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Sourcebook of Adult Assessment Strategies

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Foreword

Assessment is a topic that is central to psychology. In the case of clinical psychology, assessment of individual functioning is of keen interest to individuals involved in clinical practice as well as research. Understanding the multiple domains of functioning, evaluating characteristics of individuals in relation to others (normative assessment) as well as in relation to themselves (ipsative assessment), and charting progress or change over time all require well-developed assessment tools and methods. In light of the importance of the topic, books, journals, and monographs continue to emerge in large numbers to present, address, and evaluate diverse measures. Keeping informed about measures, identifying the measures in use, and obtaining the necessary information for their interpretation make the task of Sisyphus look like a vacation. In this book, the editors provide information that eases the task remarkably.

The overriding goal of this book is to provide concise, useful, and essential information about measures of adult functioning. To that end, this is a sourcebook, a format that is particularly noteworthy. The measures are presented and organized according to diagnostic categories, as derived from the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV). The categories are broad (e.g., substance-related disorders, anxiety disorders, mood disorders, schizophrenia and related disorders) in recognition that those who develop measures and those who use them in clinical research or practice usually do not have narrowly defined diagnostic entities in mind. Also, the categories include more general domains of adult functioning (e.g., relationship problems, impulse control, global functioning) and selected characteristics (e.g., to measure irrational beliefs, reasons for living, pleasant events) that are likely to be of interest in clinical work. Within a domain, multiple measures are presented.

The editors have provided us with a very special resource by the format in which the measures are presented and reviewed. First and foremost, the individual measures are reproduced. Along with each measure, critical information is provided related to different types of reliability and validity, samples to whom the measure has been applied, cutoff scores and their meaning, the use and availability of different versions of the scale, including translations. Selected references provide support for various psychometric properties; further readings direct the reader to other resources related to individual measures as well as assessment practices and standards in general.

The book is designed to be of practical use. That criterion alone could foster presentation of as many measures as possible, with little attention to how they are used and whether there are any supporting data in behalf of their reliability and validity. To the editors' credit, they describe each instrument and present the reader with basic material to permit critical evaluation. In addition, the reader is cautioned in general about reliance on any single measure and to seek additional resources to facilitate test evaluation.

The book redresses many of the issues that occur in research and practice in relation to obtaining and using measures including, but extending well beyond, practical issues. Certainly the practical issues are important. For example, it is very difficult to obtain many measures that are of interest and even to identify the source from which they may be obtained. Encyclopedic measurement manuals and handbooks are available in principle but accessible to few in practice. Second, evaluation of individual measures is not an easy task. We know through our training how to evaluate measures and the importance of various criteria. Yet, spending the time to procure this information, which is spread over time and scores of publication outlets, is a mini-career. Third, and perhaps more weighty, is that there are many versions of a given measure. In the evolution of a measure, standardized or not, a mutation emerges as an investigator or practitioner shortens the form, deletes a few items that are not pertinent, or rewords the instructions in light of special characteristics of the sample or clients. This version of the measure then circulates from colleague to colleague, faculty to student, and so on. Eventually, separate species of the scale have emerged and further evolve. The original standardization and normative data and subsequent evaluations of various forms of validity and reliability may be cited as the bases of the evolved scale, but the connections become more strained as the departure increases. Even our most commonly used measures in clinical work, or perhaps especially these measures, show this type of evolution. Witness, as one example, the Hamilton Rating Scale for Depression which might be viewed more as a

family of measures than as a single scale (see Grundy et al., 1994). The advantage of this sourcebook is in providing a common resource for original versions of the scales or the most commonly used versions, as well as making explicit information about other versions that are available. A common resource for the scales is invaluable.

Overall, the editors are to be commended for providing a sourcebook of assessments for adult functioning. The domains and measures included will be of widespread interest. By addressing researchers and practitioners and by focusing on assessment of domains of clinical relevance, the book contributes enormously to uniting clinical research and practice. Apart from research and clinical work, the book can play a pivotal role in graduate training in psychology and mental health professions more generally where integration of systematic assessment in practice is encouraged.

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REFERENCE

- Grundy, C. T., Lunnen, K. M., Lambert, M. J., Aston, J. E., & Tovey, D. R. (1994). The Hamilton Rating Scale for Depression: One scale or many. *Clinical Psychology: Science and Practice*, 1, 197–205.

