Economic Constraints Scale (ECS)

**Instructions**

Please answer the following items using the seven point scale.

1 = Strongly Disagree

2 = Moderately Disagree

3 = Slightly Disagree

4 = Neutral

5 = Slightly Agree

6 = Moderately Agree

7 = Strongly Agree

1. For as long as I can remember, I have had very limited economic or financial resources
2. Throughout most of my life, I have struggled financially
3. For as long as I can remember, I have had difficulties making ends meet
4. I have considered myself poor or very close to poor most of my life
5. For most of my life, I have not felt financially stable.

Total score: All items

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& Blustein, D.L. (2019). Developing, validating, and testing improved measures within the Psychology of Working Theory. *Journal of Vocational Behavior*, *112*, 199-215.