Description of Perceived Self-Transformation Scale: Self-Doubt Scale

|  |  |
| --- | --- |
| Function | Self-evaluation, self-acceptance, self-compassion |
| Relevance | Emotion, sense of presence, meaning in life |
| Target | Family and child welfare service |
| Respondent | Adults |
| Feature | 4 items in 6-point rating scale |
| Reliability | .84 |
| References | Leung, P. P. Y., Lau, W. K. W., & Chung, C. L. P. (2019). Development and validation of perceived self-transformation scale for the Satir model. *Contemporary Family Therapy, 41*, 56-67. <https://doi.org/10.1007/s10591-018-9477-7> |

Scoring of Perceived Self-Transformation Scale: Self-Doubt Scale

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Response | Strongly Disagree | Disagree | Slightly Disagree | Slightly Agree | Agree | Strongly Agree |
| Score for Items 1–4 | 0 | 20 | 40 | 60 | 80 | 100 |

|  |  |
| --- | --- |
| Scale score: average of item scores | Action |
| 70-100 | Great concern for reduction |
| 30-70 | Some concern for reduction |
| 0-30 | Appreciation  |