

## **Measuring how time comes to mind: the *Time Consciousness Scale***

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The ability to consciously perceive time is a universal characteristic of all human beings. Time consciousness may be seen as the basis of other temporal cognitions like the duration estimation of ongoing or past events, the anticipation of the duration of future events, temporal planning, punctuality and even the subjective impression of the speed of time during different situations. However, humans differ in various aspects concerning temporal cognitions, including age, specific personality factors as well as certain mental disorders like depression and attention deficit disorders. In all prominent models of human time perception attention towards time (or to temporal aspects of the stimuli) is an important precondition necessary to create valid temporal judgments. I will present the reliability and validity of a recently developed scale measuring the core part of temporal cognitions: Time consciousness. The scale consists of five stable factors: (1) Awareness of Time (measuring the individual focus on time in daily situations), (2) Time Orientation (measuring how strongly individuals adjust their lives to time devices), (3) Time Estimation (measuring the accuracy of individual's time estimates), (4) Anticipation of Durations (measuring the ability to anticipate the duration of events), and (5) Dependency to Alarm Clocks (measuring how strongly individuals rely on alarm clocks in order to wake up at the right time of the day). Within three studies using German samples ( $N = 341$ ), we obtained high internal-consistency values for the five subscales (Cronbach's Alpha between 0.80 and 0.90) and a good model fit for a confirmative factor analysis. Correlations with the Big Five personality traits, the factors of Time Perspective (Zimbardo Time Perspective Inventory; ZTPI), chronotype, self-regulation, impulsivity, mindfulness and punctuality will be reported.