

The Zimbardo Time Perspective Inventory (ZTPI)

Psychometrics and Scoring Key

(5-Factor Solution; 36.0% of variance explained)

(N=606)

(CSM Fall 1996 (205), Stanford Preselection Winter 1996 (76) and Spring 1996 (224) Samples), Winter 1997 (99)

Scoring Instructions

Before scoring the ZTPI, 5 items must be reverse coded. For the items that are reverse coded (9, 24, 25, 41, & 56):

“1” becomes a “5”

“2” becomes a “4”

“3” becomes a “3”

“4” becomes a “2”

“5” becomes a “1”

After reverse coding the 5 items, add your scores for the items that comprise each factor. After adding your scores for each factor, divide the total score by the number of questions that comprise each factor. This results in an average score for each of the five factors. These are the formulas:

Past Negative

Add your scores on items 4, 5, 16, 22, 27, 33, 34, 36, 50, & 54. Then divide this number by 10.

Present Hedonistic

Add your scores on items 1, 8, 12, 17, 19, 23, 26, 28, 31, 32, 42, 44, 46, 48, & 55. Then divide this number by 15.

Future

Add your scores on items 6, 9 (reverse coded), 10, 13, 18, 21, 24 (reverse coded), 30, 40, 43, 45, 51, 56 (reverse coded). Then divide this number by 13.

Past Positive

Add your scores on items 2, 7, 11, 15, 20, 25 (reverse coded), 29, 41 (reverse coded), & 49. Then divide this number by 9.

Present Fatalistic

Add your scores on items 3, 14, 35, 37, 38, 39, 47, 52, & 53. Then divide this number by 9.

KMO Measure of Sampling Adequacy = .83

Factor #1: Past Negative (Eigen = 6.86; 12.3% of var; n = 10; α = .82)

Mean=2.98 SD=.72 Min=1.00 Max=5.00			
<u>No.</u>	<u>Loading</u>	<u>Question</u>	
50	.759	I think about the bad things that have happened to me in the past.	
16	.694	Painful past experiences keep being replayed in my mind.	
34	.674	It's hard for me to forget unpleasant images of my youth.	
04	.657	I often think of what I should have done differently in my life.	
54	.630	I think about the good things that I have missed out on in my life.	
27	.547	I've made mistakes in the past that I wish that I could undo.	
22	.490	I've taken my share of abuse and rejection in the past.	
36	.472	Even when I am enjoying the present, I am drawn back to comparisons with similar past experiences.	
33	.434	Things rarely work out as I expected.	
05	.407	My decisions are mostly influenced by people and things around me.	

Factor # 2: Present Hedonistic (Eigen = 5.01; 8.9% of var; n = 15; α = .79)

Mean=3.44 SD=.51 Min=2.00 Max=4.80			
<u>No.</u>	<u>Loading</u>	<u>Question</u>	
42	.707	I take risks to put excitement in my life.	
31	.702	Taking risks keeps my life from becoming boring.	
26	.558	It is important to put excitement in my life.	
23	.515	I make decisions on the spur of the moment.	
08	.506	I do things impulsively.	
17	.501	I try to live my life as fully as possible, one day at a time.	
48	.454	I prefer friends who are spontaneous rather than predictable.	
32	.452	It is more important for me to enjoy life's journey than to focus only on the destination.	
44	.448	I often follow my heart more than my head.	
55	.445	I like my close relationships to be passionate.	
46	.445	I find myself getting swept up in the excitement of the moment.	
01	.424	I believe that getting together with one's friends to party is one of life's important pleasures.	
19	.381	Ideally, I would live each day as if it were my last.	
28	.360	I feel that it's more important to enjoy what you are doing than to get work done on time.	
12	.323	When listening to my favorite music, I often lose all track of time.	

Factor #3: Future (Eigen = 3.54; 6.3% var; n = 13; α = .77)

Mean=3.47 SD=.54 Min=1.62 Max=4.85			
<u>No.</u>	<u>Loading</u>	<u>Question</u>	
13	.628	Meeting tomorrow's deadline and doing other necessary work comes before tonight's play.	
40	.614	I complete projects on time by making steady progress.	
45	.611	I am able to resist temptations when I know that there is work to be done.	
10	.556	When I want to achieve something, I set goals and consider specific means for reaching those goals.	
51	.507	I keep working at difficult uninteresting work if it will help me get ahead.	

18	.478	It upsets me to be late for appointments.
06	.463	I believe that a person's day should be planned ahead each morning.
21	.461	I meet my obligations to friends and authorities on time.
43	.455	I make lists of things to do.
30	.374	Before making a decision, I weight the costs against the benefits.
09	-.335	If things don't get done on time, I don't worry about it.
56	-.365	There will always be time to catch up on my work.
24	-.491	I take each day as it is rather than try to plan it out.

Factor #4: Past Positive (Eigen = 2.53; 4.5% var; n = 9; α = .80)

Mean=3.71 SD=.64 Min=1.56 Max=5.00

No.	Loading	Question
07	.677	It gives me pleasure to think about my past.
29	.645	I get nostalgic about my childhood.
20	.637	Happy memories of good times spring readily to mind.
11	.627	On balance, there is much more good to recall than bad in my past.
15	.627	I enjoy stories about how things used to be in the "good old times".
02	.620	Familiar childhood sights, sounds, and smells often bring back a flood of wonderful memories.
49	.470	I like family rituals and traditions that are regularly repeated.
41	-.448	I find myself tuning out when family members talk about the way things used to be.
25	-.522	The past has too many unpleasant memories that I prefer not to think about.

Factor #5: Present Fatalistic (Eigen = 2.21; 3.9% var; n = 9; α = .74)

Mean=2.37 SD=.60 Min=1.0 Max=4.67

No.	Loading	Question
38	.731	My life path is controlled by forces I cannot influence.
39	.682	It doesn't make sense to worry about the future, since there is nothing that I can do about it anyway.
14	.636	Since whatever will be will be, it doesn't really matter what I do.
37	.588	You can't really plan for the future because things change so much.
53	.455	Often luck pays off better than hard work.
03	.443	Fate determines much in my life.
35	.421	It takes joy out of the process and flow of my activities, if I have to think about goals, outcomes, and products.
47	.420	Life today is too complicated; I would prefer the simpler life of the past.
52	.338	Spending what I earn on pleasures today is better than saving for tomorrow's security.