Body Dissatisfaction scale, a social pressure scale, and the Objectified Body Consciousness Scale to assess body objectification in relation to sorority membership (Basow, Foran, & Bookwala, 2007). This study found significant differences in both the eating disorder inventory of the Drive for Thinness scale

and the OBCS. Those women who were involved in sorority life were more likely to report greater levels of social pressure and were at higher risk of pressure than those not involved in sorority life. The findings also suggest that those living the sorority's house had an increased probability of developing an eating disorder, facing pressure from social influences, and reporting greater levels of body dissatisfaction. Schulken, Pinciario, Sawyer, Jensen, and Hoban (1997) found that sorority women, when compared to non-sorority women, had a greater fear of becoming fat. They are more likely to become dissatisfied with their bodies, show greater concern for dieting, and become more preoccupied with their weight. This was based on significantly higher average scores on the body dissatisfaction subscale and eating disorder inventory. Bulimia scores were also higher among this group of students than others, but differences in results were not statistically significant. This evidence infers that joining a Greek organization may develop eating disorders or body dissatisfaction and lower satisfaction of body image, but results are not consistent with this stereotype.

Eating disorders and body dissatisfaction are not the only negative associations made with Greek organizations, heavy drinking is as well. In a study comparing Greek and athletic populations to the general student body, Greeks were found to engage in riskier behavior more often (Huchting, Lac, Hummer, & LaBrie, 2011). These students were reported to have greater social problems due to drinking and drinking more often or for reasons of conformity. A study done by McCabe, Schulenberg, Johnston, O'Malley, Bachamn, and Kloska (2005) reported solid evidence suggesting members of sorority or fraternal organizations are associated with increases in heavy drinking, but elevated rates were present when students were still in their senior year of high school. Research from another study found that Greek membership however, does not predict drinking behavior after college (Scott-Sheldon et al., 2008). At the average typical

incident Greek students were found to consume more alcohol than those who were not Greek (Turner, Larimer, & Sarason, 2000). They were also reported to drink more frequently and incur negative consequences from alcohol related behaviors. This increased use of alcohol and problems associated with it have been linked to various normative influences as well as peer pressure within the Greek lettered society. Another influence found was relationships with parents. Those who reported higher levels of mother-child or father-child conflict were found to have greater alcohol related consequences as well. Students who held higher levels of parental conflict at the entrance of college were also found to report higher levels of depression which is believed to contribute to poor adjustment leading to the risky behavior of alcohol consumption. It has been concluded that these risky behaviors are influenced by the environmental norms (Scott-Sheldon et al., 2008) as well as psychological distress (Turner et al., 2000). On the contrary, one study focusing on pregame activities found that age was a factor not Greek status (Read, Merrill, & Bytschkow, 2010). Younger students were found to pregame more than others, regardless of affiliation with Greek lettered society. This study also found no significant differences in regards to frequency of drinking and episodic drinking among Greek and non-Greek students. Interestingly they found that with drinks per drinking incident, non-Greeks drank slightly more on average than Greeks. Research on risky behavior pairs Greek affiliation with athletic involvement and parental relationship, but not with gender.

In addition to drinking, other risky behaviors often related to lower self-esteem or depression such as substance abuse and sexual behaviors have been linked to those in the Greek lettered society. As with drinking, it was found that even before entry to college those who joined fraternities or sororities had higher rates of substance abuse (McCabe et al., 2005). These students were also associated with higher levels of annual marijuana use during college.

However, regardless of membership in these organizations, students in general showed increased levels of substance abuse during college. Sorority sisters, more so than fraternity brothers, were found to be more frequent smokers than those not involved in Greek organizations. In regards to risky sexual behavior, Greeks and non-Greeks were not found to differ in use of condoms and frequency of unprotected sexual encounters. Sorority members surveyed in this study were found to report more sexual partners, in both lifetime and past year (Scott-Sheldon et al., 2008). They also reported to not believe that their friends felt as though condoms were a necessary precaution. In respect to fraternity brothers, they also reported a higher number of sexual partners. As with the research on drinking, studies done on sexual behavior compared students based on Greek affiliation, but not gender.

