

**ITEM-SCORING GUIDE FOR  
EVALUATION OF SELF AND TREATMENT  
(TCU METHADONE OUTPATIENT FORMS)**

**PSYCHOLOGICAL FUNCTIONING SCALES**

**A. Self Esteem (SE)**

- 11. You have much to be proud of. (EF)
- 14. In general, you are satisfied with yourself.
- 35. You feel like a failure. ®
- 49. You feel you are basically no good. ®
- 84. You wish you had more respect for yourself. ®
- 97. You feel you are unimportant to others. ®

**B. Depression (DP)**

- 5. You feel sad or depressed.
- 19. You have thoughts of committing suicide.
- 28. You feel lonely.
- 42. You feel interested in life. ®
- 70. You feel extra tired or run down.
- 85. You worry or brood a lot.

**C. Anxiety (AX)**

- 21. You have trouble sitting still for long.
- 36. You have trouble sleeping.
- 61. You feel anxious or nervous.
- 68. You have trouble concentrating or remembering things.
- 76. You feel afraid of certain things, like elevators, crowds, or going out alone.
- 88. You feel tense or keyed-up.
- 100. You feel tightness or tension in your muscles.

**D. Decision Making (DM)**

- 8. You consider how your actions will affect others. (IP ®)
- 23. You plan ahead. (EF)
- 45. You think about probable results of your actions. (PS)
- 53. You have trouble making decisions. ® (EF ®)
- 58. You think of several different ways to solve a problem. (PS)
- 63. You analyze problems by looking at all the choices. (EF, PS)
- 65. You make decisions without thinking about consequences. ® (IP)
- 74. You make good decisions. (EF)
- 94. You think about what causes your current problems. (PS)

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**Note.** Numbers for each item indicate its location in the RST Form. Response categories for items are 1=Strongly Disagree, to 7=Strongly Agree; ® designates items with reflected scoring.

**Alternate Scales.** Self Efficacy (EF), Problem Solving (PS), and Impulsiveness (IP) items for alternate scales are identified based on our developmental work for this instrument.

## SOCIAL FUNCTIONING SCALES

### **E. Hostility (HS)**

- 18. You feel mistreated by other people.
- 25. You like others to feel afraid of you.
- 44. You have urges to fight or hurt others.
- 52. You have a hot temper.
- 64. Your temper gets you into fights or other trouble.
- 81. You get mad at other people easily. (IP)
- 87. You have carried weapons, like knives or guns.
- 98. You feel a lot of anger inside you.

### **F. Risk Taking (RT)**

- 2. You like to take chances.
- 15. You like the "fast" life.
- 30. You like friends who are wild.
- 33. You like to do things that are strange or exciting.
- 48. You avoid anything dangerous. ®
- 78. You only do things that feel safe. ®
- 91. You are very careful and cautious. ® (IP ®)

### **G. Social Conformity (SC)**

- 3. You feel people are important to you.
- 6. You feel honesty is required in every situation.
- 26. You have trouble following rules and laws. ®
- 39. You depend on "things" more than "people". ®
- 55. You keep the same friends for a long time.
- 71. You work hard to keep a job.
- 82. Your religious beliefs are very important in your life.
- 95. Taking care of your family is very important.

## TREATMENT MOTIVATION SCALES

### **H. Treatment Readiness (TR)**

- 10. You have too many outside responsibilities now to be in this treatment program. ®
- 27. This treatment program seems too demanding for you. ®
- 43. This treatment may be your last chance to solve your drug problems.
- 50. This kind of treatment program will not be very helpful to you. ®
- 59. You plan to stay in this treatment program for awhile.
- 73. You are in this treatment program because someone else made you come. ®
- 86. This treatment program can really help you.
- 93. You want to be in a drug treatment program now.

### **I. External Pressures (EP – not scored as scale)**

- 9. You have serious drug-related health problems.
- 17. You could be sent to jail or prison if you are not in treatment.
- 38. You feel a lot of pressure to be in treatment.
- 57. You have legal problems that require you to be in treatment.
- 77. You are concerned about legal problems.
- 101. You have family members who want you to be in treatment.

## **SELF EFFICACY SCALE (PM)\***

\*"Pearlin Mastery Scale," taken from Pearlin, L., & Schooler, C. (1978).

[The structure of coping. Journal of Health and Social Behavior, 19, 2-21.]

102. I have little control over the things that happen to me. ®
103. There is really no way I can solve some of the problems I have. ®
104. There is little I can do to change many of the important things in my life. ®
105. I often feel helpless in dealing with the problems of life. ®
106. Sometimes I feel that I am being pushed around in life. ®
107. What happens to me in the future mostly depends on me.
108. I can do just about anything I really set my mind to do.

## **TREATMENT PROCESS SCALES**

### **J. Treatment Services (TS)**

1. This program location is convenient for you.
4. Program staff here are efficient at doing their jobs.
13. Time schedules for counseling sessions at this program are convenient for you.
22. You get too much personal counseling at this program. ®
31. You need more individual counseling sessions.
37. You need more group counseling sessions.
46. This program is organized and run well.
54. You need more medical care and services.
62. You need more educational or vocational training services.
72. You need more help with your emotional troubles.
79. This program is requiring you to learn responsibility and self-discipline.
90. You are satisfied with this program.

### **K. Counselor Skills (CS)**

7. Your counselor is easy to talk to.
16. You can depend on your counselor's understanding.
24. Your counselor respects you and your opinions.
32. Your counselor is sensitive to your situation and problems.
40. You trust your counselor.
47. Your counselor views your problems and situations realistically.
56. You have learned to analyze and plan ways to solve your problems.
66. Your counselor makes you feel foolish or ashamed. ®
75. You are motivated and encouraged by your counselor.
83. Your counselor helps you develop confidence in yourself.
92. Your counselor is well organized and prepared for each counseling session.
96. Your treatment plan has reasonable objectives.

### **L. Social Support (SS)**

12. Several people close to you have serious drug problems. ®
20. You have people close to you who respect you and your efforts in this program.
29. You have people close to you who understand your situation and problems.
34. You have people close to you who can always be trusted.
41. You have people close to you who motivate and encourage your recovery.
51. You have people close to you who expect you to make positive changes in your life.
60. You have improved your relations with other people because of this treatment.
67. Other clients in this program are helpful in your recovery.
69. You have people close to you who help you develop confidence in yourself.
80. You have close family members who help you stay away from drugs.
89. You work in situations where drug use is common. ®
99. You have good friends who do not use drugs.