

Section D. General Resource Evaluation

We are interested the extent to which you have experienced **actual loss** or **threat of loss** in any of the list of resources listed overleaf in the last 6 months. Resources can include objects, conditions, personal characteristics, or energies.

Actual loss of resources occurs when the resource has decreased in availability to you (e.g. actual loss of personal health or actual loss of intimacy with spouse or partner). If you have experienced “actual loss” in any of the resources in the last six months, you would rate that “actual loss” from 1 to 4 (1 = actual loss to a small degree, to 4 = actual loss to a great degree) and write your response in the “actual loss” column. If the availability of the resource has not changed, or the resource is not applicable, you would rate “actual loss” as 0 (zero = not at all / not applicable).

Threat of loss occurs when you have been threatened with the loss of the resource but no actual loss has occurred (e.g., there has been a chance that you may lose your job and therefore your stable employment has been threatened with loss). If you have experienced “threat of loss” in any of the resources in the last six months, you would rate that “threat of loss” from 1 to 4 (1 = threat of loss to a small degree, to 4 = threat of loss to great degree) and write the number in the “threat of loss” column. If there was no “threat of loss” of the resource, or the resource is not applicable, you would rate “threat of loss” as 0 (zero = not at all / not applicable).

IMPORTANT

PLEASE NOTE: **DO NOT RATE** the availability of the resource to you. We are only interested in the **CHANGE** in the availability of the resource (i.e., actual loss), **OR** if there has been a “threat of loss” to that resource.

FOR EXAMPLE: **RESOURCE item 26 - Status / Seniority at work:** If the status / seniority of your job 6 months ago is still the same as today then you write a “0” in the actual loss column. If you had experienced no “threat of loss” in the status / seniority of your job during that time then you would also write a “0” in the threat of loss column. If you had experienced some doubt as to whether you may be demoted in your job, but it hasn’t happened yet, then you would rate the “threat of loss” between 1 (threat of loss to a small degree) and 4 (threat of loss to a great degree).

MY RESOURCES

To what extent have I experienced **actual loss** during the past 6 months?

To what extent have I experienced **threat of loss** during the past 6 months?

0 = not at all / not applicable
1 = to a small degree
2 = to a moderate degree
3 = to a considerable degree
4 = to a great degree

	<u>RESOURCES</u>	<u>EXTENT OF ACTUAL LOSS</u>	<u>EXTENT OF THREAT OF LOSS</u>
1.	Personal transportation (car, truck, etc.).....	_____	_____
2.	Feeling that I am successful.....	_____	_____
3.	Time for adequate sleep.....	_____	_____
4.	Good marriage.....	_____	_____
5.	Adequate clothing.....	_____	_____
6.	Feeling valuable to others.....	_____	_____
7.	Family stability.....	_____	_____
8.	Free time.....	_____	_____
9.	More clothing than I need.....	_____	_____
10.	Sense of pride in myself.....	_____	_____
11.	Intimacy with one or more family members.....	_____	_____
12.	Time for work.....	_____	_____
13.	Feelings that I am accomplishing my goals.....	_____	_____
14.	Good relationship with my children.....	_____	_____
15.	Time with loved ones.....	_____	_____
16.	Necessary tools for work.....	_____	_____
17.	Hope.....	_____	_____
18.	Children's health.....	_____	_____
19.	Stamina/endurance.....	_____	_____
20.	Necessary home appliances.....	_____	_____
21.	Feeling that my future success depends on me.....	_____	_____
22.	Positively challenging routine.....	_____	_____
23.	Personal health.....	_____	_____
24.	Housing that suits my needs.....	_____	_____
25.	Sense of optimism.....	_____	_____
26.	Status/seniority at work.....	_____	_____
27.	Adequate food.....	_____	_____
28.	Larger home than I need.....	_____	_____
29.	Sense of humour.....	_____	_____
30.	Stable employment.....	_____	_____
31.	Intimacy with spouse or partner.....	_____	_____

MY RESOURCES

To what extent have I experienced **actual loss** during the past 6 months?

