

Research Scales used by the Center for Mind Body-Medicine

ADULT SCALES*	Description	Items	Subscales	Author/ Organization	Contact information/ Website/Source	Cost**	Center Research Project/Publication
Harvard Trauma Scale (16 trauma symptom items)	Measures PTSD; (Interview: Likert Scale)	16		Harvard Program in Refugee Trauma	http://www.hpvt-cambridge.org	Yes	Gordon JS, Staples JK, Blyta A, Bytyqi M, Wilson AT. Treatment of posttraumatic stress disorder in post-war Kosovar adolescents using mind-body skills groups: a randomized controlled trial. <i>J Clin Psychiatry</i> 2008 Sept 69(9): 1383-92.
PTSD Checklist Civilian Version	Measures PTSD	17		National Center for PTSD	http://www.mentalhealth.va.gov	No	Professional Training Programs US 2007 and 2008
Posttraumatic Growth Inventory	Assesses positive outcomes by people who have experienced traumatic events	21	1. Relating to Others 2. New Possibilities 3. Personal Strength 4. Spiritual Change 5.Appreciation of Life	Richard G. Tedesc hi, Ph.D. Lawrence G. Calho un, Ph.D.	rtedesch@uncc.edu	No	Professional Training Program US 2008
Hopkins Symptom Checklist-25	Measures Depression and Anxiety (Interview: Likert Scale)	25	Depression Anxiety	Harvard Program in Refugee Trauma	http://www.hpvt-cambridge.org	Yes	Gaza Mind-Body Skills Groups
World Health Organization Quality of Life Scale-Bref (WHOQol-Bref)	Cross-cultural quality of life scale	26	1.Physical Health 2. Psychological 3. Social Relationships 4. Environment	World Health Organization	http://www.who.int/substance_abuse/research_tools/whoqolbref/en/	No	Gaza Mind-Body Skills Groups
Profile of Mood States- Brief	Measures affective mood fluctuation	30	Tension-Anxiety Anger-Hostility Fatigue-Inertia Depression- Dejection Vigor-Activity Confusion- Bewilderment	Maurice Lorr, Ph.D. Douglas M. McNair, Ph.D. J.W. Heuchert	http://www.mhs.com	Yes	<ul style="list-style-type: none"> • Staples JK, Wilson AT, Pierce B, Gordon JS. Effectiveness of CancerGuides® a study of an integrative cancer care training program for health professionals. <i>Integr Cancer Ther</i> 2007 Mar; 6(1):14-24 • Professional Training Programs US, Kosovo, Gaza, and Israel 2002-2008

ADULT SCALES*	Description	Items	Subscales	Author/ Organization	Contact information/ Website/Source	Cost**	Center Research Project/Publication
Spiritual Well-Being Scale	Measures the perception of spiritual quality of life	20	Religious and Existential Well-Being	Craig W. Ellison, Ph.D. Raymond F. Paloutzian, Ph.D.	http://www.lifeadvance.com/swbs.htm	Yes	Staples JK, Gordon JS. Effectiveness of a mind-body skills training program for healthcare professionals. <i>Altern Ther Health Med</i> 2005 Jul; 11(4):36-41
Spirituality Assessment Scale	Measures aspects of spirituality	28	1. Purpose and meaning in life 2. Innerness or inner resources 3. Unifying interconnectedness 4. Transcendence	Judy W. Howden, Ph.D., RN	Judy_Howden@baylor.edu	No	Professional Training Programs Gaza, and Israel 2005--2006
Inventory of Positive Psychological Attitudes-32R	Measures positive attitudinal domains that buffer stress	32	1. Life Purpose and Satisfaction 2. Self-Confidence During Stress	Jared Kass, Ph.D	jkass@lesley.edu	No	Professional Training Program Kosovo 2002-2003
Professional Quality of Life Scale- RIV	Gives separate scores for the three subscales	30	1. Compassion Satisfaction 2. Burnout 3. Compassion Fatigue/Secondary Trauma	B. Hudnall Stamm, Ph.D.	http://www.sidran.org	Yes	Professional Training Programs Israel and US 2005-2008
Hope Scale	Measures hope as the sum of willpower and waypower	8	1. Mental willpower 2. Waypower for goals	C.R. Snyder, Ph.D.	Snyder, CR, Harris, J, Anderson, JR, Holleran, SA, Irving LM, et al (1991) The Will and the Ways: Development and Validation of an Individual Differences Measure of Hope, <i>Journal of Personality and Social Psychology</i> , 60 (4), 570-585.	No	Professional Training Program Israel 2004-2005
Pearlin Mastery Scale	A measure of self-concept based on the extent to which individuals perceive themselves in control of forces that significantly impact their lives	7		Leonard I. Pearlin, Ph.D.	Pearlin, L.I., Menaghan, E.G., Lieberman, M.A., & Mullan, J.T. (1981). The stress process. <i>Journal of Health and Social Behavior</i> 22: 337-356.	No	Professional Training Program Israel 2004-2005

CHILDREN SCALES	Description	Items	Ages	Subscales	Author	Contact information/ Website/Source	Cost**	Center Research Project/Publication
Child PTSD Symptom Scale	Measure has a 17-item PTSD symptom scale and a 7-item scale assessing functional impairment	24	8-18 Years	1. PTSD Symptom Scale 2. Functional Impairment	Edna Foa, Ph.D.	foa@mail.med.upenn.edu	No	Gaza Mind-Body Skills Groups
Children's Depression Inventory	Assesses cognitive, affective and behavioral signs of depression	27	6–17 years old	1. Negative Mood 2. Interpersonal Difficulties 3. Negative Self-Esteem 4. Ineffectiveness 5. Anhedonia	Maria Kovacs, Ph.D.	http://www.pearsonassessments.com	Yes	Gaza Mind-Body Skills Groups
Hopelessness Scale for Children***	The Hopelessness Scale for Children is modeled after the adult Beck Hopelessness Scale	17	6 - 7 and up		Alan E. Kazdin, Ph.D.	alan.kazdin@yale.edu Also in: Kazdin AE, Rodgers A, Colbus D. (1986) The hopelessness scale for children: psychometric characteristics and concurrent validity, <i>J Consult Clin Psychol</i> , 54(2):241-5.	No	Gaza Mind-Body Skills Groups

*All scales are administered as a self-report scale except where noted as an interview

**Cost information as of when we used the scales.

*** All measures use a Likert scale except this one which is true/false.