Preface

Practitioners, researchers, and instructors who seek scales measuring a certain aspect of psychopathology often are frustrated. Even though many excellent scales measuring mental disorders exist, it is sometimes difficult or impossible to find the actual scale, instructions for its use, or a current review of the psychometric properties of the scale. *Sourcebook of Adult Assessment Strategies* responds to a need in the mental health field for this information.

ORGANIZATION OF THE BOOK

The presentation of scales in the book corresponds to the order of related diagnostic categories in *Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV)* (American Psychiatric Association, 1994). Information about each scale is broken into the following sections: purpose and development, administration and scoring, sample and cutoff scores, reliability, validity, and the actual scale items. Information in each of these sections is designed to allow practitioners and researchers to judge whether the particular scale meets their needs.

The section on purpose and development gives information about the realm of use of the scale and the procedures used to develop the scale. Some of the scales may be of help in making a diagnosis. Others are intended to give information about the exact symptomology, the antecedents, or the consequences of a disorder. This section also provides information about subscales, other versions of the measure, and translations of the scale into other languages.

The administration and scoring section gives step-by-step directions

on how to administer and score the scale. Sample scores give a standard of comparison, allowing clinicians and researchers to judge whether the scores they obtain are relatively high or low. Whenever cutoff scores were available, we present these and give the diagnostic accuracy of the cutoff scores. The next chapter contains suggestions about how to evaluate cutoff and sample scores. Because weighing the reliability and validity information about a scale is crucial in the decision of whether to use a scale, we discuss these issues at length in the next chapter. The actual scale items and scale instructions are generally presented in their original format. For a few scales, we made and noted minor changes in format. Changes in societal conditions have dated some items pertaining to gender roles in a few of the scales; we did not modify these items, but scale users may wish to do so.

SCALE SELECTION

We searched the relevant literature and reviewed many hundreds of scales assessing various disorders and characteristics related to disorders. On the basis of this review we selected those scales that had good psychometric properties and covered the range of DSM-IV adult mental disorders. We excluded some excellent scales because they are exceptionally lengthy, require extensive training for their use, are beyond the scope of this book, or are quite similar to scales that have more extensive psychometric data. Finally, we were unable to obtain permission to include some popular scales (usually ones that are sold commercially), but in each case we found psychometrically sound alternatives to include.

Because the book contains actual scale items, we obtained permission from the copyright holders to present this material in its original form. If the scale items and instructions for use were published in a journal article or book, we obtained permission from the publisher holding the copyright. If only the psychometric properties of a scale were described in the published literature, we obtained permission from the developer of the scale and asked for a copy of it. If the actual scale was published but a copyright notice named an author as having rights to the scale, we obtained permission from that author.

OTHER SOURCES OF INFORMATION FOR READERS

We refer readers who wish to find information about mental health scales not included in this volume to the following useful review books:

Mental Measurements Yearbooks (e.g., Kramer & Conoley, 1992), *Dictionary of Behavioral Assessment Techniques* (Hersen & Bellack, 1988), *Measuring Human Problems* (Peck & Shapiro, 1990), *The Instruments of Psychiatric Research* (Thompson, 1989), and *Measuring Mental Illness: Psychometric Assessment for Clinicians* (Wetzler, 1989). These books do not give actual scales or instructions for their use; however, the *Mental Measurements Yearbooks* give the addresses of the companies that sell the scales reviewed and the *Dictionary of Behavioral Assessment* gives detailed information on where to find the noncommercial scales reviewed. The following sources provide reviews and actual scales from other fields: *Measures of Personality and Social Psychological Attitudes* (Robinson, Shaver, & Wrightsman, 1991) and *Handbook of Marketing Scales* (Bearden, Netemeyer, & Mobley, 1993).

ACKNOWLEDGMENTS

Many dedicated researchers and clinicians created the scales reviewed and presented in this book and many others carried out further reliability and validity studies. We are very pleased to be able to present their work. As well as giving us permission to use their scales, a number of researchers also provided us with further references or as yet unpublished information.

Dr. Michel Hersen, Dr. Alan Bellack, and Mr. Eliot Werner gave us expert guidance. Dr. Lilith Schutte provided helpful editing advice. Ms. Joan Edelman gave valuable assistance in processing the actual scales. Many thanks to them all.

