

Subject
Number

Interviewers
Initials

Date
d/m/y ____/____/____

Personal Recovery Outcome Measure (PROM)

Please take the time to fill in the following **questionnaire**.

There are 30 questions. The score for each question is as follows:

Based on your experiences in the **last week**, please indicate how often you have felt this way by selecting the option you most agree with.

0	1	2	3	4
None of the Time	25% of the time	50% of the time	75% of the time	All of the time

QUESTIONS	RESPONSE				
1. I am motivated to keep myself well	0	1	2	3	4
2. I can access the health and social services that I need	0	1	2	3	4
3. I am hopeful about my future	0	1	2	3	4
4. I feel safe	0	1	2	3	4
5. I sleep well	0	1	2	3	4
6. I like myself	0	1	2	3	4
7. I have enough money to meet my basic needs	0	1	2	3	4
8. I am happy	0	1	2	3	4
9. I am driven by meaningful goals	0	1	2	3	4
10. I can identify the early warning signs of becoming unwell	0	1	2	3	4
11. I am confident	0	1	2	3	4
12. I know what helps me stay well	0	1	2	3	4
13. I have energy	0	1	2	3	4
14. I have a purpose in life	0	1	2	3	4
15. I accomplish the goals I set out for myself	0	1	2	3	4

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QUESTIONS	RESPONSE				
16. I have new interests	0	1	2	3	4
17. I have fun	0	1	2	3	4
18. I have an idea of who I want to become	0	1	2	3	4
19. I have good self-esteem	0	1	2	3	4
20. I am supported by my friends and family	0	1	2	3	4
21. I can manage stress	0	1	2	3	4
22. I can be an advocate for myself	0	1	2	3	4
23. I feel a part of my community	0	1	2	3	4
24. I like the place that I live in (house, apartment, etc...)	0	1	2	3	4
25. I am respected by others	0	1	2	3	4
26. I contribute to my community	0	1	2	3	4
27. I spend my day doing the things that I enjoy	0	1	2	3	4
28. I have control over my life	0	1	2	3	4
29. I am satisfied with my intimate relationships	0	1	2	3	4
30. I have peace of mind	0	1	2	3	4
TOTAL SCORE ____ /120		ADJUSTED SCORE = TOTAL SCORE / 4			

Scoring Instructions

1. Add up total score and divide by 4 to give you the ADJUSTED SCORE.
2. Based on the ADJUSTED score, mark an X on the ruler below corresponding to this number.



3. Return to the question on the scale that corresponds with the number on the ruler.
4. Begin conversation, assessment, and goal setting at this point.