

# TCU ADOL THKFORM B

## *Scales and Item Scoring Guide*

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

### GENERAL THINKING SCALES

#### **A. Problem Solving Efficacy (PSE)**

**I am confident that I can --**

- 12. walk away from a fight.
- 15. be proud of the goals I have for my life.
- 16. admit when I am wrong.
- 17. be patient and stick with something hard.
- 20. finish things on time.
- 21. get adults to help me when I have a problem.
- 23. remain calm when things get heated.
- 24. arrange a place where I can concentrate.
- 26. resist pressure to do things that can get me in trouble.
- 29. find ways to get myself started on difficult tasks.
- 30. get a friend to help me when I have a problem.
- 32. resist the urge to give up easily when I run into problems.

#### **B. Drug Resistance Efficacy (DRE)**

**I am confident that I can --**

- 14. find ways of reducing stress, that don't involve alcohol/drugs.
- 18. make friends with people who don't use alcohol/drugs.
- 22. resist the temptation to use alcohol/drugs when others around me are using.
- 28. find things to do that I enjoy but that don't involve alcohol/drugs.
- 31. avoid situations and people where alcohol/drugs are present.

#### **C. Assertiveness (ASY)**

**I am confident that I can --**

- 13. express my opinions when others disagree with me.
- 19. stand firm to someone who is asking me to do something unreasonable.
- 25. stand up for myself when I feel I am being treated unfairly.
- 27. ask others to stop annoying me or hurting my feelings.
- 33. say 'NO' when I need to.

#### **D. General Invincibility (IVY)**

2. It's easier for me than other kids to overcome obstacles.
3. I can talk my way out of most problems when other kids can't.
5. It is easier for me to get away with things other kids get in trouble for.
6. I think of myself as having more ability than others.
9. I am more likely than others to do things my way no matter what anyone else says.
11. Compared to others, I don't get hurt when I do risky things.

#### **E. Optimism and Hope (OHY)**

1. Overall, I expect more good things to happen to me than bad.
4. I'm always optimistic about my future.
7. I hardly ever expect things to go my way. ®
8. I rarely count on good things happening to me. ®
10. If something can go wrong for me, it will. ®

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