

S O S-S

(A Brief Measure of Day-to-Day Feelings)

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INSTRUCTIONS:

Below, you will find 10 questions about your feelings during the past week. Please answer every question, even though some might sound similar. Each question names a common feeling, and has five answer boxes. You are to check the box that best describes how much you felt that particular feeling in the last week. Please be as honest as possible. There are no right or wrong answers, and your answers will be kept confidential.

IN THE PAST WEEK, have you felt:

- | | | | | | |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 1...inadequate? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | Not At All | | | | A Lot |
| 2...swamped by your responsibilities? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | Not At All | | | | A Lot |
| 3...that the odds were against you? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | Not At All | | | | A Lot |
| 4...that there wasn't enough time
to get to everything? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | Not At All | | | | A Lot |
| 5...like nothing was going right? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | Not At All | | | | A Lot |
| 6...like you were rushed? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | Not At All | | | | A Lot |
| 7...like there was no escape? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | Not At All | | | | A Lot |
| 8...like things kept piling up? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | Not At All | | | | A Lot |
| 9...like just giving up? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | Not At All | | | | A Lot |
| 10...like you were carrying a heavy load? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | Not At All | | | | A Lot |

Thank You!

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Scoring Instructions

STEP 1: Assign a numerical score to each response. A “Not At All” response is scored as a “1”, while an “A Lot” response is scored as a “5”. A response between these extremes is assigned a score according to its position; that is, a “2”, “3”, or “4”.

STEP 2: Enter the numerical scores in the appropriate column below:

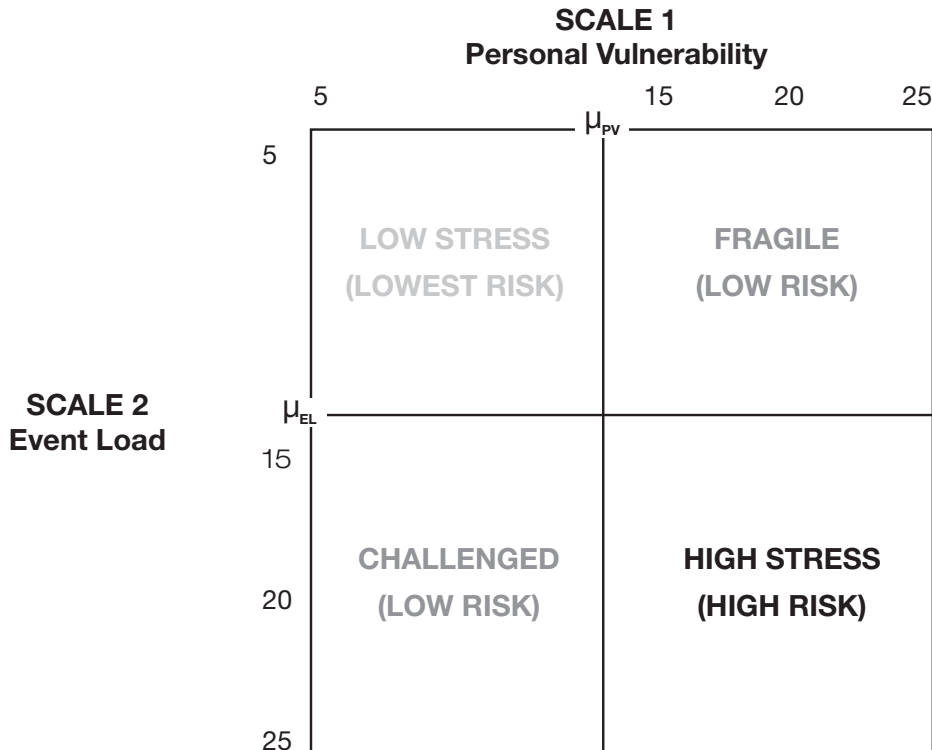
SCALE 1 <i>(Odd-Numbered Items)</i>		SCALE 2 <i>(Even-Numbered Items)</i>	
Item	Score	Item	Score
#1	_____	#2	_____
#3	_____	#4	_____
#5	_____	#6	_____
#7	_____	#8	_____
#9	_____	#10	_____

STEP 3: Add the scores in each column:

TOTAL 1 = _____
(Personal Vulnerability Scale)

TOTAL 2 = _____
(Event Load Scale)

STEP 4 For **CONTINUOUS SCORING**: Add Total 1 and Total 2.
For **CATEGORICAL SCORING**: Use these totals to locate the appropriate diagnostic quadrant for the respondent on the grid below:



NOTE: In normative samples (combined $n = 657$), $\mu_{PV} = 9.15$ and $\mu_{EL} = 12.29$. However, means will vary with the population under study, and should be reset accordingly.