Studies have also been done involving both Greeks and other student populations such as athletes. Women who participate in athletics showed higher levels of eating disorders, body dissatisfaction, bulimia, and drive for thinness than non-athletes (Holm-Denoma, Scaringi, Gordon, Van Orden, & Joiner, 2009). These athletes consisted of varsity, club, and independent. High levels of anxiety in sports is predicted to cause the high levels of drive for thinness and anxiety paired with level of involvement predicted symptoms of bulimia and dissatisfaction with their bodies. Athletes have been found to partake in heavy drinking more habitually, consume more drinks per week, and encounter more alcohol related consequences than those not involved in athletic sports (Hildebran, Johnson, & Bogle, 2001). They were also found to have begun drinking at a younger age than non-athletes. Getting drunk was found to be the most intended reason for athletes to drink and they were more likely to binge drink or become intoxicated at least three times a month. Studies on athletes and their risky behavior in college have shown that Greeks are not the only population to face the negative stereotypes or attitudes.

Involvement in Greek life is not always met with negative consequences. A sense of support can be found among the Greek lettered society. Not many studies have been done in this area, but Woodward, Rosenfeld, and May (1996) found areas of support including emotional, technical, task appreciation, and reality conformation support. This study also explored challenges such as task and emotional challenge. Sorority sisters showed high levels of satisfaction from emotional support which supports the idea that women connect and support one another to communicate and achieve closeness. Fraternity members were more satisfied with task and emotional challenge as well as tangible support. Task challenge was defined as motivation and encouraging involvement through challenging the way one thinks. Emotional challenge was defined by the challenging of values and attitudes to develop a stronger sense of belief in values and self. These were thought to have been favored by the male members as they are more masculine in characteristic. Both sorority and fraternity members were equally high in areas of task appreciation support, reality conformation support, and personal assistance. Task appreciation is achieved through acknowledgment and appreciation of efforts or work put forth by the members. Reality conformation is defined as the notion of seeing those similar to you or those with similar visions as you which helps you to confirm your perceptions and keep yourself in focus. Both groups feel as though they could easily obtain more assistance and/or support if needed. This study did find evidence of support among the Greek lettered society comparing gender, yet did not include non-affiliated students in the study.

These studies and others have used Greek affiliation and gender to test for effects in various areas, however they have not tested both variables simultaneously. Differences in body dissatisfaction and susceptibility to eating disorders have shown to be both more likely in Greek populations and of equal probability for either population. Other studies have investigated risky

behaviors such as alcohol consumption, substance abuse, and sexual intercourse. These too have shown both Greeks being more and at equal risk to their non-Greek peers. Previous studies comparing Greek students to other groups such as athletes showing similar results to those mentioned above. It has also been proven that regardless of the behaviors Greeks are involved in, those not in the Greek lettered society reserve negative stereotypes towards the population. Few, and not as recent studies, have been done of the positive effects of joining a Greek organization. These benefits include support, sense of self, and opportunities among others. These prior research studies have produced conflicting results and not lead to one solid conclusion nor have they factored both Greek affiliation and gender into the study. These studies have been done to investigate the behaviors of these students and how they are viewed by society, but only compare students based on affiliation or gender among Greek students, not both simultaneously. Greek lettered students have been compared to non-Greek lettered students in regards to self-esteem and depression, and male and female Greek lettered students have been compared in regards to sense of support. The generalization of results based on comparisons using only affiliation or gender may influence the results as both are influential factors. The purpose of this study is to investigate whether Greek affiliation and gender influence a student's levels of perceived support, sense of self, and depression. By including both of these variables, more specific results can be found. The hypotheses for this study are depression, self-esteem, and sense of support will differ among Greek lettered students and among gender. Greeks will show higher levels of perceived support and self-esteem than students who are not affiliated with these organizations. Males will have higher levels of self-esteem and support, but lower levels of depression.

Method

Participants

For this study, 307 students from a public liberal arts college in the east coast of the United States were tested. Of these participants, 241 were female and 66 were male. Greek affiliation was also surveyed. Of the total participants, 169 were involved in Greek organizations. This total was broken down into 130 sorority sisters and 39 fraternity brothers. The participants in this study were collected through the college's Psychology Department Research Subject pool.

Materials

Participants were given an informed consent form prior to testing, informing them of confidentiality and details of the study. After they agreed to complete the study, the participant was given a self-report questionnaire (Appendix). This questionnaire contains 43 questions compiled from scales used in previous studies in this field. There were questions in these sections that contained reverse scoring to reduce response bias.

Depression. To assess the participants' level of depression Beck's Depression Inventory was used. These twenty one questions contain statements ranging from those such as "I feel guilty all the time" to "I do not feel guilty" and are scored on a range of 0 to 3. These scores were totaled to assess the individuals' level of depression. This scale has been validated and found to have a strong reliability across a broad range of both clinical and non-clinical patients (Wang, Andrade, & Gorenstein, 2005). This measure has also been found to be valid in differentiating among depression, anxiety, loneliness, and stress. Not only does this measure show discriminate validity but construct as well. The Beck Depression Inventory has strong sensitivity, specificity, and predictive value (Adewuya, Ola, & Aloba, 2007). It also has been reported to have high internal consistency and strong test retest reliability.

