

## The Appraisals of Disability: Primary and Secondary Scale (ADAPSS)<sup>1</sup>

The ADAPSSsf is the short form / screening version of the scale and recommends a full scale ADAPSS is administered when people are at or above the cut off of 22. The scale was developed by Dr Rachel Dean and Professor Paul Kennedy. The Department of Clinical Psychology, National Spinal Injuries Centre, Stoke Mandeville Hospital, Buckinghamshire Healthcare NHS Trust is the main point of contact about the development for both the short and long form and welcomes connections with clinicians, researchers and users to broaden our understanding of the pivotal role of appraisals following spinal cord injury: [bht.nsicpsychology@nhs.net](mailto:bht.nsicpsychology@nhs.net). Please use the reference<sup>1</sup> for both scales in publications.

### ADAPSSsf (short form)

*We are interested in the thoughts people have about their spinal cord injury. Using the following scale, rate the extent to which the following statements reflect your **current** perceptions of your injury by circling your responses.*

F D O D R N P D G R P A	Since my injury life is more frightening for me	STRONGLY DISAGREE 1	MODERATELY DISAGREE 2	MILDLY DISAGREE 3	MILDLY AGREE 4	MODERATELY AGREE 5	STRONGLY AGREE 6
	I cannot believe that this has happened to me	STRONGLY DISAGREE 1	MODERATELY DISAGREE 2	MILDLY DISAGREE 3	MILDLY AGREE 4	MODERATELY AGREE 5	STRONGLY AGREE 6
	I will continue to live my life to its full capacity	STRONGLY DISAGREE 6	MODERATELY DISAGREE 5	MILDLY DISAGREE 4	MILDLY AGREE 3	MODERATELY AGREE 2	STRONGLY AGREE 1
	I am going to miss out on so many aspects of my life	STRONGLY DISAGREE 1	MODERATELY DISAGREE 2	MILDLY DISAGREE 3	MILDLY AGREE 4	MODERATELY AGREE 5	STRONGLY AGREE 6
	This experience has made me a stronger person	STRONGLY DISAGREE 6	MODERATELY DISAGREE 5	MILDLY DISAGREE 4	MILDLY AGREE 3	MODERATELY AGREE 2	STRONGLY AGREE 1
	There are many things that I can do to change my situation	STRONGLY DISAGREE 6	MODERATELY DISAGREE 5	MILDLY DISAGREE 4	MILDLY AGREE 3	MODERATELY AGREE 2	STRONGLY AGREE 1

**TOTAL =**

**SCORES 22 OR ABOVE: ADMINISTER ADAPSS LONG VERSION**

<sup>1</sup> Dean RE and Kennedy P (2009). Measuring Appraisals following Spinal Cord Injury: A Preliminary Psychometric Analysis of the Appraisals of Disability. *Rehabilitation Psychology*, 54, 222-231

**The Appraisal of DisAbility: Primary and Secondary Scale – full scale (ADAPSS)**

We are interested in the thoughts that people have about their spinal cord injury and how these thoughts may change over time. Using the following scale, please rate to what extent the statements below reflect **your current perceptions of your spinal cord injury** by **clearly circling** the appropriate response. Please respond as quickly as possible as first responses are usually more accurate.

