

TCU PSYFORM

Scales and Item Scoring Guide

Scoring Instructions. Numbers for each item indicate its location in the administration version with response categories 1=Disagree Strongly to 5=Agree Strongly; and reflected scoring designated by ®. Scores for each scale are obtained by summing responses to its set of items (after reversing scores on reflected items by subtracting the item response from “6”), dividing the sum by number of items included (yielding an average) and multiplying by 10 in order to rescale final scores so they range from 10 to 50 (e.g., an average response of 2.6 for a scale becomes a score of “26”).

Note. Special item 27 provides for a **response accuracy check** and should be marked “Disagree” (2) to indicate the respondent read and understood the question.

PSYCHOLOGICAL FUNCTIONING SCALES

A. Self-Esteem (SE)

- 2. You have much to be proud of.
- 6. You feel like a failure. ®
- 10. You wish you had more respect for yourself. ®
- 19. You feel you are basically no good. ®
- 25. In general, you are satisfied with yourself.
- 29. You feel you are unimportant to others. ®

B. Depression (DP)

- 5. You feel interested in life. ®
- 12. You feel sad or depressed.
- 14. You feel extra tired or run down.
- 20. You worry or brood a lot.
- 22. You feel hopeless about the future.
- 32. You feel lonely.

C. Anxiety (AX)

- 1. You have trouble sleeping.
- 7. You have trouble concentrating or remembering things.
- 8. You feel afraid of certain things, like elevators, crowds, or going out alone.
- 9. You feel anxious or nervous.
- 15. You have trouble sitting still for long.
- 28. You feel tense or keyed-up.
- 30. You feel tightness or tension in your muscles.

D. Decision Making (DM)

- 3. You consider how your actions will affect others.
- 4. You plan ahead.
- 13. You think about probable results of your actions.
- 16. You think about what causes your current problems.
- 18. You think of several different ways to solve a problem.
- 21. You have trouble making decisions. ®
- 23. You make good decisions.
- 26. You make decisions without thinking about consequences. ®
- 33. You analyze problems by looking at all the choices.

E. Expectancy (EX)

- 11. You are likely to feel the need to use drugs during treatment. ®
- 17. You are likely to drink alcohol in the next few months. ®
- 24. You are likely to relapse in the next few months. ®
- 31. You are likely to have problems in quitting drug use. ®

F. Accuracy

- 27. Please fill in the “Disagree” box as your response for this question.

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