

MY BELIEFS QUESTIONNAIRE (MBQ)

SAMPLE REPORT

BY

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Importance of Trust and Trustworthiness

Trust is an essential ingredient of life. To trust is to rely on the verbal statements of the other person or group of people. To trust means to value what others say and mean. When we trust the other person, we do not follow up, verify or question intentions. As a result of this, we save our energy and avoid physical activities of verification and follow-up. That is what makes our life easy.

If the other person or group does not keep up his/her promises or does not act according to what he/she said, we start losing faith in the verbal statements and promises. It results in doubt, uncertainty, psychological discomfort, or tension. This leads to follow-up. This, in turn, has the danger of making the other person wait for a follow-up, resulting in a vicious circle.

The development of Interpersonal trust is based on a series of experiences. Family upbringing has a huge impact. If elders in the family lie (on telephones, with visitors, etc.) do not keep up their time, the children learn from them. If you live in surroundings where people have the habit of making false promises, do not take personal responsibility, indulge in loose talk, etc. you may also become less trusting or less trustworthy.

Also, the nature of the society we live in has an impact on us. For example, if the society has salesmen who give false information, politicians who do not keep their promises, doctors and pathologists who use faulty equipment to save money and give false reports, newspapers who print exaggerated reports to increase their circulation, teachers who give wrong information, etc. our interpersonal trust is likely to be low.

Even in a good and reliable society if you have had a series of distressing experiences due to trusting others, your interpersonal trust may come down.

Interpersonal trust is a generalized attitude to trust or not trust (rely or not rely on the verbal statements) other members of the society with whom we normally interact. These include teachers, politicians, household help, friends, students, shopkeepers, salesmen, doctors, newspapers, etc. A person with low trust does not believe that others can be relied upon. The wider the range of people you do not trust, the lower will be your interpersonal trust. The frequency and intensity of your trust decide the magnitude of interpersonal trust or lack of it.

Thus, interpersonal trust is a consequence of

- Early family socialization/experiences
- Personal societal experiences. Immediate surroundings.
- Experiences of the past

Consequences of low interpersonal trust are:

- Less resourcefulness
- Lower self-confidence level
- Low risk-taking

High Interpersonal Trust	
Negative Consequences	Positive Consequences
<ul style="list-style-type: none">▪ Gullibility-the individual may get cheated more frequently.▪ Dependency▪ Blindly following-without using one's mind	<ul style="list-style-type: none">▪ Security▪ Mental peace▪ Self-confidence▪ Risk-taking

To create a healthy society, we should be highly trustworthy and should have a good degree of trust

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YOUR SCORES

Interpersonal Trust	Trustworthiness
175	40

- **The maximum score on Interpersonal Trust is 300. Scores above 180 indicate ‘Above average trust’ and scores below 180 indicate ‘Below average trust’**
- **The maximum score on Trustworthiness is 50. High scores reflect a higher extent of Trust that others may have in you.**
- **High scores on both these dimensions are desirable**

INTERPRETATION AND INFERENCES FROM MBQ

- The scores given by the participant indicate slightly below-average Interpersonal Trust and Trustworthiness.
- The participant may tend to view others with some amount of suspicion and hence may face resource myopia and struggle with resources. The participant may also experience uncertainty, causing him to spend more time planning and follow up and in turn make the other person wait for follow up-making this a vicious circle.
- Due to relatively lower Trust and Trustworthiness, the participant may not develop and enjoy wholesome relationships and may experience insecurity.
- The participant is also likely to show limited risk-taking.

POINTS FOR FURTHER INTROSPECTION:

- The participant is invited to introspect on the key reasons for low Interpersonal Trust (were there any distressing experiences due to trusting others? were there any incidents where commitments made were not honored, etc.?) and work on ways to gradually enhance the same.
- The participant may want to reflect on the root cause for the low scores, especially look at the context in which the participant grew up and the subsequent experiences in life.

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