

How Are You (HAY) Scales

Pre-Session

Please mark your self-ratings by drawing a line on the scale. For example, if the question is how much you enjoy hiking, and you think it is a little more than 8, you would respond like this:

0.....1.....2.....3.....4.....5.....6.....7.....8....|.....9.....10

Scale 1: Doing Well

Indicate how positive you are about yourself. Include experiences of feeling: capable, resilient, confident, empowered, adaptable, spontaneous, creative, prepared, knowledgeable, energized, and so forth.

My sense of how well I am doing is:

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Scale 2: Distress

Indicate how down you are about yourself. Include experiences of feeling: uncertain, unprepared, guilty, defensive, ashamed, anxious, depressed, and so forth.

My degree of distress is:

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Scale 3: Connectedness

Indicate how close you feel to others in your life. Include experiences of feeling: accepted, connected, supported, belonging, understood, and so forth.

My sense of being connected is:

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Post-Session

Please mark your self-ratings by drawing a line on the scale. For example, if the question is how much you enjoy hiking, and you think it is a little more than 8, you would respond like this:

0.....1.....2.....3.....4.....5.....6.....7.....8....|.....9.....10

Scale 1: Doing Well

Indicate how positive you are about yourself. Include experiences of feeling: capable, resilient, confident, empowered, adaptable, spontaneous, creative, prepared, knowledgeable, energized, and so forth.

My sense of how well I am doing is:

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Scale 2: Distress

Indicate how down you are about yourself. Include experiences of feeling: uncertain, unprepared, guilty, defensive, ashamed, anxious, depressed, and so forth.

My degree of distress is:

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Scale 3: Connectedness

Indicate how close you feel to others in your life. Include experiences of feeling: accepted, connected, supported, belonging, understood, and so forth.

My sense of being connected is:

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Scale 4: Helpfulness

Indicate how helpful the experience/intervention has been for you. Include reactions of feeling: encouraged, supported, better prepared, more knowledgeable, assured, and so forth.

My sense of being helped is:

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Scale 5: Harm

Indicate how much harm/hurt the experience/intervention has done you. Include experiences of feeling: wounded, threatened, overwhelmed, caught off guard, coerced, and so forth.

My sense of being harmed is:

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Intervention Fidelity Checklist

Check if the following elements/aspects of psychodramatic intervention were present.

Components

- Warm-up
- Theme/Issue Selection
- Scene Setting
- Catharsis of Abreaction
- Surplus Reality
- Catharsis of Integration
- Sharing

Roles

- Protagonist
- Auxiliary Ego
- Double
- Audience

Techniques

- Role-reversal
- Mirror
- Concretization

Session Data

Date: _____ Title: _____

Type of Session: Group Individual Couple Family

Therapy Training Growth Supervision Other (please specify) _____

Classical Psychodrama Situational Psychodrama Sociodrama Other (please specify) _____

Length of Session: _____ Number of Participants: _____ Participants' Age Range: _____

Facilitator (Provider) Data

Name or ID# of Facilitator: _____ Years of Professional Experience: _____

Certification: TEP CP Other (please specify) _____ Years of Psychodrama Experience: _____

Number of Psychodrama Training Hours: _____ Highest Degree Earned: _____