

# The Positive Psychology Outcome Measure (PPOM)

## Interview and Scoring Procedure

The PPOM is free to use but should be cited as:

Stoner, C. R., Orrell, M. & Spector, A. (2018). The Positive Psychology Outcome Measure (PPOM) for people with dementia: Psychometric properties and factor structure. *Archives of Gerontology and Geriatrics*, 76, 182-187. DOI: 10.1016/j.archger.2018.03.001

Participants can complete the PPOM in two ways: by interview or by self-report. Participants should always be encouraged to make a choice as to how they wish to complete the PPOM. The PPOM **should not** be completed using proxies (e.g. completed by family/ professionals on behalf of a person with dementia).

No amendments should be made to item wording or the Likert scale, without permission from the measure authors. Please contact Dr Charlotte R. Stoner ([positivepsychology.dementia@gmail.com](mailto:positivepsychology.dementia@gmail.com)) if you are considering amending or translating the measure.

We would like to be kept updated on how this measure is being used. Please get in touch at [positivepsychology.dementia@gmail.com](mailto:positivepsychology.dementia@gmail.com) to tell us about your project.

### Self-Report Procedure

If a participant wishes to complete the PPOM by self-report, only page 2 of this document should be given to them.

### Interview Procedure

If completing by interview, a trained researcher should always administer the interview. Each item should be read out using the one-month time frame and each Likert response should also be read out.

If a participant asks for clarification, the item should be read out again. Interviewers should not explain items and, instead, encourage participants to interpret the question in a way that makes most sense to them.

Only one response can be circled. If a participant is undecided between two responses, they should be encouraged to select the one they feel is best.

### Scoring Information

Each response has a corresponding score (0-4). Responses should be summed to provide an overall score for the PPOM. There are two subscales for the PPOM: Hope (Item 1-8) and Resilience (9-16). Subscales can be summed to calculate hope scores and resilience scores.

## Instructions

We would like to know how you have been feeling over the **past month**. Please answer the below questions by **circling one number** (0, 1, 2, 3 or 4) that most closely reflects how you have felt for each question. Please answer all the questions. If you are unsure, circle the number that is your best guess.

<b>PPOM</b>					
	<b>Not true at all</b>	<b>Rarely true</b>	<b>Sometimes true</b>	<b>Often true</b>	<b>True nearly all the time</b>
1. I have a positive outlook on life	0	1	2	3	4
2. I can see positive things in difficult situations	0	1	2	3	4
3. I can recall happy/ joyful times	0	1	2	3	4
4. I have inner strength	0	1	2	3	4
5. I can give and receive care/ love	0	1	2	3	4
6. I have a sense of direction in life	0	1	2	3	4
7. I believe that each day has potential	0	1	2	3	4
8. My life has value and worth	0	1	2	3	4
9. I am able to adapt to things	0	1	2	3	4
10. I am able to deal with whatever happens	0	1	2	3	4
11. I am able to see the humorous side	0	1	2	3	4
12. I can cope with stress well	0	1	2	3	4
13. I can bounce back	0	1	2	3	4
14. I can stay focused	0	1	2	3	4
15. I am an emotionally strong person	0	1	2	3	4
16. I can handle unpleasant feelings	0	1	2	3	4