Based on the Redressive subscale of the Reformative-Redressive Self-control Scale (Sugiwaka, 1995), 10 high-scoring (highest 25%; HRD group) and 9 low-scoring (lowest 25%; LRD group) college students were selected, all with Reformative subscale scores within the intermediate 50%. They were then given (1) a hypothetical delay-discounting task, where they chose between ¥100,000 available after a delay and a lesser amount of money available immediately, and also (2) a hypothetical effort-discounting task, where they chose between ¥100,000 available by an effort (writing a paper) and a lesser amount of money available with no effort. Using the indifference points, discount rates (k-values) based on Mazur's (1987) hyperbolic equation and the areas under the curve (AUC) were calculated. The k-value was significantly smaller in the HRD group than in the LRD group for both the effort-discounting and the delay-discounting tasks. The AUC was significantly larger in the HRD group than in the LRD group for both tasks. Possible interactional processes between Reformative Self-control and Redressive Self-control affecting discounting were

**Keywords:** self-control, discounting rate, area under the curve, delay, effort.

_The Japanese Journal of Psychology_
2013, Vol.84, No.3, pp. 267-273