

University of Washington

Pain Related Self-Efficacy Scale (PRSE)

Users Guide

Version 1.0 – English

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Questions about the UW-PRSE Instruments

If you have questions about the UW-PRSE instruments or their use in clinical care or research, please contact the University of Washington Center on Outcomes Research in Rehabilitation (UWCORR).

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Overview of the UW-PRSE

Construct:

The UW-PRSE is intended measure an individual's level of pain related self-efficacy. The construct was defined through a series of meetings with patients, researchers and clinical psychologists with expertise in pain in rehabilitation populations. The following definition was developed by authors and guided the development of items with the specific focus on self-efficacy in the context of chronic pain:

Pain related self-efficacy is an individual's belief in their ability to accomplish important tasks and activities despite their pain. Identified subdomains include: Control/tolerance of/cope with symptoms, ability to manage the impact of pain on mood and psychological functioning and interpersonal relationship, and confidence to accomplish goals despite pain.

Additional information about the focus groups and definition development can be found in this publication:

Amtmann D, Liljenquist K, Bamer A, Bocell F, Jensen M, Wilson R, Turk D. Measuring Pain Catastrophizing and Pain-Related Self-Efficacy: Expert Panels, Focus Groups, and Cognitive Interviews. *Patient*. 2018 Feb;11(1):107-117. doi: 10.1007/s40271-017-0269-1.

Calibration Population and Intended Application:

The UW-PRSE was developed in a sample of adults living with chronic pain (mild to severe pain with average pain intensity of 3 or above on a scale from 0 to 10 for six months or longer and for at least half the days). The calibration sample targeted individuals with different demographic characteristics (e.g., male gender, Hispanic and African American race/ethnicity, less than high school education, younger (<45 years) and older (75+ years) age) to ensure

adequate representation among this sample of people with pain. The short forms require less than 5 minutes to administer. The UW-PRSE was developed in English, and has not yet been translated into other languages. It was developed to be applicable to anybody, but particularly relevant to measuring perceived self-efficacy in people with chronic pain.

Instructions for using the UW Pain Related Self-Efficacy Scale:

The University of Washington Pain Related Self-Efficacy Scale (UW-PRSE) is an Item Response Theory (IRT) based instrument intended for measuring a patient's perceived self-efficacy with respect to pain. The UW-PRSE is a publicly available, psychometrically sound item bank for measuring pain related self-efficacy in patient populations with a focus on pain related self-efficacy in people with chronic pain. It was developed with persons (N=795) 18 years or older with a self-reported diagnosis of low back pain, osteoarthritis of the knee, painful diabetic neuropathy, multiple sclerosis, spinal cord injury, or lower limb amputation. Scores were centered in the development sample such that a mean of 50 with a standard deviation of 10 represents the mean in the development sample. Focus groups and cognitive interviews were conducted in the process of development of the item bank to ensure that the instrument is both person-centered and clinically meaningful. The item bank was calibrated using IRT and item parameters for all items are available upon request.

Choosing a UW-PRSE instrument:

Below you will find the full 29 item bank along with 6-item and 2-item short forms. For lowest respondent burden and most reliable score choose computerized adaptive testing (CAT). If CAT is not available choose the 6-item short form. If the 6-item short form is too long, choose the 2-item SF, but understand the limitations of the score based on 2 items.

Participant or patient versions are available as standalone scales through the UW-PRSE website (e.g. <http://uwcorr.washington.edu/measures/uw-prse-sf6>). In this user guide are clinician or researcher versions of the scale with scoring indicated. It is best practice **not to administer the version that shows scoring to the participants**. The full bank, that is all 29 items, is not intended to be administered for any purposes. The full item bank is intended for CAT which uses an algorithm to select items based on responses to previous items. However, we provide the scoring table for the full version as well in case it is of interest to researchers.

The 6-item short form can be administered by computer or on paper. **It is recommended for use in situations where administration of CAT is not possible**. The correlation between scores on the 6-item short form and on the full bank is 0.97. The reliability of the 6-item form is high (>0.90) between scores of 34 and 68 and can be used with confidence for individual comparisons within this range.

The 2-item scale is only intended for use in situations where the 6-item short form or CAT cannot be administered. The correlation between the 2-item form and the full bank is 0.90. Scores based on only 2-items have low reliability and cannot be used for individual comparisons. The 2-item scale can be used for group comparisons (reliability >0.80) between scores of 50 and 54.

