自我区分量表: 情绪割断量表(Differentiate of Self Inventory: Emotion Cutoff Scale)的描述

|  |  |
| --- | --- |
| 功能 | 社交回避、与他人的情感接触、身体距离 |
| 关联 | 依恋、内疚、抑郁 |
| 对象 | 医务社会服务 |
| 回应者 | 成年人 |
| 特色 | 8项6分评分项目 |
| 信度 | .721 |
| 参考 | Lam, C. M., & Chan‐So, P. C. (2015). Validation of the Chinese version of Differentiation of Self Inventory (C‐DSI). *Journal of marital and family therapy, 41*(1), 86-101.Skowron, E. A., & Schmitt, T. A. (2003). Assessing interpersonal fusion: Reliability and validity of a new DSI fusion with others subscale. *Journal of marital and family therapy, 29*(2), 209-222. |

自我区分量表: 情绪割断量表的计分

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 回应 | 非常不正确  | 不正确 | 有点不正确 | 有点正确 | 正确 | 非常正确 |
| 项目1-8的分数 | 0 | 20 | 40 | 60 | 80 | 100 |

|  |  |
| --- | --- |
| 量表得分：项目分数的平均 | 行动 |
| 70-100 | 需要积极干预 |
| 30-70 | 需要稍作干预 |
| 0-30 | 赞赏 |