

### Collective Autonomy Restriction (CAR) Scale

1. Other groups have tried to control us (*insert name of group*).
2. Other groups have tried to control what we () can do.
3. Other groups have tried to control what we () should value and believe.
4. Other groups have tried to control what customs and practices we () should follow.
5. In general, other groups try to control the extent to which we () can act in accordance with our cultural identity.
6. In general, other groups try to control the extent to which we () can follow our customs and practices.
7. In general, other groups try to control the extent to which we () can act in accordance with our cultural values.
8. Other groups impose aspects of their culture onto our culture ().

#### **Reference:**

Kachanoff, F. J., Taylor, D. M., Caouette, J., Khullar, T. H., & Wohl, M. J. A. (2018). The Chains on All My People Are the Chains on Me: Restrictions to Collective Autonomy Undermine the Personal Autonomy and Psychological Well-Being of Group Members. *Journal of Personality and Social Psychology*. Advance online publication. <http://dx.doi.org/10.1037/pspp0000177>