Self-esteem. The Rosenberg Self-Esteem Scale is the measure that was used to assess the participants' self-esteem. This 10 item measure is a 4 point Likert Scale ranging from strongly agree to strongly disagree. Scores are given from 0 to 3, with some questions reverse scored to counterbalance response bias. With this measure a higher score correlates with a higher sense of self. Griffiths, Beumont, Giannakopoulos, Russell, Schotte, Thornton, & Varano (1999) found the Rosenberg Scale to have both strong construct and convergent validity.

Sense of social support. To measure the participants' sense of support in this study the Multidimensional Scale of Perceived Social Support was used. This measure is a 12 question 7 point Likert Scale ranging from very strongly agree to very strongly disagree. It contains the three subsections family, friends, and significant others. This measure has been confirmed through studies on pregnant women, both older and younger adults, doctors in training, Turkish students, African Americans, European Americans, and Chinese adolescents (Basol, 2008). The subscales of significant others and friends were highly correlated and had internal consistency. Dahlem, Zimet, & Walker (1991) found this scale to have good internal validity and no bias of social appeal. It was found to be reliable, have strong validity, and be an easily administered measure (Kazarian, McCabe, 1991). This measure was also found to be weakly related to social bias and perceived preferred responses.

Procedure

Students were asked to give their consent before they begin this online study. The purpose of assessing Greek affiliation and gender with chosen variables was explained to the participant. Instructions were given to answer all of the questions on the measure honestly and participants were given twenty to thirty minutes to complete the questionnaire. Demographic information about the participant such as age, gender, Greek affiliation, and length of affiliation

were also collected. Once students have completed the questionnaire they were be thanked for their time and debriefed. Students may receive extra credit from professors for participating in this study.

Results

The scoring for this project was done by totaling the sum of scores for each measure. The measure for self-esteem had reverse scoring items that were accounted for. Descriptive statistics including the mean and standard deviation were calculated. Between-subjects correlations were also calculated for each of the three measures.

This study hypothesized depression, self-esteem, and sense of support would differ among Greek lettered students and among gender. It was predicted that Greeks would show higher levels of perceived support and self-esteem than students who are not affiliated with these organizations. Males were predicted to have higher levels of self-esteem and support, but lower levels of depression. The results of this study did not support these hypotheses as no significant differences were found.

Although there were no significant differences, there was a “lean” in regards to self-esteem and Greek affiliation. Greeks ($M = 22.39$, $SE = .41$) had a slightly higher level of self-esteem than non-Greeks ($M = 21.61$, $SE = .48$), although non-significant, $F(1, 303) = 1.52$, $p = .22$. All other F s are equal to or smaller than .85, and all other p s are equal to or bigger than .36.

Discussion

The results of this study did not significantly demonstrate any differences among Greek affiliation or gender. The hypotheses of this project were not supported, but there was one lean

toward the direction of the proposed hypothesis in regards to Greek affiliation and self-esteem. As shown in the results, those who were affiliated with Greek lettered organizations held higher levels of self-esteem and males were found to have lower levels of depression.

The insignificant findings may be due to the sample size collected. While a large number of surveys were taken during this study, only a small portion of those were male. An even smaller number of those were in fraternities. Gathering a larger portion of males would have created a more even sample size and have possibly shown a more significant result. From the results both students involved with Greek lettered organizations and males showed a lean, so it may be hypothesized that further research with a higher amount of both populations is needed.

Another possible limitation with this study may have been the measures used. In future studies it may be beneficial to use more than one scale for each variable. Another suggestion may be to use other variables that more contain more definitive responses. Feedback was given in this study that the questions were “too depressing” and there were no “right” or “happy” answers in some cases. Students were told to select the answer that best fits them, but a more effective scale may be available. This study may hold more significant results if more effective scales are implemented.

