

To what extent do you agree with the following statements? For each statement, please circle one of the scales from “1 = strongly disagree” to “6 = strongly agree.”

1 = strongly disagree, 2 = disagree, 3 = slightly disagree,
4 = slightly agree, 5 = agree, 6 = strongly agree

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|---|---|---|---|---|---|---|
| 1. It works out best when even ambiguous things are made clear-cut. | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. I think all people can be distinguished into “winners” and “losers.” | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. I want to clearly distinguish what is safe and what is dangerous. | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. It feels good when boundaries are clear for all things. | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. All questions have either a right answer or a wrong answer. | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. I prefer to classify information as being useful or useless for me. | 1 | 2 | 3 | 4 | 5 | 6 |

Scoring for the DTI-Short scores:

DTI-Short total score = (sum of all 6 item scores)/6.

Preference for Dichotomy = (No. 1 + No.4)/2

Dichotomous Belief = (No. 2 + No.5)/2

Profit-and-loss thinking = (No. 3 + No.6)/2

Brief version of Dichotomous Thinking Inventory (B-DTI)

Overview

The Dichotomous Thinking Inventory (DTI) is designed to assess individual differences in dichotomous thinking (Oshio, 2009). The version that you took is a 6-item brief version of DTI.

The DTI consists of 3 dimensions: Preference for dichotomy, dichotomous belief, and profit-and-loss thinking:

- Preference for Dichotomy: Refers to a tendency to value dividing things into two opposite types rather than ambiguity. It was assessed by the following two items.
 - It works out best when even ambiguous things are made clear-cut.
 - It feels good when boundaries are clear for all things.
- Dichotomous Belief: A world view that everything can be categorized into two dichotomous types; in everyday language, we might describe this in terms of thinking in black and white rather than shades of grey. It was assessed by the following two items.
 - I think all people can be distinguished into “winners” and “losers.”
 - All questions have either a right answer or a wrong answer.
- Profit-and-loss Thinking: Describes an inclination to think about things only from the point of view of personal benefit. It was assessed by the following two items.
 - I want to clearly distinguish what is safe and what is dangerous.
 - I prefer to classify information as being useful or useless for me.

What did you score and what does it mean?

Your **OVERALL** Score was: _____

Low range: 6-17

Med range: 18-21

High range: 22-36

- Overall high dichotomous thinking is associated with ...
 - Aggression: Dichotomous thinkers tend to show anger and hostility toward others, and are more likely to engage in verbal and physical aggressive behaviors (Oshio et al., 2016).
 - Curiosity: They tend to have a great deal of curiosity.
 - Rigid mindset: They tend to think that abilities are stable and unchangeable.
 - Dark Triad: The dichotomous thinking is associated positively with Dark Triad traits: Machiavellianism, Narcissism, and Psychopathy (Jonason et al., 2018).

Your score on the **PREFERENCE FOR DICHOTOMY** scale was: _____

Low range: 2-5

Med range: 6-7

High range: 8-12

- Preference for dichotomy is associated with ...
 - Verbal aggression: People who show high preference for dichotomy tend to aggress against others verbally.
 - Reward sensitivity: They tend to be sensitive to reward.
 - Specific curiosity: They tend to explore specific information in order to solve cognitive conflicts.

Your score on the **DICHOTOMOUS BELIEF** scale was: _____

Low range: 2-4

Med range: 5-6

High range: 7-12

- Dichotomous belief is associated with ...
 - Perfectionism: People who show high dichotomous belief tend to set unobtainable goals, and measure their self-worth by accomplishment.
 - Physical aggression: They tend to show physical aggression.
 - Undervaluing others: They tend to underestimate others' abilities and capabilities.

Your score on the **PROFIT AND LOSS THINKING** scale was: _____

Low range: 2-6

Med range: 7-8

High range: 9-12

- Profit-and-loss thinking is associated with ...
 - Care and Fairness: People who show high profit-and-loss thinking tend to think more about kindness, gentleness, justice, rights, and equality.
 - Low creativity: They tend not to think creatively.
 - In-group: They tend to stand with their group, family, and nation.

Positive or Negative?

To think about dichotomous thinking in dichotomous way, we may ask, is it good or bad? Dichotomous thinking is a fundamental thinking style of human beings all over the world. All of us more or less think this way of thinking when faced with complicated situations. Dichotomous thinking is very useful for understanding the complexities of the world. However, dichotomous thinking doesn't always work well in the contemporary society. Dichotomous, rigid, and inflexible thinking styles can lead to interpersonal conflict, failures to solve problems, and psychological distress.

References

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