

# Awareness of Age-Related Change Questionnaire 10-Item Short Form (AARC-10 SF)

## Measurement Guide

### Scoring Details, Syntax, and Formatted Questionnaire

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## AARC-10 Short Form Scoring Details:

<b>PRIMARY SCALES</b>			
Sum the items below to obtain corresponding subscale scores			
<b>Abbreviation</b>	<b>Subscale Name</b>	<b>Item Numbers</b>	
GAIN	AARC-Gains	3, 5, 1, 7, 9	
LOSS	AARC-Losses	6, 2, 8, 10, 4	
<b>BEHAVIORAL DOMAIN INDICATORS – POSITIVE</b>		<b>AARC-10 SF</b>	<b>AARC-50</b>
PP	Health & Physical Functioning – Positive	3	5
CP	Cognitive Functioning – Positive	5	12
IP	Interpersonal Relations – Positive	1	6
SP	Social-Cognitive, Social-Emotional Functioning – Positive	7	14
LP	Lifestyle and Engagement – Positive	9	40
<b>BEHAVIORAL DOMAIN INDICATORS – NEGATIVE</b>			
PN	Health & Physical Functioning – Negative	6	20
CN	Cognitive Functioning – Negative	2	3
IN	Interpersonal Relations – Negative	8	42
SN	Social-Cognitive, Social-Emotional Functioning – Negative	10	47
LN	Lifestyle and Engagement – Negative	4	46
<b>SCORING DETAILS:</b>			
<b>Possible Range for Each Domain: 5 (min) – 25 (max)</b>			
<b>A Higher Score Indicates:</b>			
<ul style="list-style-type: none"> <li>• <b>AARC-Gains and Positive Domain Indicators:</b> More perceived positive age-related changes</li> <li>• <b>AARC-Losses and Negative Domain Indicators:</b> More perceived negative age-related changes</li> </ul>			

## AARC-10 Short Form Scoring Syntax for SPSS:

### SPSS Syntax for Scoring

\* *Notes for scoring:*

*Calculate sum scores ONLY if all scale items are answered.*

\* *In the case of missing data, appropriate modelling of the response data should be employed (cf. Little, R. J. A., & Rubin, D. B. (2002). *Statistical analysis with missing data* (2nd ed.). Hoboken, NJ: Wiley. DOI: 10.1002/9781119013563).*

\*Calculate Overarching Gain-Loss Scales.

```
COMPUTE GAIN=SUM.5(aarc3,aarc5,aarc1,aarc7,aarc9).  
EXECUTE.
```

```
COMPUTE LOSS=SUM.5(aarc6,aarc2,aarc8,aarc10,aarc4).  
EXECUTE.
```

## AARC-10 SF

**INSTRUCTIONS:** This questionnaire contains statements on how a person may feel about getting older. We are interested in how YOU feel about getting older and what you can tell us about your own experiences. We are mostly interested in whether certain experiences apply to you and to what extent you can relate to them given that you may have experienced them yourself as the years have passed.

Please read each statement carefully and answer in the following way:

Not at all	A little bit	Moderately	Quite a bit	Very much
<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
<u>○</u>	<u>○</u>	<u>○</u>	<u>○</u>	<u>○</u>

- If a statement very much reflects your own experience, then you would fill in the circle under the number “5”, which stands for “*Very much.*”
- If a statement does not reflect your own experience at all, then you indicate that by filling in the circle under the number “1”, which stands for “*Not at all.*”
- If a statement reflects your own experiences more than “a little bit” but less than “quite a bit,” then you should mark the circle under the number “3”, which stands for “*Moderately.*”

There are no “right” or “wrong” answers to the statements on this questionnaire. We are simply interested in your own personal experiences and your honest opinion.

Please read each statement carefully and then answer as spontaneously as possible.

Please turn the page and begin.

<b>With <u>my</u> increasing age, I realize that ...</b>		<b>Not at all</b>	<b>A little bit</b>	<b>Moderately</b>	<b>Quite a bit</b>	<b>Very much</b>
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
1	...I appreciate relationships and people much more.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	...my mental capacity is declining.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	...I pay more attention to my health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	...I have to limit my activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	...I have more experience and knowledge to evaluate things and people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	...I have less energy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	...I have a better sense of what is important to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	...I feel more dependent on the help of others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	...I have more freedom to live my days the way I want.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	...I find it harder to motivate myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>