Scoring

Individual items are summed and the total sum is then transformed to an IRT-based T-score score using the scoring tables provided. **The sum score based on adding corresponding codes for each item should not be used for any purposes.** All reliability and validation information relates to the IRT based T-scores. Raw scores/codes for each item range from 1 to 5 as indicated in the investigator/clinician versions below. Only complete responses with no missing data can be scored using the provided scoring tables. However, information on scoring with missing data is also provided under “Scoring with Missing Data” below. Instructions for scoring each individual instrument are outlined here:

Full Item Bank (29 items): In the unlikely cases where all 29 items are administered, 29 items are summed first using the values/codes provided for each response available in the clinician/researcher version of the form. Summing the codes/raw scores across the 29 items will give a total raw score that ranges from 29-145. The raw sum score is **not** a valid score and should not be used for any purposes other than looking up the IRT-based T-score. Only UW-PRSE T-scores should be reported and used in analyses. Raw total scores should then be transformed to the IRT-based total T-score using the appropriate concordance table provided at the end of this document. As an example, a participant with a summary score of 90 would have a T-score of 49.3.

6 Item Short Form: The 6 items are summed as a first step using the values provided for each response available in the clinician/researcher version of the form. This will give a total score that ranges from 6 to 30. This is **not** a valid score and should not be used for any other purpose than looking up the IRT-based T-score. After summing the 6 items, the scores have to be transformed to the IRT-based score on a T-scale metric using the appropriate concordance table provided at the end of this document. For example, a participant with a summary score of 16 would have a T-score of 46.3.

2 Item Short Form: The 2 items are summed as a first step using the values provided for each response available in the clinician/researcher version of the form. This will give a total score that ranges from 2-10. After summing the 2 items, raw total scores should be transformed to a

T-scale metric using the concordance table provided at the end of this document. For example, a participant with a summary score of 5 would have a T-score of 44.1.

Scoring with Missing Data: The attached scoring table for the full item bank should only be used for complete data. For missing data use IRT software if possible. The full bank and 6-item short form scores can be approximated if a participant skips up to two questions. If more than 2 items are missing a score cannot be generated. On the 2-item short form, scores cannot be generated if either of the 2-items are missing. To score participants with missing data on the full bank or 6-item form, first check how many items were answered and confirm that no more than 2 items are missing before proceeding. Next, sum the response scores from the items that were answered. Multiply this sum by either 29 or 6 (the number of items in the bank or short form). Finally, divide by the number of items that were answered. For example, if a respondent answered 5 of 6 questions on the short form and answered all items with the second lowest response option (2), you would sum all responses (10), multiply by the number of items in the short form (6) and divide by the number of items that were answered (5). Here: $(10 \times 6) / 5 = 12$. If the result is a fraction, round up to the nearest whole number. This is a pro-rated raw score. Again, the formula is:

6 Item Short Form:

$$(Raw\ sum\ x\ 6) / (Number\ of\ items\ that\ were\ actually\ answered) = pro-rated\ score$$

29 Item Bank:

$$(Raw\ sum\ x\ 29) / (Number\ of\ items\ that\ were\ actually\ answered) = pro-rated\ score$$

Finally, locate the 29 item bank or 6-item score conversion table below and use this table to translate the pro-rated score into a T-score for the participant just as you would for any participant who did not have missing responses.

Interpreting UW-PRSE Scores

The UW-PRSE T-score is a standardized score with a mean of 50 and a standard deviation (SD) of 10. A higher T-score represents a higher level of self-efficacy. T-scores are comparable across all UW-PRSE instruments. This means that a score obtained by a respondent using the 6-item short form may be compared directly to a score obtained by a respondent using the full bank or a CAT administration of the scale with the understanding that the score based on CAT is more reliable (i.e., accurate) than the score based on the SF. T-scores of 50 represent the mean score of the calibration sample which included only individuals with chronic pain as described above on pages 3 and 4. Based on a normal distribution of UW-PRSE T-scores, 50% of individuals with chronic pain are expected to have a T-score of 50 or lower. A respondent that receives a T-score

of 60 has reported a level of pain related self-efficacy approximately 1 standard deviation above the mean of other people with chronic pain, and that suggested pain related self-efficacy level is higher than 84% of individuals in the chronic pain calibration sample.