To what extent have I experienced **threat of loss** during the past 6 months?

0 = not at all / not applicable
1 = to a small degree
2 = to a moderate degree
3 = to a considerable degree
4 = to a great degree

	<u>EXTENT OF ACTUAL LOSS</u>	<u>EXTENT OF THREAT OF LOSS</u>
32. Adequate home furnishings.....	_____	_____
33. Feeling that I have control over my life.....	_____	_____
34. Role as a leader.....	_____	_____
35. Ability to communicate well	_____	_____
36. Providing children’s essentials.....	_____	_____
37. Feeling that my life is peaceful.....	_____	_____
38. Acknowledgement of my accomplishments.....	_____	_____
39. Ability to organise tasks.....	_____	_____
40. Extras for children.....	_____	_____
41. Sense of commitment.....	_____	_____
42. Intimacy with at least one friend.....	_____	_____
43. Money for extras.....	_____	_____
44. Self-discipline.....	_____	_____
45. Understanding from my employer/boss.....	_____	_____
46. Savings or emergency money.....	_____	_____
47. Motivation to get things done.....	_____	_____
48. Spouse/partner’s health.....	_____	_____
49. Support from co-workers.....	_____	_____
50. Adequate income.....	_____	_____
51. Feeling that I know who I am.....	_____	_____
52. Advancement in education or job training.....	_____	_____
53. Adequate financial credit.....	_____	_____
54. Feeling independent.....	_____	_____
55. Companionship.....	_____	_____
56. Financial assets (stocks, property, etc.).....	_____	_____
57. Knowing where I am going with my life.....	_____	_____
58. Affection from others.....	_____	_____
59. Financial stability.....	_____	_____
60. Feeling that my life has meaning/purpose.....	_____	_____
61. Positive feelings about myself.....	_____	_____

MY RESOURCES

To what extent have I experienced **actual_loss** during the past 6 months?

To what extent have I experienced **threat of loss** during the past 6 months?

0 = not at all / not applicable
1 = to a small degree
2 = to a moderate degree
3 = to a considerable degree
4 = to a great degree

	<u>EXTENT OF ACTUAL LOSS</u>	<u>EXTENT OF THREAT OF LOSS</u>
62. People I can learn from.....	_____	_____
63. Money for transportation.....	_____	_____
64. Help with tasks at work.....	_____	_____
65. Medical insurance.....	_____	_____
66. Involvement with church, synagogue, etc.....	_____	_____
67. Retirement security (financial)	_____	_____
68. Help with tasks at home.....	_____	_____
69. Loyalty of friends.....	_____	_____
70. Money for advancement or self-improvement (education, starting a business, etc.).....	_____	_____
71. Help with child care.....	_____	_____
72. Involvement in organisations with others who have similar interests.....	_____	_____
73. Financial help if needed.....	_____	_____
74. Health of family/close friends.....	_____	_____

We are also interested if you have experienced **gain** in any of the following resources in the last 6 months.

Gain of resources occurs when the availability of a particular resource has increased for you (e.g., you and your family have spent more time together in the last 6 months so you have experienced gain in the resource of “time with loved ones”). If you have experienced “gain” in any of the resources in the last 6 months, you would rate that “gain” from 1 to 4 (1 = gain to a small degree to 4 = gain to a great degree) and write your response in the “gain” column. If the availability of the resource is unchanged to you, or the resource is not applicable, you would rate “extent of gain” as 0 (zero = not at all / not applicable).

IMPORTANT

PLEASE NOTE **DO NOT RATE THE AVAILABILITY OF THE RESOURCE.** We are only interested in the **GAIN** you have experienced in the resource.

FOR EXAMPLE: **RESOURCE item 4 - Good Marriage:** If you had a good marriage 6 months ago and you still do now, then you would rate the extent of the gain as “0” .

To what extent have I **gained** them during the past 6 months?

