


The Positive Psychology Outcome Measure- Carer Version (PPOM-C)

Interview and Scoring Procedure

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

Pione, R., Stoner, C., Cartwright, A., & Spector, A. (2023). Psychometric evaluation of a measure of hope and resilience in family caregivers of people living with dementia: The Positive Psychology Outcome Measure for Carers (PPOM-C). *Dementia*, Mar 18. <https://doi.org/10.1177/14713012231165113> 

Participants can complete the PPOM-C 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-C. The PPOM-C **should not** be completed using proxies (e.g. completed by family/ professionals on behalf of a caregiver).

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) 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 to tell us about your project.

Self-Report Procedure

If a participant wishes to complete the PPOM-C 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-C. There are two subscales for the PPOM-C: Hope (Item 1-7) and Resilience (8-14). 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.

PPOM-C					
	Not true at all	Rarely true	Sometimes true	Often true	True nearly all the time
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 have a sense of direction in life	0	1	2	3	4
6. I believe that each day has potential	0	1	2	3	4
7. My life has value and worth	0	1	2	3	4
8. I am able to adapt to things	0	1	2	3	4
9. I am able to see the humorous side	0	1	2	3	4
10. I can cope with stress well	0	1	2	3	4
11. I can bounce back	0	1	2	3	4
12. I can stay focused	0	1	2	3	4
13. I am an emotionally strong person	0	1	2	3	4
14. I can handle unpleasant feelings	0	1	2	3	4