

SANTA BARBARA SENSE-OF-DIRECTION SCALE

Participant: _____

The following statements ask you about your spatial and navigational abilities, preferences, and experiences. After each statement, you should circle a number to indicate your level of agreement with the statement. Circle “1” if you strongly agree that the statement applies to you, “7” if you strongly disagree, or some number in between if your agreement is intermediate. Circle “4” if you neither agree nor disagree.

1. I am very good at giving directions.
strongly agree 1 2 3 4 5 6 7 strongly disagree

2. I have a poor memory for where I left things.
strongly agree 1 2 3 4 5 6 7 strongly disagree

3. I am very good at judging distances.
strongly agree 1 2 3 4 5 6 7 strongly disagree

4. My “sense of direction” is very good.
strongly agree 1 2 3 4 5 6 7 strongly disagree

5. I tend to think of my environment in terms of cardinal directions (N, S, E, W).
strongly agree 1 2 3 4 5 6 7 strongly disagree

6. I very easily get lost in a new city.
strongly agree 1 2 3 4 5 6 7 strongly disagree

7. I enjoy reading maps.
strongly agree 1 2 3 4 5 6 7 strongly disagree

8. I have trouble understanding directions.
strongly agree 1 2 3 4 5 6 7 strongly disagree

9. I am very good at reading maps.
strongly agree 1 2 3 4 5 6 7 strongly disagree

10. I don’t remember routes very well while riding as a passenger in a car.
strongly agree 1 2 3 4 5 6 7 strongly disagree

11. I don’t enjoy giving directions.
strongly agree 1 2 3 4 5 6 7 strongly disagree

12. It’s not important to me to know where I am.
strongly agree 1 2 3 4 5 6 7 strongly disagree

13. I usually let someone else do the navigational planning for long trips.
strongly agree 1 2 3 4 5 6 7 strongly disagree

14. I can usually remember a new route after I have traveled it only once.
strongly agree 1 2 3 4 5 6 7 strongly disagree

15. I don’t have a very good “mental map” of my environment.
strongly agree 1 2 3 4 5 6 7 strongly disagree