

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

**SECTION A. RATINGS OF SELF**

**PSYCHOLOGICAL FUNCTIONING SCALES**

**A. Self Esteem (SE)**

- 8. You have much to be proud of.
- 9. In general, you are satisfied with yourself.
- 23. You feel like a failure. ®
- 33. You feel you are basically no good. ®
- 51. You wish you had more respect for yourself. ®
- 60. You feel you are unimportant to others. ®

**B. Depression (DP)**

- 3. You feel sad or depressed.
- 14. You have thoughts of committing suicide.
- 20. You feel lonely.
- 28. You feel interested in life. ®
- 42. You feel extra tired or run down.
- 52. You worry or brood a lot.

**C. Anxiety (AX)**

- 15. You have trouble sitting still for long.
- 24. You have trouble sleeping.
- 39. You feel anxious or nervous.
- 41. You have trouble concentrating or remembering things.
- 46. You feel afraid of certain things, like elevators, crowds, or going out alone.
- 56. You feel tense or keyed-up.
- 62. You feel tightness or tension in your muscles.

**D. 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.]

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

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**Note.** Numbers for each item indicate its location, and response categories are 1=Strongly Disagree to 7=Strongly Agree. Each scale is scored by averaging responses to items and multiplying by 10 (scores therefore range from 10 to 70); ® designates items with reflected scoring.

## SOCIAL FUNCTIONING SCALES

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

13. You feel mistreated by other people.
16. You like others to feel afraid of you.
30. You have urges to fight or hurt others.
35. You have a hot temper.
40. Your temper gets you into fights or other trouble.
49. You get mad at other people easily.
55. You have carried weapons, like knives or guns.
61. You feel a lot of anger inside you.

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

1. You like to take chances.
10. You like the "fast" life.
21. You like friends who are wild.
22. You like to do things that are strange or exciting.
31. You avoid anything dangerous. ®
48. You only do things that feel safe. ®
57. You are very careful and cautious. ®

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

2. You feel people are important to you.
4. You feel honesty is required in every situation.
18. You have trouble following rules and laws. ®
27. You depend on "things" more than "people". ®
36. You keep the same friends for a long time.
43. You work hard to keep a job.
50. Your religious beliefs are very important in your life.
59. Taking care of your family is very important.

## TREATMENT MOTIVATION SCALES

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

7. You have too many outside responsibilities now to be in this treatment program. ®
19. This treatment program seems too demanding for you. ®
29. This treatment may be your last chance to solve your drug problems.
34. This kind of treatment program will not be very helpful to you. ®
38. You plan to stay in this treatment program for awhile.
44. You are in this treatment program because someone else made you come. ®
54. This treatment program can really help you.
58. You want to be in a drug treatment program.

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

5. You have serious drug related health problems.
12. You could be sent to jail or prison if you are not in treatment.
26. You feel a lot of pressure to be in treatment.
37. You have legal problems that require you to be in treatment.
47. You are concerned about legal problems.
63. You have family members who want you to be in treatment.

## **SECTION B. RATINGS OF TREATMENT PROCESS**

### **PARTICIPATION IN TREATMENT**

“TC Client Progress Scales” adapted from De Leon, G. (1997).  
[Client Self-Rated Progress Checklist. New York: Center for Therapeutic Community Research.]

For application and measurement properties, see Hiller, M. L. (1996).  
[Correlates of recidivism and relapse for parolees who received in-prison substance abuse treatment in Texas. Fort Worth: Texas Christian University.] and Melnick, G., De Leon, G., Thomas, G., Kressel, D., & Wexler, H. K. (1999). [Inmate motivation and participation in prison treatment programs (Manuscript submitted for publication).]

#### **J. Therapeutic Engagement (TE)**

1. You feel and show concern for others during group counseling.
18. You accept being confronted by others during group counseling.
20. You confront others about their real feelings during group counseling.
22. You are willing to talk about your feelings during group counseling.
24. You say things to give support and understanding to others during group counseling.
26. You give honest feedback to others during group counseling.

#### **K. Personal Progress (PP)**

8. You have made progress with your drug/alcohol problems.
11. You have made progress with your emotional or psychological issues.
14. You have made progress toward your treatment program goals.
28. You have made progress in understanding your feelings and how they can influence behavior.

#### **L. Trust Group (TG)**

3. You trust the treatment staff.
5. You have developed positive trusting friendships while at this program.
30. You trust other clients in this program.
34. You trust the security staff.

#### **M. Program Staff (PSF)**

7. The treatment staff cares about you and your problems.
10. The treatment staff is helpful to you.
13. The security staff cares about you and your problems.
16. The security staff is helpful to you.

## **COUNSELOR ATTITUDE AND BEHAVIOR**

#### **N. Counselor Rapport (CR)**

2. Your counselors are easy to talk to.
19. Your counselors speak in a way that you understand.
21. Your counselors respect you and your opinions.
23. Your counselors understand your situation and problems.
25. You trust your counselors.
27. Your counselors help you view problems/situations realistically.
29. Your counselors focus your thinking and planning.
31. Your counselors make you feel foolish or ashamed. ®

### **O. Counselor Competence (CC)**

4. Your counselors help you develop confidence in yourself.
6. Your counselors are well organized and prepared for each counseling session.
9. Your counselors develop treatment plans with reasonable objectives for you.
12. Your counselors keep you focused on solving specific problems.
15. Your counselors remember important details from your earlier sessions.
17. Your counselors help you make changes in your life.
32. Your counselors teach you useful ways to solve your problems.
33. You are motivated and encouraged by your counselors.

## **SECTION C. RATINGS OF PROGRAM ATTRIBUTES**

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

1. This program location is convenient for you.
2. You need more educational or vocational training services.
4. Program staff here are efficient at doing their jobs.
6. Time schedules for counseling sessions at this program are convenient for you.
9. You get too much personal counseling at this program. ®
11. You need more individual counseling sessions.
13. You need more group counseling sessions.
16. This program is organized and run well.
18. You need more lecture classes.
20. You are satisfied with this program.
22. You need more medical care and services.
24. You need more help with your emotional troubles.
28. This program is requiring you to learn responsibility and self-discipline.

### **Q. Peer Support (SUP)**

3. Other clients at this program care about you and your problems.
8. Other clients at this program are helpful to you.
15. You are similar to (or like) other clients of this program.
26. There is a sense of family (or community) in this program.

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

5. Several people close to you have serious drug problems. ®
7. You have people close to you who respect you and your efforts in this program.
10. You have people close to you who understand your situation and problems.
12. You have people close to you who can always be trusted.
14. You have people close to you who motivate and encourage your recovery.
17. You have people close to you who expect you to make positive changes in your life.
19. You have improved your relations with other people because of this treatment.
21. Other clients in this program are helpful in your recovery.
23. You have people close to you who help you develop confidence in yourself.
25. You have close family members who help you stay away from drugs.
27. You work in situations where drug use is common. ®
29. You have good friends who do not use drugs.