

Theory-based **AIDA model** to structure the construct “Identity Integration vs. Identity Diffusion” into clinically defined domains (scales) and areas (subscales). Item examples and related concepts are given to denote the puzzle-pieces and basic sources of the integrative AIDA model. (-) = Formulation represents non-pathological functioning.

Total scale: Identity Integration vs. Identity Diffusion		
<p>Scale 1: Continuity vs. Discontinuity Ego stability, intuitive-emotional „I“</p>	<p>Scale 2: Coherence vs. Incoherence Ego strength, defined „ME“</p>	<p>level of psychosocial functioning</p>
<p>Subscale 1.1: Identity consolidating <u>perspectives</u>, attributes, talents, interests, moral guidelines vs lack of consolidating perspectives and subjective self-sameness across time Item: <i>“I could list a few things that I can do very well.”(-)</i> Related concepts: Erickson (subjective self-sameness), Kernberg (continuity in hobbies, goals, values), Livesley (lack of historicity and continuity), James (“Changing while staying the same“)</p>	<p>Subscale 2.1: <u>Consistency</u> in self concepts and behavior across situations, awareness of a defined “core” vs inner contradictions, different “faces”, painful ambivalence and emptiness Item: <i>“I often feel lost, as if I had no clear inner self.”</i> Related concepts: Kernberg (consistent, integrated self-definition), Westen (painful incoherence, ambivalence), Livesley (self-state disjunctions), James (non-fragmented self with clear boundaries)</p>	<p>self-related intrapersonal „Me and I“</p>
<p>Subscale 1.2: Identity consolidating relationships, <u>roles</u>, positive cultural identification, positive body self vs no identity-consolidating feeling of belonging and social affiliation Item: <i>“I feel like I’m a valuable member of my family.” (-)</i> Related concepts: Samuel & Akthar (consolidating cultural roles; body-self), Westen (lack of commitment), Kernberg (Capacity to invest in relationships)</p>	<p>Subscale 2.2: <u>Autonomy</u>, independent intrinsic self-worth vs ego weakness, suggestible, over-identification or over-matching Item: <i>“If I am criticized or others see me failing, I feel really worthless and devastated.”</i> Related concepts: Westen (over-identification, lack of autonomy), Livesley (context-dependent self-definition, authenticity), Kernberg (differentiation between self and others), Erickson (uniqueness)</p>	<p>social-related interpersonal „Me and You“</p>
<p>Subscale 1.3: Identity consolidating <u>emotional self-experience</u>, access to own and others’ feelings, trust in the stability of feelings vs lack of consolidating emotions Item: <i>“Sometimes I have strong feelings without knowing where they come from.”</i> Related concepts: Fonagy (emotional mentalization), Livesley (fragmented self and person representations)</p>	<p>Subscale 2.3: Identity integrating <u>cognitive self-experience</u>, understanding own / others’ motives and behavior vs superficial or diffuse mental representations Item: <i>“I am confused about what kind of person I really am.”</i> Related concepts: Fonagy (cognitive mentalization), Kernberg (superficial, diffuse perceptions), Livesley (poorly differentiated images)</p>	<p>mental representations accessibility and complexity</p>

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Reference: Sharp C, Vanwoerden S, Odom A, Foelsch P (2018). *Culture-adapted version English USA of the self-report questionnaire AIDA (Assessment of Identity Development in Adolescence; authors Goth & Schmeck) – Short manual*. Offenbach: academic-tests. <https://academic-tests.com>