

*Do not write on these. Use the  
Separate answer sheet*

Name \_\_\_\_\_

Period \_\_\_\_\_

Date \_\_\_\_\_

## HANDOUT 5-5

### The Objective Measure of Ego Identity Status (OM-EIS)

Directions: Use the following 5-point scale to indicate the extent to which you agree with each of the items on this questionnaire.

1	2	3	4	5
strongly disagree				strongly agree

1. I haven't chosen the occupation I really want to get into, and I'm just working at whatever is available until something better comes along.
2. When it comes to religion, I just haven't found anything that appeals to me and I don't really feel the need to look.
3. My ideas about men's and women's roles are identical to my parents'. What has worked for them will obviously work for me.
4. There's no single "life-style" which appeals to me more than another.
5. There are a lot of different kinds of people. I'm still exploring the many possibilities to find the right kind of friends for me.
6. I sometimes join in recreational activities when asked, but I rarely try anything on my own.
7. I haven't really thought about a "dating style." I'm not too concerned whether I date or not.
8. Politics is something that I can never be too sure about because things change so fast. But I think it's important to know what I can politically stand for and believe in.
9. I'm still trying to decide how capable I am as a person and what jobs will be right for me.
10. I don't give religion much thought and it doesn't bother me one way or the other.
11. There's so many ways to divide responsibilities in marriage. I'm trying to decide what will work for me.
12. I'm looking for an acceptable perspective for my own "life-style" view, but I haven't really found it yet.
13. There are many reasons for friendships, but I choose my close friends on the basis of certain values and similarities that I've personally decided on.
14. Although I don't have one recreational activity I'm really committed to, I'm experiencing numerous leisure outlets in order to identify one I can really get involved in.
15. Based on past experiences, I've chosen the type of dating relationship I want now.
16. I haven't really considered politics. It just doesn't excite me much.

## HANDOUT 5-5 (continued)

- \_\_\_ 17. I might have thought about a lot of different jobs, but there's never really any question since my parents have said what they want me to do.
- \_\_\_ 18. A person's faith is unique to each individual. I've considered and reconsidered it myself and know what I can believe.
- \_\_\_ 19. I've never really seriously considered men's and women's roles in marriage. It just doesn't seem to concern me.
- \_\_\_ 20. After considerable thought I've developed my own individual viewpoint of what is, for me an ideal "life-style" and don't believe anyone will be likely to change my perspective.
- \_\_\_ 21. My parents know what's best for me in terms of how to choose my friends.
- \_\_\_ 22. I've chosen one or more recreational activities to engage in regularly from lots of things and I'm satisfied with those choices.
- \_\_\_ 23. I don't think about dating much. I just kind of take it as it comes.
- \_\_\_ 24. I guess I'm pretty much like my folks when it comes to politics. I follow what they do in terms of voting and such.
- \_\_\_ 25. I'm really not interested in finding the right job; any job will do. I just seem to flow with what is available.
- \_\_\_ 26. I'm not sure what religion means to me. I'd like to make up my mind but I'm not done looking yet.
- \_\_\_ 27. My ideas about men's and women's roles come right from my parents and family. I haven't seen any need to look further.
- \_\_\_ 28. My own views about a desirable life style were taught to me by my parents, and I don't see any need to question what they taught me.
- \_\_\_ 29. I don't have any real close friends, and I don't think I'm looking for any right now.
- \_\_\_ 30. Sometimes I join in leisure activities, but I really don't see a need to look for a particular activity to do regularly.
- \_\_\_ 31. I'm trying out different types of dating relationships, but I just haven't decided what is best for me.
- \_\_\_ 32. There are so many different political parties and ideals, but I can't decide which to follow until I figure it all out.
- \_\_\_ 33. It took me a while to figure it out, but now I really know what I want for a career.
- \_\_\_ 34. Religion is confusing to me right now. I keep changing my views on what is right and wrong for me.
- \_\_\_ 35. I've spent some time thinking about men's and women's roles in marriage and I've decided what will work best for me.
- \_\_\_ 36. In finding an acceptable viewpoint to life itself, I find myself engaging in a lot of discussions with others and some self-exploration.
- \_\_\_ 37. I only pick friends my parents would approve of.

## HANDOUT 5-5 (continued)

- \_\_\_ 38. I've always liked doing the same recreational activities my parents do and haven't ever seriously considered anything else.
- \_\_\_ 39. I only go out with the type of people my parents expect me to date.
- \_\_\_ 40. I've thought my political beliefs through and realize I can agree with some and not other aspects of what my parents believe.
- \_\_\_ 41. My parents decided a long time ago what I should go into for employment and I'm following through on their plans.
- \_\_\_ 42. I've gone through a period of serious questions about faith and can now say I understand what I believe in as an individual.
- \_\_\_ 43. I've been thinking about the roles that husbands and wives play a lot these days, and I'm trying to make a final decision about them.
- \_\_\_ 44. My parents' views on life are good enough for me; I don't need anything else.
- \_\_\_ 45. I've tried many different friendships and now I have a clear idea of what I look for in a friend.
- \_\_\_ 46. After trying a lot of different recreational activities, I've found one or more I really enjoy doing by myself or with friends.
- \_\_\_ 47. My preferences about dating are still in the process of developing, but I haven't fully decided yet.
- \_\_\_ 48. I'm not sure about my political beliefs, but I'm trying to figure out what I can truly believe in.
- \_\_\_ 49. It took me a long time to decide, but now I know for sure what direction to move in for a career.
- \_\_\_ 50. I attend the same church my family has always attended. I've never really questioned why.
- \_\_\_ 51. There are many ways that married couples can divide up family responsibilities. I've thought about lots of ways and now I know exactly how I want it to happen for me.
- \_\_\_ 52. I guess I just take life as it comes, and I don't see myself living by any particular viewpoint about life.
- \_\_\_ 53. I don't have any close friends. I just like to hang around with the crowd.
- \_\_\_ 54. I've been experiencing a variety of recreational activities in hopes of finding one or more I can enjoy for some time to come.
- \_\_\_ 55. I've dated different types of people and now know exactly what my own "unwritten rules" for dating are and whom I will date.
- \_\_\_ 56. I really have never been involved in politics enough to make a firm stand one way or the other.
- \_\_\_ 57. I just can't decide what to do for an occupation. There are so many that have possibilities.
- \_\_\_ 58. I've never really questioned my religion. If it's right for my parents it must be right for me.
- \_\_\_ 59. Opinions on men's and women's roles seem so varied that I don't think much about them.

## HANDOUT 5-5 (continued)

- \_\_\_ 60. After a lot of self-examination I have established a very definite view on what my own life-style will be.
- \_\_\_ 61. I really don't know what kind of friend is best for me. I'm trying to figure out exactly what friendship means to me.
- \_\_\_ 62. All of my recreational preferences I got from my parents and I haven't really tried anything else.
- \_\_\_ 63. I date only people my parents would approve of.
- \_\_\_ 64. My folks have always had their own political and moral beliefs about issues like abortion and mercy killing, and I've always gone along accepting what they have accepted.

Source: Bennion, L. D., & Adams, G. R. (1986). A revision of the Extended Version of the Objective Measure of Ego-identity Status: An identity instrument for use with late adolescents. *Journal of Adolescent Research, 1*, 183-198. Copyright © 1986 by Sage Publications, Inc. Reprinted by permission of Sage Publications, Inc.