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[\[PDF \(317K\)\]](#) [\[References\]](#)**Internal Consistency and Validity of Action Control Scale 90**[Tadashi Aobayashi](#)<sup>1)</sup>

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This study investigated the reliability and validity of Action Control Scale 90 (ACS-90) that assessed action-state orientation, an individual difference in self-regulation ability. In Study 1, results suggested that Japanese-version ACS-90 had good internal consistency. Factor analysis of the scale identified two factors similar to those found in previous studies. In Study 2, its validity was tested in terms of the relationship between the scale and neuroticism, and prediction of subjective well-being together with neuroticism. Results showed that an interaction effect of action-state orientation and neuroticism significantly predicted subjective well-being. These findings suggested that Japanese-version ACS-90 had good internal consistency and validity, and that the relationship between neuroticism and subjective well-being was moderated by a self-regulation ability: action-state orientation.

**Keywords:** [Action Control Scale 90](#), [action-state orientation](#), [subjective well-being](#), [self-regulation](#)

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