1. (NPD)	This is something that will significantly change the rest of my life	Strongly Disagree <b>1</b>	Moderately Disagree <b>2</b>	Mildly Disagree <b>3</b>	Mildly Agree <b>4</b>	Moderately Agree <b>5</b>	Strongly Agree <b>6</b>
2. (PA)	There are many things that I can do to change my situation	Strongly Disagree <b>6</b>	Moderately Disagree <b>5</b>	Mildly Disagree <b>4</b>	Mildly Agree <b>3</b>	Moderately Agree <b>2</b>	Strongly Agree <b>1</b>
3. (PA)	I am the same person I have always been	Strongly Disagree <b>6</b>	Moderately Disagree <b>5</b>	Mildly Disagree <b>4</b>	Mildly Agree <b>3</b>	Moderately Agree <b>2</b>	Strongly Agree <b>1</b>
4. (NPD)	I am going to miss out on many aspects of my life	Strongly Disagree <b>1</b>	Moderately Disagree <b>2</b>	Mildly Disagree <b>3</b>	Mildly Agree <b>4</b>	Moderately Agree <b>5</b>	Strongly Agree <b>6</b>
5. (PA)	The more that I learn about this situation the better I am able to cope	Strongly Disagree <b>6</b>	Moderately Disagree <b>5</b>	Mildly Disagree <b>4</b>	Mildly Agree <b>3</b>	Moderately Agree <b>2</b>	Strongly Agree <b>1</b>
6. (OD)	Since my injury I find it harder to control my emotions	Strongly Disagree <b>1</b>	Moderately Disagree <b>2</b>	Mildly Disagree <b>3</b>	Mildly Agree <b>4</b>	Moderately Agree <b>5</b>	Strongly Agree <b>6</b>
7. (OD)	This is too much for anyone to deal with	Strongly Disagree <b>1</b>	Moderately Disagree <b>2</b>	Mildly Disagree <b>3</b>	Mildly Agree <b>4</b>	Moderately Agree <b>5</b>	Strongly Agree <b>6</b>
8. (PA)	I am eager to manage my future	Strongly Disagree <b>6</b>	Moderately Disagree <b>5</b>	Mildly Disagree <b>4</b>	Mildly Agree <b>3</b>	Moderately Agree <b>2</b>	Strongly Agree <b>1</b>
9. (FD)	The world is now a more hostile place	Strongly Disagree <b>1</b>	Moderately Disagree <b>2</b>	Mildly Disagree <b>3</b>	Mildly Agree <b>4</b>	Moderately Agree <b>5</b>	Strongly Agree <b>6</b>
10. (FD)	Everyday is now a battle	Strongly Disagree <b>1</b>	Moderately Disagree <b>2</b>	Mildly Disagree <b>3</b>	Mildly Agree <b>4</b>	Moderately Agree <b>5</b>	Strongly Agree <b>6</b>
11. (GR)	The ordinary things in life are now more valuable to me	Strongly Disagree <b>6</b>	Moderately Disagree <b>5</b>	Mildly Disagree <b>4</b>	Mildly Agree <b>3</b>	Moderately Agree <b>2</b>	Strongly Agree <b>1</b>
12. (NPD)	This is negatively affecting everyone in my life	Strongly Disagree <b>1</b>	Moderately Disagree <b>2</b>	Mildly Disagree <b>3</b>	Mildly Agree <b>4</b>	Moderately Agree <b>5</b>	Strongly Agree <b>6</b>
13. (PA)	My past experiences help me to deal with this situation	Strongly Disagree <b>6</b>	Moderately Disagree <b>5</b>	Mildly Disagree <b>4</b>	Mildly Agree <b>3</b>	Moderately Agree <b>2</b>	Strongly Agree <b>1</b>
14. (GR)	This experience has made me a stronger person	Strongly Disagree <b>6</b>	Moderately Disagree <b>5</b>	Mildly Disagree <b>4</b>	Mildly Agree <b>3</b>	Moderately Agree <b>2</b>	Strongly Agree <b>1</b>
15. (FD)	I am frightened of what will happen to my physical health	Strongly Disagree <b>1</b>	Moderately Disagree <b>2</b>	Mildly Disagree <b>3</b>	Mildly Agree <b>4</b>	Moderately Agree <b>5</b>	Strongly Agree <b>6</b>

16. (NPD)	I can never forget that I am in a wheelchair	Strongly Disagree 1	Moderately Disagree 2	Mildly Disagree 3	Mildly Agree 4	Moderately Agree 5	Strongly Agree 6
17. (GR)	I am more resilient	Strongly Disagree 6	Moderately Disagree 5	Mildly Disagree 4	Mildly Agree 3	Moderately Agree 2	Strongly Agree 1
18. (FD)	It is hard for me to see what my future will be like	Strongly Disagree 1	Moderately Disagree 2	Mildly Disagree 3	Mildly Agree 4	Moderately Agree 5	Strongly Agree 6
19. (DR)	I am not going to let this beat me	Strongly Disagree 6	Moderately Disagree 5	Mildly Disagree 4	Mildly Agree 3	Moderately Agree 2	Strongly Agree 1
20. (FD)	Too much focus is on my physical and not my emotional needs	Strongly Disagree 1	Moderately Disagree 2	Mildly Disagree 3	Mildly Agree 4	Moderately Agree 5	Strongly Agree 6
21. (DR)	I am independent	Strongly Disagree 6	Moderately Disagree 5	Mildly Disagree 4	Mildly Agree 3	Moderately Agree 2	Strongly Agree 1
22. (GR)	We are now closer as a family	Strongly Disagree 6	Moderately Disagree 5	Mildly Disagree 4	Mildly Agree 3	Moderately Agree 2	Strongly Agree 1
23. (OD)	I cannot accept my situation	Strongly Disagree 1	Moderately Disagree 2	Mildly Disagree 3	Mildly Agree 4	Moderately Agree 5	Strongly Agree 6
24. (FD)	Everyday life is frustrating	Strongly Disagree 1	Moderately Disagree 2	Mildly Disagree 3	Mildly Agree 4	Moderately Agree 5	Strongly Agree 6
25. (FD)	I have less choice over the things that matter to me	Strongly Disagree 1	Moderately Disagree 2	Mildly Disagree 3	Mildly Agree 4	Moderately Agree 5	Strongly Agree 6
26. (OD)	I cannot believe that this has happened to me	Strongly Disagree 1	Moderately Disagree 2	Mildly Disagree 3	Mildly Agree 4	Moderately Agree 5	Strongly Agree 6
27. (DR)	I will continue to live my life to its full capacity	Strongly Disagree 6	Moderately Disagree 5	Mildly Disagree 4	Mildly Agree 3	Moderately Agree 2	Strongly Agree 1
28. (FD)	Other people see me as less of a person	Strongly Disagree 1	Moderately Disagree 2	Mildly Disagree 3	Mildly Agree 4	Moderately Agree 5	Strongly Agree 6
29. (GR)	I now have a more positive view of disability	Strongly Disagree 6	Moderately Disagree 5	Mildly Disagree 4	Mildly Agree 3	Moderately Agree 2	Strongly Agree 1
30. (NPD)	The lack of movement totally dominates my life	Strongly Disagree 1	Moderately Disagree 2	Mildly Disagree 3	Mildly Agree 4	Moderately Agree 5	Strongly Agree 6
31. (FD)	I feel more vulnerable	Strongly Disagree 1	Moderately Disagree 2	Mildly Disagree 3	Mildly Agree 4	Moderately Agree 5	Strongly Agree 6
32. (OD)	I often think of the things that I am unable to do	Strongly Disagree 1	Moderately Disagree 2	Mildly Disagree 3	Mildly Agree 4	Moderately Agree 5	Strongly Agree 6
33. (DR)	I can overcome this	Strongly Disagree 6	Moderately Disagree 5	Mildly Disagree 4	Mildly Agree 3	Moderately Agree 2	Strongly Agree 1

