

Client Evaluation of Self and Treatment (TCU CEST)

Scales and Item Scoring Guide

Scoring Instructions. Numbers for each item indicate its location in the administration version, in which response categories are 1=Strongly Disagree to 5=Strongly Agree; ® designates items with reflected scoring. 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”).

TREATMENT MOTIVATION SCALES

A. Desire For Help (DH)

- 3. You need help in dealing with your drug use.
- 32. It is urgent that you find help immediately for your drug use.
- 39. You will give up your friends and hangouts to solve your drug problems.
- 65. Your life has gone out of control.
- 86. You are tired of the problems caused by drugs.
- 116. You want to get your life straightened out.

B. Treatment Readiness (TR)

- 6. You plan to stay in this treatment program for awhile.
- 13. This treatment may be your last chance to solve your drug problems.
- 14. This kind of treatment program will not be very helpful to you. ®
- 54. This treatment program can really help you.
- 56. You want to be in a drug treatment program now.
- 82. You have too many outside responsibilities now to be in this treatment program. ®
- 89. You are in this treatment program because someone else made you come. ®
- 125. This treatment program seems too demanding for you. ®

C. Treatment Needs (TN)

- 24. You need more help with your emotional troubles
- 47. You need more individual counseling sessions.
- 55. You need more educational or vocational training services.
- 68. You need more group counseling sessions.
- 118. You need more medical care and services.

D. Pressures for Treatment Index* (PT – not scored as single scale)

- 10. You have family members who want you to be in treatment.
- 25. You are concerned about legal problems.
- 44. You feel a lot of pressure to be in treatment.
- 49. You could be sent to jail or prison if you are not in treatment.
- 94. You have serious drug-related health problems.
- 124. You have legal problems that require you to be in treatment.

* Formerly labeled External Pressures

PSYCHOLOGICAL FUNCTIONING SCALES

E. Self Esteem (SE)

- 17. You have much to be proud of.
- 59. You feel like a failure. ®
- 71. You wish you had more respect for yourself. ®
- 88. You feel you are basically no good. ®
- 100. In general, you are satisfied with yourself.
- 109. You feel you are unimportant to others. ®

F. Depression (DP)

- 57. You feel interested in life. ®
- 74. You feel sad or depressed.
- 76. You feel extra tired or run down.
- 90. You worry or brood a lot.
- 97. You feel hopeless about the future.
- 123. You feel lonely.

G. Anxiety (AX)

- 16. You have trouble sleeping.
- 60. You have trouble concentrating or remembering things.
- 69. You feel afraid of certain things, like elevators, crowds, or going out alone.
- 70. You feel anxious or nervous.
- 78. You have trouble sitting still for long.
- 105. You feel tense or keyed-up.
- 114. You feel tightness or tension in your muscles.

H. Decision Making (DM)

- 48. You consider how your actions will affect others.
- 53. You plan ahead.
- 75. You think about probable results of your actions.
- 79. You think about what causes your current problems.
- 87. You think of several different ways to solve a problem.
- 93. You have trouble making decisions. ®
- 98. You make good decisions.
- 103. You make decisions without thinking about consequences. ®
- 126. You analyze problems by looking at all the choices.

I. Self-Efficacy (PM)*

*“Pearlin Mastery Scale,” taken from Pearlin, L., & Schooler, C. (1978).
[The structure of coping. *Journal of Health and Social Behavior*, 19, 2-21.]

- 5. You have little control over the things that happen to you. ®
- 23. What happens to you in the future mostly depends on you.
- 33. There is little you can do to change many of the important things in your life. ®
- 45. There is really no way you can solve some of the problems you have. ®
- 108. You can do just about anything you really set your mind to do.
- 117. Sometimes you feel that you are being pushed around in life. ®
- 120. You often feel helpless in dealing with the problems of life. ®

SOCIAL FUNCTIONING SCALES

J. Hostility (HS)

- 28. You have carried weapons, like knives or guns.
- 36. You feel a lot of anger inside you.
- 41. You have a hot temper.
- 46. You like others to feel afraid of you.
- 51. You feel mistreated by other people.
- 92. You get mad at other people easily.
- 102. You have urges to fight or hurt others.
- 130. Your temper gets you into fights or other trouble.

K. Risk Taking (RT)

- 9. You only do things that feel safe. ®
- 61. You avoid anything dangerous. ®
- 73. You are very careful and cautious. ®
- 96. You like to do things that are strange or exciting.
- 106. You like to take chances.
- 111. You like the "fast" life.
- 119. You like friends who are wild.

L. Social Consciousness (SC)

- 4. Your religious beliefs are very important in your life.
- 12. You keep the same friends for a long time.
- 22. You feel people are important to you.
- 34. You have trouble following rules and laws. ®
- 40. Taking care of your family is very important.
- 101. You feel honesty is required in every situation.
- 112. You work hard to keep a job.
- 129. You depend on "things" more than "people". ®

THERAPEUTIC ENGAGEMENT DOMAINS

M. Treatment Satisfaction (TS)

- 7. Time schedules for counseling sessions at this program are convenient for you.
- 11. This program expects you to learn responsibility and self-discipline.
- 20. This program is organized and run well.
- 30. You are satisfied with this program.
- 80. The staff here is efficient at doing its job.
- 115. You can get plenty of personal counseling at this program.
- 122. This program location is convenient for you.

N. Counseling Rapport (CR)

2. You trust your counselor.
8. It's always easy to follow or understand what your counselor is trying to tell you.
15. Your counselor is easy to talk to.
21. You are motivated and encouraged by your counselor.
38. Your counselor recognizes the progress you make in treatment.
42. Your counselor is well organized and prepared for each counseling session.
43. Your counselor is sensitive to your situation and problems.
50. Your counselor makes you feel foolish or ashamed. ®
52. Your counselor views your problems and situations realistically.
63. Your counselor helps you develop confidence in yourself.
84. Your counselor respects you and your opinions.
110. You can depend on your counselor's understanding.
128. Your treatment plan has reasonable objectives.

O. Treatment Participation (TP)

19. You are willing to talk about your feelings during counseling.
26. You have made progress with your drug/alcohol problems.
31. You have learned to analyze and plan ways to solve your problems.
35. You have made progress toward your treatment program goals.
37. You always attend the counseling sessions scheduled for you.
62. You have stopped or greatly reduced your drug use while in this program.
66. You always participate actively in your counseling sessions.
67. You have made progress in understanding your feelings and behavior.
77. You have improved your relations with other people because of this treatment.
83. You have made progress with your emotional or psychological issues.
104. You give honest feedback during counseling.
127. You are following your counselor's guidance.

P. Peer Support (PS)

58. Other clients at this program care about you and your problems.
72. Other clients at this program are helpful to you.
81. You are similar to (or like) other clients of this program.
99. You have developed positive trusting friendships while at this program.
113. There is a sense of family (or community) in this program.

Q. Social Support (SS)

1. You have people close to you who motivate and encourage your recovery.
18. You have close family members who help you stay away from drugs.
27. You have good friends who do not use drugs.
29. You have people close to you who can always be trusted.
64. You have people close to you who understand your situation and problems.
85. You work in situations where drug use is common. ®
91. You have people close to you who expect you to make positive changes in your life.
95. You have people close to you who help you develop confidence in yourself.
107. You have people close to you who respect you and your efforts in this program.

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