The current findings suggest that affiliation with these Greek lettered organizations holds no significant impact on a student in regards of self-esteem, sense of support, and depression. Previous research has also found no significant differences in self-esteem when testing Greek affiliation as a variable. The past research examined in this study showed results that found significant results among gender of affiliation when studying eating disorders, drinking behaviors, and drug use. Previous studies had examined added variables whereas the study at

hand was focusing on solely the affiliation with Greek organizations and gender. Holm-Denoma et al. (2009) found a link between lower self-esteem and women using eating disorders and athletics as a variable. Relationship status and body satisfaction were also factored into studies about self-esteem (Pettijohn II et al., 2010). Woodward et al. (1996) found significant results in regards to self-esteem among Greek-affiliated students, but this study did not compare those who were non-Greek. Also, this study used an adapted version of the Social Support Survey which assess areas of support including listening, task appreciation, task challenge, emotional support, emotional challenge, reality conformation, tangible assistance, and personal assistance. In the current study, the Rosenberg Self-Esteem Scale which assessed support in terms of family, friends, and significant others rather than various areas of support. Depression was found to differ among males and females when procrastination was considered (Klibert, 2011). This variable also showed significant evidence when parental conflict was included (Scott-Sheldon et al., 2008). The previous research has used multiple scales and outside variables, whereas this study may have benefited from that approach.

Studying the variables of gender and affiliation exclusively could better aide in the understanding of social psychology and group life by eliminating outside factors, yet no significant findings were found. This leads one to infer the other factors such as eating disorders, drinking behaviors, or drug use are what impact the variables tested in this study. However, without more research it cannot be clear whether these outside factors are the driving forces behind lower self-esteem or support and higher depression, or if group life itself does hold negative effects on those involved. Further studies need to be done to significantly conclude these assumptions. Data will continue to be collected to expand the sample size in hopes of creating a more even distribution and find significant results.

Regardless of these insignificant findings, this line of research is an important area. All throughout a individuals life they will face the opportunity to be involved in a group. One of these groups is the Greek lettered organizations. It is important to understand the impact of these groups on the individual. If they are found to cause high depression or low self-esteem, research can then be done to determine the best way of correcting this impact. On the contrary, if these groups are found to increase sense of support and self-esteem, while lowering depression levels, groups such as these can be encouraged. From the previous research noted in the introduction, one can see this area is not a heavily researched topic, nor are the many studies with solid and significant evidence. The results of the past, current, and future studies in this area will aide in understand of group and social psychology.

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Appendix

SELF REPORT QUESTIONNAIRE

Please answer all questions as accurate and honestly as possible. All responses are anonymous.

* Required

*

I do not feel sad

I feel sad

I am sad all the time and I can't snap out of it

I am so sad and unhappy that I can't stand it

*

I am not particularly discouraged about the future.

I feel discouraged about the future

I feel I have nothing to look forward to

I feel the future is hopeless and that things cannot improve

*

I do not feel like a failure

I feel I have failed more than the average person

As I look back on my life, all I can see is a lot of failures

I feel I am a complete failure as a person

*

I get as much satisfaction out of things as I used to.

I don't enjoy things the way I used to.

I don't get real satisfaction out of anything anymore.

I am dissatisfied or bored with everything.

*

I don't feel particularly guilty

I feel guilty a good part of the time.

I feel quite guilty most of the time.

I feel guilty all of the time.

*

- I don't feel I am being punished.
- I feel I may be punished.
- I expect to be punished.
- I feel I am being punished.
- *
- I don't feel disappointed in myself.
- I am disappointed in myself.
- I am disgusted with myself
- I hate myself.
- *
- I don't feel I am any worse than anybody else.
- I am critical of myself for my weaknesses or mistakes.
- I blame myself all the time for my faults.
- I blame myself for everything bad that happens.
- *
- I don't have any thoughts of killing myself.
- I have thoughts of killing myself, but I would not carry them out.
- I would like to kill myself.
- I would kill myself if I had the chance.
- *
- I don't cry any more than usual.
- I cry more now than I used to.
- I cry all the time now.
- I used to be able to cry, but now I can't cry even though I want to.
- *
- I am no more irritated by things than I ever was
- I am slightly more irritated now than usual.
- I am quite annoyed or irritated a good deal of the time.
- I feel irritated all the time.
- *
- I have not lost interest in other people.

- I am less interested in other people than I used to be
- I have lost most of my interest in other people.
- I have lost all of my interest in other people.
- *
- I make decisions about as well as I ever could
- I put off making decisions more than I used to.
- I have greater difficulty in making decisions more than I used to.
- I can't make decisions at all anymore.
- *
- I don't feel that I look any worse than I used to.
- I am worried that I am looking old or unattractive.
- I feel there are permanent changes in my appearance that make me look unattractive
- I believe that I look ugly.
- *
- I can work about as well as before.
- It takes an extra effort to get started at doing something.
- I have to push myself very hard to do anything.
- I can't do any work at all.
- *
- I can sleep as well as usual.
- I don't sleep as well as I used to.
- I wake up 1-2 hours earlier than usual and find it hard to get back to sleep.
- I wake up several hours earlier than I used to and cannot get back to sleep.
- *
- I don't get more tired than usual.
- I get tired more easily than I used to.
- I get tired from doing almost anything.
- I am too tired to do anything.
- *
- My appetite is no worse than usual.
- My appetite is not as good as it used to be.

