未來時間洞察力量表(Future Time Perspective Scale)的描述

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| 功能 | 未來時間洞察力、社會情緒選擇理論、社會目標 |
| 關聯 | 積極情緒、社會偏向、決策 |
| 對象 | 普通 |
| 回應者 | 成年人 |
| 特色 | 10項7分評分項目 |
| 信度 | .89 |
| 參考 | Allemand, M. (2008). Age differences in forgivingness: The role of future time perspective. *Journal of Research in Personality*, *42*(5), 1137-1147. <https://doi.org/10.1016/j.jrp.2008.02.009>Carstensen, L. L., & Lang, F. R. (1996). *Future Time Perspective Scale (FTP)* [Database record]. APA PsycTests. [https://doi.org/10.1037/t31314-000](https://psycnet.apa.org/doi/10.1037/t31314-000)Jiang, D., Fung, H. H., Sims, T., Tsai, J. L., & Zhang, F. (2016). Limited time perspective increases the value of calm. *Emotion*, *16*(1), 52-62. <https://doi.org/10.1037/emo0000094>Yeung, D. Y., Fung, H. H., & Chan, D. K. S. (2015). Positive effect of social work—Related values on work outcomes: The moderating role of age and work situation. *Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, *70*(2), 233-244. <https://doi.org/10.1093/geronb/gbt094> |

未來時間洞察力量表的計分

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| 回應 | 完全不正確 | 不正確 | 有點不正確 | 非正確非不正確 | 有點正確 | 正確 | 完全正確 |
| 項目1-7的分數 | 0 | 16.67 | 33.33 | 50 | 66.67 | 83.33 | 100 |
| 項目8-10的分數(反向題) | 100 | 83.33 | 66.67 | 50 | 33.33 | 16.67 | 0 |

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| 量表得分：項目分數的平均 | 行動 |
| 70-100 | 讚賞 |
| 30-70 | 需要稍作提升 |
| 0-30 | 需要積極提升 |