

**ITEM-SCORING GUIDE FOR  
SELF RATING AT INTAKE  
(TCU METHADONE OUTPATIENT FORMS)**

**PSYCHOLOGICAL FUNCTIONING SCALES**

**A. Self Esteem (SE)**

- 10. You have much to be proud of. (EF)
- 12. In general, you are satisfied with yourself.
- 30. You feel like a failure. ®
- 42. You feel you are basically no good. ®
- 73. You wish you had more respect for yourself. ®
- 84. You feel you are unimportant to others. ®

**B. Depression (DP)**

- 5. You feel sad or depressed.
- 17. You have thoughts of committing suicide.
- 24. You feel lonely.
- 36. You feel interested in life. ®
- 61. You feel extra tired or run down.
- 74. You worry or brood a lot.

**C. Anxiety (AX)**

- 18. You have trouble sitting still for long.
- 31. You have trouble sleeping.
- 52. You feel anxious or nervous.
- 59. You have trouble concentrating or remembering things.
- 66. You feel afraid of certain things, like elevators, crowds, or going out alone.
- 77. You feel tense or keyed-up.
- 87. You feel tightness or tension in your muscles.

**D. Decision Making (DM)**

- 8. You consider how your actions will affect others. (IP ®)
- 20. You plan ahead. (EF)
- 39. You think about probable results of your actions. (PS)
- 45. You have trouble making decisions. ® (EF ®)
- 49. You think of several different ways to solve a problem. (PS)
- 54. You analyze problems by looking at all the choices. (EF, PS)
- 56. You make decisions without thinking about consequences. ® (IP)
- 64. You make good decisions. (EF)
- 81. You think about what causes your current problems. (PS)

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Note. Numbers for each item indicate its location in the SRF. Item responses for each scale are averaged; ® 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. Childhood Problems (CP)**

4. You skipped school while growing up.
14. You took things that did not belong to you when you were young.
27. You had good relations with your parents while growing up. ®
35. You had feelings of anger and frustration during your childhood.
51. You got involved in arguments and fights while growing up.
57. While a teenager, you got into trouble with school authorities or the police.
65. You had good self-esteem and confidence while growing up. ®
78. You were emotionally or physically abused while you were young.

### **F. Hostility (HS)**

16. You feel mistreated by other people.
21. You like others to feel afraid of you.
38. You have urges to fight or hurt others.
44. You have a hot temper.
55. Your temper gets you into fights or other trouble.
70. You get mad at other people easily. (IP)
76. You have carried weapons, like knives or guns.
85. You feel a lot of anger inside you.

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

2. You like to take chances.
13. You like the “fast” life.
25. You like friends who are wild.
28. You like to do things that are strange or exciting.
41. You avoid anything dangerous. ®
68. You only do things that feel safe. ®
79. You are very careful and cautious. ® (IP ®)

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

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

## TREATMENT MOTIVATION SCALES

### **I. Problem Recognition (PR)**

1. Your drug use is a problem for you.
11. Your drug use is more trouble than it's worth.
19. Your drug use is causing problems with the law.
26. Your drug use is causing problems in thinking or doing your work.
34. Your drug use is causing problems with your family or friends.
46. Your drug use is causing problems in finding or keeping a job.
60. Your drug use is causing problems with your health.
72. Your drug use is making your life become worse and worse.
83. Your drug use is going to cause your death if you do not quit soon.

### **J. Desire For Help (DH)**

7. You need help in dealing with your drug use.
29. It is urgent that you find help immediately for your drug use.
40. You are tired of the problems caused by drugs.
53. You will give up your friends and hangouts to solve your drug problems.
58. You can quit using drugs without any help. ®
69. Your life has gone out of control.
86. You want to get your life straightened out.

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

9. You have too many outside responsibilities now to be in this treatment program. ®
23. This treatment program seems too demanding for you. ®
37. This treatment may be your last chance to solve your drug problems.
43. This kind of treatment program will not be very helpful to you. ®
50. You plan to stay in this treatment program for awhile.
63. You are in this treatment program because someone else made you come. ®
75. This treatment program can really help you.
80. You want to be in a drug treatment program.

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

15. You could be sent to jail or prison if you are not in treatment.
32. You feel a lot of pressure to be in treatment.
48. You have legal problems that require you to be in treatment.
67. You are concerned about legal problems.
88. You have family members who want you to be in treatment.

### SELF EFFICACY SCALE (PM)\*

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

- 89. I have little control over the things that happen to me. ®
- 90. There is really no way I can solve some of the problems I have. ®
- 91. There is little I can do to change many of the important things in my life. ®
- 92. I often feel helpless in dealing with the problems of life. ®
- 93. Sometimes I feel that I am being pushed around in life. ®
- 94. What happens to me in the future mostly depends on me.
- 95. I can do just about anything I really set my mind to do.

**Comment.** Our measures of motivation for treatment have undergone several stages of experimental testing and refinement. Over the years, we have examined three different response formats. In Phase 1 of the DATAR project, we used a 5-point Likert scale based on frequency of occurrence (Never, Rarely, Sometimes, Often, Almost Always). For DATAR-Phase 2, we revised this to a 7-point Likert scale indicating degree of agreement (Disagree Strongly . . . Not Sure . . . Agree Strongly). Similar measures in the Drug Abuse Treatment Outcome Study (DATOS) were based on a 3-point Likert scale (Not At All, Agree Somewhat, Very Much Agree). Using each of these formats, we have found that the theoretical structure of the three motivation subscales -- Problem Recognition, Desire for Help, and Treatment Readiness (defined in Simpson & Joe, 1993) -- is maintained even when the response format is changed.

The goal of our research has been to understand the role of motivation in treatment to process and outcome, and not to make formal clinical decisions. Consequently, the definitions of “high motivation” and “low motivation” have depended on the particular treatment admission process used, response format, and score distributions. That is, individuals scoring in the upper ranges of the particular response format are labeled “highly motivated” (this normally corresponds to the upper quarter of the sample) and those in the lower range “low motivated” (corresponding to the lower quarter of the sample). With DATOS data, we also have used the three scale points to represent “high,” “medium,” and “low” motivation. At this stage of our research, we recommend the 7-point scale for greatest assessment precision, but the 5-point scale is also an acceptable alternative.