

TCU PSYFORM – Psychological Functioning

Scales and Item Scoring Guide

Scoring Instructions. Items shown below from this assessment are *re-grouped by scales*, and response categories are 1=Strongly Disagree to 5=Strongly Agree. Scores for *each scale* are calculated as follows (and no more than half of the items for any scale can be missing).

1. Find and reverse the scoring for reflected items (i.e., those designated with ®) by –
 - a. subtracting the response value (1 to 5) for this item from “6”,
(e.g., if the response is “2”, the *revised* score is “4” [i.e., 6-2=4]),
2. Sum the response values of all non-missing items for each scale,
3. Divide the sum of item responses by the number of items included (yielding an average),
4. Multiply this average by 10 (in order to *rescale* the score so it ranges from 10 to 50)
(e.g., an average response of “2.6” for a scale therefore becomes a score of “26”).

PSYCHOLOGICAL FUNCTIONING SCALES

A. Self-Esteem (SE)

2. You have much to be proud of.
6. You feel like a failure. ®
10. You wish you had more respect for yourself. ®
19. You feel you are basically no good. ®
25. In general, you are satisfied with yourself.
29. You feel you are unimportant to others. ®

B. Depression (DP)

5. You feel interested in life. ®
12. You feel sad or depressed.
14. You feel extra tired or run down.
20. You worry or brood a lot.
22. You feel hopeless about the future.
32. You feel lonely.

C. Anxiety (AX)

1. You have trouble sleeping.
7. You have trouble concentrating or remembering things.
8. You feel afraid of certain things, like elevators, crowds, or going out alone.
9. You feel anxious or nervous.
15. You have trouble sitting still for long.
28. You feel tense or keyed-up.
30. You feel tightness or tension in your muscles.

D. Decision Making (DM)

- 3. You consider how your actions will affect others.
- 4. You plan ahead.
- 13. You think about probable results of your actions.
- 16. You think about what causes your current problems.
- 18. You think of several different ways to solve a problem.
- 21. You have trouble making decisions. ®
- 23. You make good decisions.
- 26. You make decisions without thinking about consequences. ®
- 33. You analyze problems by looking at all the choices.

E. Expectancy (EX)

- 11. You are likely to feel the need to use drugs in the next few months. ®
- 17. You are likely to drink alcohol in the next few months. ®
- 24. You are likely to relapse in the next few months. ®
- 31. You are likely to have problems in quitting drug use. ®

F. Accuracy (Attentiveness)

- 27. Please fill in the “Disagree” box as your response for this question.

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