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Contents

CHAPTER 1: THE PSYCHOMETRIC PROPERTIES AND CLINICAL USE OF SCALES 1

CHAPTER 2: DELIRIUM AND DEMENTIA 7

 Delirium Rating Scale 7

 Mini-Mental State Exam 13

 Blessed-Roth Dementia Scale 19

 Cornell Scale for Depression in Dementia 23

 Agitated Behavior Scale 27

CHAPTER 3: SUBSTANCE-RELATED DISORDERS 33

 CAGE Alcohol Interview Schedule 33

 Self-Administered Alcoholism Screening Test (SAAST) 37

 Drug Abuse Screening Test 41

 Fagerstrom Test for Nicotine Dependence 45

 Horn-Waingrow Reasons for Smoking Scale 48

 Subjective Opiate Withdrawal Scale and Objective Opiate Withdrawal Scale 52

CHAPTER 4: SCHIZOPHRENIA AND RELATED DISORDERS 59

Scale for the Assessment of Negative Symptoms
and Scale for the Assessment of Positive
Symptoms 59

Strauss–Carpenter Levels of Functioning Scale .. 97

Magical Ideation Scale and Perceptual
Aberration Scale 102

Borderline Syndrome Index 110

CHAPTER 5: MOOD DISORDERS 117

Center for Epidemiological Studies—Depression
Scale (CES-D) 117

Zung Self-Rating Depression Scale 123

Hamilton Depression Rating Scale 127

Bech–Rafaelsen Melancholia Scale 135

Manic-State Rating Scale 140

CHAPTER 6: ANXIETY DISORDERS 147

Anxiety Symptom Questionnaire 147

Hamilton Anxiety Scale 154

Agoraphobic Cognitions Questionnaire and
Body Sensations Questionnaire 158

Mobility Inventory for Agoraphobia 163

Fear Questionnaire 168

Death Anxiety Scale 174

Dental Fear Survey 177

Achievement Anxiety Test 181

Interaction Anxiousness Scale 186

Social Interaction Self-Statement Test 189

Maudsley Obsessive-Compulsive Inventory 194

Yale–Brown Obsessive Compulsive Scale 199

Leyton Obsessional Inventory 207

Compulsive Activity Checklist 224

Impact of Event Scale 229

Mississippi Scale for Combat-Related
Posttraumatic Stress Disorder 234

CHAPTER 7: SOMATOFORM DISORDERS AND MEASUREMENT OF PAIN AND RELATED PHENOMENA	247
Illness Behaviour Questionnaire	247
West Haven–Yale Multidimensional Pain Inventory	254
McGill Pain Questionnaire, Long-Form and Short-Form	264
CHAPTER 8: DISSOCIATIVE DISORDERS	273
Dissociative Experiences Scale	273
CHAPTER 9: SEXUAL DISORDERS	283
Sexual Interaction Inventory	283
Sexual Arousability Index	289
CHAPTER 10: EATING DISORDERS	299
Self-Report Questionnaire for Screening Individuals at Risk of Developing an Eating Disorder	299
Eating Attitudes Tests	308
Three-Factor Eating Questionnaire	314
Binge Eating Scale	321
Body Shape Questionnaire	327
CHAPTER 11: SLEEP DISORDERS	333
Post-Sleep Inventory	333
Pre-Sleep Arousal Scale	339
St. Mary's Hospital Sleep Questionnaire	342
Stanford Sleepiness Scale	346
Pittsburgh Sleep Quality Index	349

CHAPTER 12: IMPULSE CONTROL DISORDERS 361

 Barratt Impulsiveness Scale 361

 South Oaks Gambling Screen 361

CHAPTER 13: RELATIONSHIP PROBLEMS 373

 Locke–Wallace Short Marital Adjustment Test ... 373

 McMaster Family Assessment Device 377

 Clinical Rating Scale for the Circumplex Model
 of Marital and Family Systems 386

CHAPTER 14: OTHER CONDITIONS OF CLINICAL
INTEREST 401

 Rathus Assertiveness Schedule 401

 Aggression Questionnaire 405

 Reaction Inventory (Anger Arousal) 408

 Pleasant Events Schedule 412

 Reasons for Living Inventory 426

 Irrational Belief Scale 432

 Automatic Thoughts Questionnaire 436

 Cognitive Error Questionnaire 440

CHAPTER 15: MEASURES OF GLOBAL FUNCTIONING 453

 Brief Psychiatric Rating Scale 453

 Clinical Global Impressions 461

INDEX 469