MY RESOURCES

0 = not at all / not applicable
1 = to a small degree
2 = to a moderate degree
3 = to a considerable degree
4 = to a great degree

RESOURCES

EXTENT OF GAIN

- | | |
|--|-------|
| 1. Personal transportation (car, truck, etc.)..... | _____ |
| 2. Feeling that I am successful..... | _____ |
| 3. Time for adequate sleep..... | _____ |
| 4. Good marriage..... | _____ |
| 5. Adequate clothing..... | _____ |
| 6. Feeling valuable to others..... | _____ |
| 7. Family stability..... | _____ |
| 8. Free time..... | _____ |
| 9. More clothing than I need..... | _____ |
| 10. Sense of pride in myself..... | _____ |
| 11. Intimacy with one or more family members..... | _____ |
| 12. Time for work..... | _____ |
| 13. Feelings that I am accomplishing my goals..... | _____ |
| 14. Good relationship with my children..... | _____ |

To what extent have I **gained** them during the past 6 months?

MY RESOURCES

- 0 = not at all / not applicable**
- 1 = to a small degree**
- 2 = to a moderate degree**
- 3 = to a considerable degree**
- 4 = to a great degree**

RESOURCES

EXTENT OF GAIN

- 15. Time with loved ones..... _____
- 16. Necessary tools for work..... _____
- 17. Hope..... _____
- 18. Children’s health..... _____
- 19. Stamina/endurance..... _____
- 20. Necessary home appliances..... _____
- 21. Feeling that my future success depends on me..... _____
- 22. Positively challenging routine..... _____
- 23. Personal health..... _____
- 24. Housing that suits my needs..... _____
- 25. Sense of optimism..... _____
- 26. Status/seniority at work..... _____
- 27. Adequate food..... _____
- 28. Larger home than I need..... _____
- 29. Sense of humour..... _____
- 30. Stable employment..... _____
- 31. Intimacy with spouse or partner..... _____
- 32. Adequate home furnishings..... _____
- 33. Feeling that I have control over my life..... _____
- 34. Role as a leader..... _____
- 35. Ability to communicate well _____
- 36. Providing children’s essentials..... _____
- 37. Feeling that my life is peaceful..... _____
- 38. Acknowledgement of my accomplishments..... _____
- 39. Ability to organise tasks..... _____
- 40. Extras for children..... _____
- 41. Sense of commitment..... _____
- 42. Intimacy with at least one friend..... _____
- 43. Money for extras..... _____
- 44. Self-discipline..... _____
- 45. Understanding from my employer/boss..... _____
- 46. Savings or emergency money..... _____

To what extent have I **gained** them during the past 6 months?

MY RESOURCES

- 0 = not at all / not applicable**
- 1 = to a small degree**
- 2 = to a moderate degree**
- 3 = to a considerable degree**
- 4 = to a great degree**

RESOURCES

EXTENT OF GAIN

- 47. Motivation to get things done..... _____
- 48. Spouse/partner’s health..... _____
- 49. Support from co-workers..... _____
- 50. Adequate income..... _____
- 51. Feeling that I know who I am..... _____
- 52. Advancement in education or job training..... _____
- 53. Adequate financial credit..... _____
- 54. Feeling independent..... _____
- 55. Companionship..... _____
- 56. Financial assets (stocks, property, etc.)..... _____
- 57. Knowing where I am going with my life..... _____
- 58. Affection from others..... _____
- 59. Financial stability..... _____
- 60. Feeling that my life has meaning/purpose..... _____
- 61. Positive feelings about myself..... _____
- 62. People I can learn from..... _____
- 63. Money for transportation..... _____
- 64. Help with tasks at work..... _____
- 65. Medical insurance..... _____
- 66. Involvement with church, synagogue, etc..... _____
- 67. Retirement security (financial) _____
- 68. Help with tasks at home..... _____
- 69. Loyalty of friends..... _____
- 70. Money for advancement or self-improvement
(education, starting a business, etc.)..... _____
- 71. Help with child care..... _____
- 72. Involvement in organisations with others who have similar
interests..... _____
- 73. Financial help if needed..... _____
- 74. Health of family/close friends..... _____