



THE ENTRAPMENT SCALE

For each of the following attitude statements indicate the extent to which you think it represents your own view of yourself. Read each item carefully and circle the number to the right of the statement that best describes the degree to which each statement is Like You. Use the scale below. Please do not omit any item.

0 = Not at all like me **1 = A little bit like me** **2 = Moderately like me** **3 = Quite a bit like me** **4 = Extremely like me**

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|---|---|---|---|---|---|
| 1. I am in a situation I feel trapped in | 0 | 1 | 2 | 3 | 4 |
| 2. I have a strong desire to escape from things in my life | 0 | 1 | 2 | 3 | 4 |
| 3. I am in a relationship I can't get out of | 0 | 1 | 2 | 3 | 4 |
| 4. I often have the feeling that I would just like to run away | 0 | 1 | 2 | 3 | 4 |
| 5. I feel powerless to change things | 0 | 1 | 2 | 3 | 4 |
| 6. I feel trapped by my obligations | 0 | 1 | 2 | 3 | 4 |
| 7. I can see no way out of my current situation | 0 | 1 | 2 | 3 | 4 |
| 8. I would like to get away from other more powerful people in my life | 0 | 1 | 2 | 3 | 4 |
| 9. I have a strong desire to get away and stay away from where I am now | 0 | 1 | 2 | 3 | 4 |
| 10. I feel trapped by other people | 0 | 1 | 2 | 3 | 4 |
| 11. I want to get away from myself | 0 | 1 | 2 | 3 | 4 |
| 12. I feel powerless to change myself | 0 | 1 | 2 | 3 | 4 |
| 13. I would like to escape from my thoughts and feelings | 0 | 1 | 2 | 3 | 4 |
| 14. I feel trapped inside myself | 0 | 1 | 2 | 3 | 4 |
| 15. I would like to get away from who I am and start again | 0 | 1 | 2 | 3 | 4 |
| 16. I feel I'm in a deep hole I can't get out of | 0 | 1 | 2 | 3 | 4 |



SCORING

Items 1-10 are External Entrapment

Items 11-16 are Internal Entrapment

DESCRIPTION

The Entrapment Scale

This scale was developed by Gilbert and Allan (1998). It's focused on entrapment and is divided into an external and internal entrapment scale. External entrapment relates to perception of things in the outside world that induce escape motivation. Internal entrapment relates to escape motivation triggered by internal feelings and thoughts.

This 16-item scale asks participants to indicate on a 5-point scale the degree to which the items represent their thoughts and feelings. The response options are 0 = 'not at all like me', 1 = 'a little bit like me', 2 = 'moderately like me', 3 = 'quite a bit like me' and 4 = 'extremely like me'. Gilbert and Allan (1998) reported high levels of internal consistency for both student and depressed groups, with Cronbach's alphas respectively of .93 and .86 in Internal Entrapment, and .88 and .89 in External Entrapment.

REFERENCES

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