

INSTRUCTIONS

for

ATTENDEES OF BOOSTING ENGAGEMENT IN SELF CARE ACTIVITIES

on

APRIL 21, 2021

1. Please see the list of resources provided and complete the self-report questionnaires (phqgad, S-LANSS – Pain, TSK and PCS). If possible print these forms and answer the questions prior to the presentation for reference. You can score them as well if you like.

Scoring for the phq / gad: simply add up the value of the numbers circled in each section (phq and gad separate scores)

Scoring for the S-LANSS – pain: simply add up the value of the numbers circled

Scoring for the TSK: Tally up only the numbers circled for items #4, 8, 12 and 16.

Scoring for the PCS: Tally up three different sections of circled responses using the numbered items below

Rumination Tally # 8, 9, 10, 11

Magnification Tally #6, 7, 13

Helplessness Tally #1, 2, 3,4, 5, 12

2. Please print and fill out the Daily Schedule (if possible) for at least one day prior to the presentation. If you fill out more than one day, that is great.

See you on Wednesday April 21, 2021 at 1 pm,

Gillian Bagg