

The Jourard Sixty-Item Self-Disclosure Questionnaire

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This questionnaire was written in 1958 as part of a study of self-disclosure by Sidney M. Jourard and Paul Lasakow. *Note:* The questionnaire may be used or modified by researchers without written permission.

[Subjects were given the following instructions for completing the questionnaire:]

The answer sheet which you have been given has columns with the headings Mother, Father, Male Friend, Female Friend, and Spouse. You are to read each item on the questionnaire, and then indicate on the answer sheet the extent that you have talked about that item to each person; that is, the extent to which you have made yourself known to that person. Use the rating scale that you see on the answer sheet to describe the extent that you have talked about each item.

The self-disclosure rating scale was as follows:

- 0:** Have told the other person nothing about this aspect of me.
- 1:** Have talked in general terms about this. The other person has only a general idea about this aspect of me.
- 2:** Have talked in full and complete detail about this item to the other person. They know me fully in this respect and could describe me accurately.
- X:** Have lied or misrepresented myself to the other person so that they have a false picture of me.

The numerical entries were summed (X's were counted as zeros), yielding totals which constituted the self-disclosure scores.

Attitudes and Opinions

1. What I think and feel about religion; my personal religious views.
2. My personal opinions and feelings about other religious groups than my own, e.g., Protestants, Catholics, Jews, atheists.
3. My views on communism.
4. My views on the present government—the president, government policies, etc.
5. My views on the question of racial integration in schools, transportation, etc.
6. My personal views on drinking.
7. My personal views on sexual morality—how I feel that I and others ought to behave in sexual matters.
8. My personal standards of beauty and attractiveness in women—what I consider to be attractive in a woman.
9. The things I regard as desirable for a man to be—what I look for in a man.
10. My feelings about how parents ought to deal with children.

Tastes and Interests

1. My favorite foods, the ways I like food prepared, and my food dislikes.
2. My favorite beverages, and the ones I don't like.
3. My likes and dislikes in music.
4. My favorite reading matter.
5. The kinds of movies that I like to see best; the TV shows that are my favorites.

6. My tastes in clothing.
7. The style of house, and the kinds of furnishings that I like best.
8. The kind of party, or social gathering that I like best, and the kind that would bore me, or that I wouldn't enjoy.
9. My favorite ways of spending spare time, e.g., hunting, reading, cards, sports events, parties, dancing, etc.
10. What I would appreciate most for a present.

Work (or Studies)

1. What I find to be the worst pressures and strains in my work.
2. What I find to be the most boring and unenjoyable aspects of my work.
3. What I enjoy most, and get the most satisfaction from in my present work.
4. What I feel are *my* shortcomings and handicaps that prevent me from working as I'd like to, or that prevent me from getting further ahead in my work.
5. What I feel are my special strong points and qualifications for my work.
6. How I feel that my work is appreciated by others (e.g., boss, fellow-workers, teacher, husband, etc.)
7. My ambitions and goals in my work.
8. My feelings about the salary or rewards that I get for my work.
9. How I feel about the choice of career that I have made—whether or not I'm satisfied with it.
10. How I really feel about the people that I work for, or work with.

Money

1. How much money I make at my work, or get as an allowance.
2. Whether or not I owe money; if so *how much*.
3. Whom I owe money to at present; or whom I have borrowed from in the past.
4. Whether or not I have savings, and the amount.
5. Whether or not others owe me money; the amount, and who owes it to me.
6. Whether or not I gamble; if so, the way I gamble, and the extent of it.
7. All of my present sources of income—wages, fees, allowance, dividends, etc.
8. My total financial worth, including property, savings, bonds, insurance, etc.
9. My most pressing need for money right now, e.g., outstanding bills, some major purchase that is desired or needed.
10. How I budget my money—the proportion that goes to necessities, luxuries, etc.

Personality

1. The aspects of my personality that I dislike, worry about, that I regard as a handicap to me.
2. What feelings if any, that I have trouble expressing or controlling.
3. The facts of my present sex life—including knowledge of how I get sexual gratification; any problems that I might have, with whom I have relations, if anybody.
4. Whether or not I feel that I am attractive to the opposite sex; my problems, if any, about getting favorable attention from the opposite sex [or same sex if so oriented].
5. Things in the past or present that I feel ashamed and guilty about.
6. The kind of things that just make me furious.
7. What it takes to get me feeling real depressed and blue.
8. What it takes to get me real worried, anxious and afraid.
9. What it takes to hurt my feelings deeply.
10. The kinds of things that make me especially proud of myself, elated, full of self-esteem or self-respect.

Body

1. My feelings about the appearance of my face—things I don't like, and things that I might like about my face and head—nose, eyes, hair, teeth, etc.
2. How I wish I looked: my ideals for overall appearance.
3. My feelings about different parts of my body—legs, hips, waist, weight, chest, or bust, etc.
4. Any problems and worries that I had with my appearance in the past.
5. Whether or not I now have any health problems—eg., trouble with sleep, digestion, female complaints, heart condition, allergies, headaches, piles, etc.
6. Whether or not I have any long-range worries or concerns about my health, e.g., cancer, ulcers, heart trouble.
7. My past record of illness and treatment.
8. Whether or not I now make special efforts to keep fit, healthy, and attractive, eg., calisthenics, diet.
9. My present physical measurements, e.g., height, weight, waist, etc.
10. My feelings about my adequacy in sexual behavior—whether or not I feel able to perform adequately in sex-relationships.