

Instrument Title: The Masculine Behavior Scale (MBS)  
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Cite instrument as: Snell, W. E., Jr. . (2013) . The Masculine Behavior Scale (MBS) . Measurement Instrument Database for the Social Science. Retrieved from [www.midss.ie](http://www.midss.ie)



## MBS

**OPINION INVENTORY INSTRUCTIONS:** The items listed below inquire about some of your attitudes, beliefs, and opinions. As such, there are no right or wrong answers, only your responses. For each item you will be asked to indicate how much you agree or disagree with the statement listed in that item. Use the following scale to indicate your degree of agreement/disagreement with each item:

- A = Agree.
- B = Slightly agree.
- C = Neither agree nor disagree.
- D = Slightly disagree.
- E = Disagree.

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### **NOTE:**

The letter that best describes your reaction to each statement is the one which you will darken for that item on the computer scoreable answer sheet.

Now, go ahead and respond to the statements, using the answer sheet and a #2 pencil.

Be sure to answer every question, even if you are not sure.

Also, please be honest in your responses.

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21. I spend a great deal of my time pursuing a highly successful career.
22. I don't usually discuss my feelings and emotions with others.
23. I don't devote much time to intimate relationships.
24. I try to be in control of everything in my life.
25. I am very ambitious in the pursuit of a success-oriented career.
26. I am not the type of person to self-disclose about my emotions.
27. I don't involve myself too deeply in loving, tender relationships.
28. I make sure that I "call all the shots" in my life.
29. I devote extensive time and effort to the pursuit of a professional career.
30. I don't often talk to others about my emotional reactions to things.
31. I don't become very close to others in an intimate way.
32. I don't take orders (or advice) from anybody.
33. I do whatever I have to in order to work toward job success.
34. In general, I avoid discussions dealing with my feelings and emotions.
35. I don't often tell others about my feelings of love and affection for them.
36. I don't let others tell me what to do with my life.
37. I work hard at trying to ensure myself of a successful career.
38. I don't often admit that I have emotional feelings.

39. I tend to avoid being in really close, intimate relationships.

40. I don't allow others to have control over my life.

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### **Scoring Instructions for the Masculine Behavior Scale (MBS)**

The Masculine Behavior Scale (MBS) consists of four subscales, each containing five (5) separate items.

The labels and items for each of these subscales are listed below:

#### **1. SUCCESS DEDICATION SUBSCALE (defined as behavior characterized by an excessive concern with attaining success):**

1. I spend a great deal of my time pursuing a highly successful career.
5. I am very ambitious in the pursuit of a success-oriented career.
9. I devote extensive time and effort to the pursuit of a professional career.
13. I do whatever I have to in order to work toward job success.
17. I work hard at trying to insure myself of a successful career.

#### **2. RESTRICTIVE EMOTIONALITY SUBSCALE (defined as behavior characterized by the public restriction of privately felt emotions):**

2. I don't usually discuss my feelings and emotions with others.
6. I am not the type of person to self-disclose about my emotions.
10. I don't often talk with others about my emotional reactions to things.
14. In general, I avoid discussions dealing with my feelings and emotions.
18. I don't often admit that I have emotional feelings.

#### **3. INHIBITED AFFECTION SUBSCALE (defined as behavior characterized by an inhibition of feelings of affection for loved ones):**

3. I don't devote much time to intimate relationships.
6. I don't involve myself too deeply in loving, tender relationships.
10. I don't become very close to others in an intimate way.
14. I don't often tell others about my feelings of love and affection for them.
18. I tend to avoid being in really close, intimate relationships.

#### **4. EXAGGERATED SELF-RELIANCE & CONTROL SUBSCALE (defined as behavior characterized by an exaggerated concern with self-reliance and personal control):**

4. I try to be in control of everything in my life.
8. I make sure that I "call all the shots" in my life.
12. I don't take orders (or advice) from anybody.
16. I don't let others tell me what to do with my life.
20. I don't allow others to have control over my life.

**CODING INSTRUCTIONS FOR THE MBS ITEMS:**

Each and every item is coded so that: Agree = +2 Slightly Agree = +1 Neither Agree Nor Disagree = 0 Slightly Disagree = -1 Disagree = -2 The five items on each subscale are then summed, so that more extreme positive (negative) scores correspond to greater agreement (disagreement) that the items on the Masculine Behavior Scale are descriptive of oneself.

