

The ACT Advisor

This is a quick, simple, and useful rating scale developed by my friend and colleague David Chantry, an ACT clinician in the United Kingdom and an ACT author. You can use it to help you see how you are doing overall in learning flexibility skills. It is anchored by statements on either end of each inflexibility / flexibility pivot. Use those to get a sense of the dimension and give yourself a 1 to 10 score. Raw scores can range from 6 to 60. If you want to make that a bit more meaningful, turn your score into a percentage of maximum. Here is how to do that:

- Subtract 6 from your total score since you can't go below 6. You will then have a score between zero and 54.
- Divide that number by 54 and move the decimal point two places over -- that is, multiply by 100. That's your percentage of maximum.

For example, if your raw score was 26, your modified score is 20 (26 minus 6). 20 divided by 54 equals .37 so that means you are at 37% of maximum.

There are no "cutoffs" and face it, no one is at 100% (especially not me – ask my wife!). But we can get better. The only way to know if you are getting better though is to be totally honest each and every time you take it.

Check back in every so often to see how you are doing.

P.S. Some researchers demand that all tests be proven by what is called "psychometrics" before they are used. This scale has not been. I am trained thoroughly in psychometrics (my mentor John Cone and my mentor's mentor Allen Edwards were well-known psychometric researchers) but I firmly believe that simple clinical tools like this are entirely appropriate, especially as a general guide to progress. If you are a researcher and disagree, feel free to email me and I will walk you through why psychometrics is not what it is claimed to be and should not be the only or even the main "quality criterion" for assessment.

ACT ADVISOR Psychological Flexibility Measure

In this diagram there are six double-headed arrows, each with contrasting statements at either end. The arrows represent sliding scales, numbered 1-10, between each set of statements. For each scale, choose whereabouts you would place yourself (i.e., at which number), depending on how closely, or otherwise, you feel the statements apply to you. If you feel that the statements apply equally, or that neither statement applies to you, score 5. Enter your scores in the box below, then total them to give a Psychological Flexibility score.