My appetite is much worse now.

I have no appetite at all anymore.

*

I haven't lost much weight, if any, lately.

I have lost more than five pounds.

I have lost more than ten pounds.

I have lost more than fifteen pounds

*

I am no more worried about my health than usual.

I am worried about physical problems like aches, pains, upset stomach, or constipation.

I am very worried about physical problems and it's hard to think of much else.

I am so worried about my physical problems that I cannot think of anything else.

*

I have not noticed any recent change in my interest in sex.

I am less interested in sex than I used to be.

I have almost no interest in sex.

I have lost interest in sex completely.

On the whole, I am satisfied with myself. *

1 2 3 4

Strongly Agree Strongly Disagree

At times, I think I am no good at all. *

1 2 3 4

Strongly Agree Strongly Disagree

I feel that I have a number of good qualities. *

1 2 3 4

Strongly Agree Strongly Disagree

I am able to do things as well as most other people. *

1 2 3 4

Strongly Agree Strongly Disagree

I feel I do not have much to be proud of. *

1 2 3 4

Strongly Agree Strongly Disagree

I certainly feel useless at times. *

1 2 3 4

Strongly Agree Strongly Disagree

I feel that I'm a person of worth, at least on an equal plane with others. *

1 2 3 4

Strongly Agree Strongly Disagree

I wish I could have more respect for myself *

1 2 3 4 5

Strongly Agree Strongly Disagree

All in all, I am inclined to feel that I am a failure *

1 2 3 4 5

Strongly Agree Strongly Disagree

I take a positive attitude toward myself *

1 2 3 4 5

Strongly Agree Strongly Disagree

My friends really try to help me. *

- Very Strongly Disagree
- Strongly Disagree
- Mildly Disagree
- Neutral
- Mildly Agree
- Strongly Agree

Very Strongly Agree

I can count on my friends when things go wrong. *

Very Strongly Disagree

Strongly Disagree

Mildly Disagree

Neutral

Mildly Agree

Strongly Agree

Very Strongly Agree

I have friends with whom I can share my joys and sorrows. *

Very Strongly Disagree

Strongly Disagree

Mildly Disagree

Neutral

Mildly Agree

Strongly Agree

Very Strongly Agree

I cannot talk about my problems with my friends. *

Very Strongly Disagree

Strongly Disagree

Mildly Disagree

Neutral

Mildly Agree

Strongly Agree

Very Strongly Agree

There is a special person who is around when I am in need *

Very Strongly Disagree

Strongly Disagree

- Mildly Disagree
- Neutral
- Mildly Agree
- Strongly Agree
- Very Strongly Agree

My family really tries to help me *

- Very Strongly Disagree
- Strongly Disagree
- Mildly Disagree
- Neutral
- Mildly Agree
- Strongly Agree
- Very Strongly Agree

There is a special person with whom I can share my joys and sorrows *

- Very Strongly Disagree
- Strongly Disagree
- Mildly Disagree
- Neutral
- Mildly Agree
- Strongly Agree
- Very Strongly Agree

I get the emotional help and support I need from my family *

- Very Strongly Disagree
- Strongly Disagree
- Mildly Disagree
- Neutral
- Mildly Agree
- Strongly Agree

Very Strongly Agree

I have a special person who is a real source of comfort to me *

Very Strongly Disagree

Strongly Disagree

Mildly Disagree

Neutral

Mildly Agree

Strongly Agree

Very Strongly Agree

I can talk about my problems with my family *

Very Strongly Disagree

Strongly Disagree

Mildly Disagree

Neutral

Mildly Agree

Strongly Agree

Very Strongly Agree

There is a special person in my life who cares about my feelings *

Very Strongly Disagree

Strongly Disagree

Mildly Disagree

Neutral

Mildly Agree

Strongly Agree

Very Strongly Agree

My family is willing to help me make decisions *

Very Strongly Disagree

Strongly Disagree

- Mildly Disagree
- Neutral
- Mildly Agree
- Strongly Agree
- Very Strongly Agree

Demographics

1. Age: ____
2. Sex (circle one): M F
3. Year (circle one): FR SO JR SR
4. Are you in a fraternity, sorority, or non-Greek ?
5. How many semesters have you been affiliated with your Greek organization?