Interpersonal Confidence Questionnaire

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Interpersonal Confidence Questionnaire (ICQ)

About the questionnaire

The questionnaire for measuring *interpersonal confidence (ICQ)* was developed as a part of a Master's thesis by Johanna Novák (2017). ICQ was developed to measure the change in interpersonal confidence of university students that participated in a 10-week *improvisation* course. There was a need for a novel questionnaire as the learning outcomes of improvisation interventions have not been measured earlier with a specific questionnaire incorporating the multidimensional skills that improvisation trains.

Improvisation is a playful theatre-based activity where the fundamental principle is to accept your ideas and mistakes as part of the scene ("mistakes are gifts"), and support your co-actor unconditionally. In practise it means that if everyone supports each other, mistakes do not really occur; they just take the scene forward to somewhere unknown. Improvisation represents group activity requiring the players to work together rather than focus on their own individual ideas, goals or egos (Lobman, 2005). *Applied improvisation* then again means applying improvisational techniques into non-dramatic purposes, such as for promoting interaction skills, improving creativity and enhancing the group atmosphere. Research study shows that practising improvisation increases the enjoyment in the school environment for both teachers and students, as the positive functional exercises intensify social interaction and promote good team-spirit (Toivanen, Komulainen & Ruismäki 2011). Improvisation method may also help coping with social anxiety, which is often due to fear of rejection and making mistakes (Fontenbury 2015). In improvisation, the reciprocal support during interaction alleviates the fear of failure (Lobman 2005). Improvisation happens in interaction and its main principle, "yes, and", reminds the principles of constructive interaction: being in the moment, listening, accepting and supporting the partner (Lobman 2005). Therefore, the improvisation course was a relevant opportunity to develop a questionnaire to measure the interpersonal confidence in social situations.

The Interpersonal Confidence Questionnaire has 30 items out of which 14 should be reversed when analyzed. The questionnaire consists of statements on a Likert scale from 0 (totally disagree) to 5 (totally agree). In the Master's thesis 16 student teachers submitted the ICQ. It was validated by comparing the qualitative results to quantitative results which were highly similar. The improvisation course influenced positively the student teachers' interpersonal confidence.

Key words: *interpersonal confidence, applied improvisation, theatre improvisation, social interaction, teacher education, drama education, art education*

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Interpersonal Confidence Questionnaire (Novák 2017)

What do you think about these statements?

0 = totally disagree, 1 = disagree, 2 = rather disagree, 3 = quite agree, 4 = agree, 5 = totally agree

1. I do not mind what other people think of me.
2. I prefer to work on the team.
3. When I am keeping a presentation, I focus primarily on keeping myself together. *
4. During the presentation, it disturbs me if my cheeks blush or my hands shake. *
5. I often contemplate a long time what I have said out loud somewhere. *
6. When I talk to others, I take the other speakers into account.
7. I am afraid of sudden changes in my plans. *
8. I enjoy the attention of other people.
9. I sometimes talk over others and do not wait for my turn. *
10. I easily take things personally. *
11. I find it difficult to receive criticism. *
12. I give other people positive feedback.
13. I take risks in my life.
14. If I have made a mistake, I take it with humour.
15. I am confident for the future; things tend to be arranged.
16. Usually, I do not listen to what other people are talking about. *
17. I often make sure that I have done things right. *
18. I find it easier to work alone than with someone. *
19. I usually take the leading role in a group.
20. I am open to changes.
21. I am a good listener.
22. I usually want things to be done in the most familiar way. *
23. I find it difficult to focus on being present here and now. *
24. I generally adjust my opinions in group work.
25. I have the courage to take chances when dealing with new situations.
26. I can easily concentrate on the task at hand.
27. I am anxious if I say something wrong. *
28. I am afraid of making mistakes when I perform. *
29. I have the courage to throw myself into situations that require physical contact.
30. I can easily trust strangers.

* Scale to be reversed.

Key words: interpersonal confidence, improvisation, drama education, social interaction

Vuorovaikutusvarmuuskysely (Novák 2017) [Original ICQ in Finnish]

Mitä ajattelet väittämistä?

0 = täysin eri mieltä, 1 = eri mieltä, 2 = melko eri mieltä, 3 = melko samaa mieltä, 4 = samaa mieltä, 5 = täysin samaa mieltä

1. En välitä siitä, mitä muut minusta ajattelevat.
2. Teen mieluiten töitä tiimissä.
3. Kun pidän esitystä, keskityn ensisijaisesti pitämään itseni koossa. *
4. Esiintyessäni minua häiritsee, jos punastun tai käteni tärisyvät. *
5. Jään usein miettimään sanomaani pitkäksi aikaa. *
6. Puhuessani toisten kanssa otan muut keskustelijat huomioon.
7. Pelkään äkkinäisiä muutoksia suunnitelmissani. *
8. Nautin toisten ihmisten huomiosta.
9. Puhun joskus toisten päälle enkä malta odottaa vuoroani. *
10. Otan helposti asiat henkilökohtaisesti. *
11. Minun on vaikea ottaa vastaan kritiikkiä. *
12. Annan muille positiivista palautetta.
13. Otan riskejä elämässä.
14. Otan huumorilla vastaan mokailuni.
15. Suhtaudun tulevaisuuteen luottavaisesti, asioilla on tapana järjestyä.
16. En yleensä jaksa kuunnella mitä muut ihmiset puhuvat. *
17. Varmistelen usein muilta olenko tehnyt oikein. *
18. Minusta on helpompi tehdä töitä yksin kuin jonkun kanssa. *
19. Otan useimmiten johtavan roolin ryhmässä.
20. Suhtaudun avoimesti muutoksiin.
21. Olen hyvä kuuntelija.
22. Haluan, että asiat tehdään useimmiten tutulla tavalla. *
23. Minun on vaikea keskittyä olemaan läsnä tässä ja nyt. *
24. Minä yleensä joustan mielipiteissäni ryhmätyötilanteissa.
25. Uskallan heittäytyä mukaan uusiin tilanteisiin.
26. Minun on helppo keskittyä käsillä olevaan tehtävään.
27. Jännitän, että sanon jotain väärin. *
28. Pelkään mokaavani esiintyessäni. *
29. Uskallan heittäytyä tilanteisiin, jotka vaativat fyysistä kontaktia.
30. Minun on helppo luottaa vieraisiin ihmisiin.

* Asteikko käännettävä.

Original source (in Finnish):

Novák, J. (2017). *Improvisaatiolla rohkeutta esiintymiseen? Opettajaksi opiskelevien kokemuksia improvisaatiokurssilta* [Master's thesis, University of Turku]. <https://www.utupub.fi/bitstream/handle/10024/145803/gradu2017Novak.pdf>