## SCORING SHEET (LONG FORM)

To score answers on the ADAPSS, each subscale can be calculated by summing the scores for each item. Each item is coded according to the subscales below:

- (FD) FEARFUL DESPONDENCY (9 ITEMS - MAXIMUM SCORE 54)  
 (OD) OVERWHELMING DISBELIEF (5 ITEMS - MAXIMUM SCORE 30)  
 (DR) DETERMINED RESOLVE (4 ITEMS - MAXIMUM SCORE 24)  
 (GR) GROWTH AND RESILIENCE (5 ITEMS - MAXIMUM SCORE 30)  
 (NPD) NEGATIVE PERCEPTIONS OF DISABILITY (5 ITEMS - MAXIMUM SCORE 30)  
 (PA) PERSONAL AGENCY (5 ITEMS - MAXIMUM SCORE 30)

Enter the total amounts into the table and see below for cut-off criteria.  
 Shaded boxes indicate scores that require attention.

	FEARFUL DESPONDENCY <b>(FD)</b>	OVERWHELMING DISBELIEF <b>(OD)</b>	DETERMINED RESOLVE <b>(DR)</b>	GROWTH & RESILIENCE <b>(GR)</b>	NEGATIVE PERCEPTIONS OF DISABILITY <b>(NPD)</b>	PERSONAL AGENCY <b>(PA)</b>
<b>TOTALS</b>						

Score	<b>FD</b>
<b>51-54</b>	<b>HIGH</b>
<b>45-50</b>	UPPER NORMAL
<b>29-44</b>	NORMAL RANGE
<b>19-28</b>	LOWER NORMAL
<b>9-18</b>	LOW

Score	<b>OD</b>
<b>28-30</b>	<b>HIGH</b>
<b>25-27</b>	UPPER NORMAL
<b>13-24</b>	NORMAL RANGE
<b>9-12</b>	LOWER NORMAL
<b>5-8</b>	LOW

Score	<b>DR</b>
<b>4-8</b>	HIGH
<b>9-11</b>	UPPER NORMAL
<b>12-14</b>	NORMAL RANGE
<b>15-20</b>	LOWER NORMAL
<b>21-24</b>	<b>LOW</b>

Score	<b>GR</b>
<b>5-8</b>	HIGH
<b>9-11</b>	UPPER NORMAL
<b>12-18</b>	NORMAL RANGE
<b>19-24</b>	LOWER NORMAL
<b>25-30</b>	<b>LOW</b>

Score	<b>NPD</b>
<b>27-30</b>	<b>HIGH</b>
<b>24-26</b>	UPPER NORMAL
<b>19-23</b>	NORMAL RANGE
<b>12-18</b>	LOWER NORMAL
<b>5-11</b>	LOW

Score	<b>PA</b>
<b>5-8</b>	HIGH
<b>9-11</b>	UPPER NORMAL
<b>12-17</b>	NORMAL RANGE
<b>18-25</b>	LOWER NORMAL
<b>26-30</b>	<b>LOW</b>