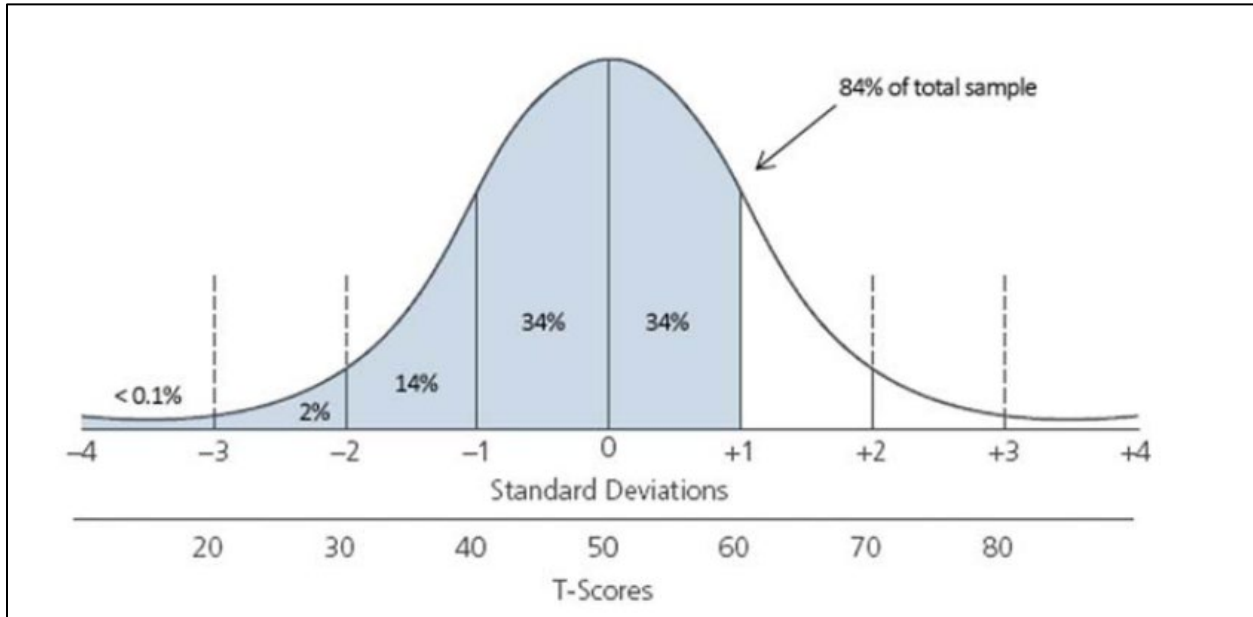


Figure 1 – A UW-PRSE T-score of 60 indicates that approximately 84 percent of persons in the calibration sample reported lower pain related self-efficacy, as reflected by the shaded area.

UW Pain Related Self-Efficacy Scale Investigator or
Clinician Forms©

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UW Pain Related Self-Efficacy Scale Short Form ©

Six Item Short Form v1.0 (Investigator/Clinician Version)

It is common for people experiencing long-term pain to be concerned about the meaning and effects of their symptoms. The UW-PRSE is intended to identify patient concerns so that they can be appropriately addressed, improving quality of life and health outcomes of people living with chronic pain.

Low scores on the UW-PRSE (< 45) suggest that the individual's self-efficacy in regards to pain is lower than what others with chronic pain report

A low score suggests that clinicians should speak with their patients about their particular concerns about their pain (e.g., the meaning of the symptoms, impact of pain on their lives, and treatment options) in order to reassure them. If the patient appears particularly distressed the clinician should consider referring them to a professional who is knowledgeable about the impact of chronic pain and can help the patient learn ways for dealing with the impact of pain on their lives.

Six Item Short Form v1.0 (continued)
(Investigator/Clinician Version)

Instructions: Please rate how confident you are that you can do the following things at present, despite the pain. To indicate your answer please mark one box per row.

How confident are you that...	Not at All	A little bit	Somewhat	Quite a bit	Very much
1. You can do most of your daily activities in spite of your pain?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
2. You can manage your pain during your daily activities?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
3. You can do the things you most want to do in spite of your pain?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
4. You can keep your pain from interfering with your social life?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
5. You can be in a good mood in spite of your pain?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
6. You can get a good night's sleep in spite of your pain?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

UW Pain Related Self-Efficacy Scale Short Form ©

Two Item Short Form v1.0 (Investigator/Clinician Version)

It is common for people experiencing long-term pain to be concerned about the meaning and effects of their symptoms. The UW-PRSE is intended to identify patient concerns so that they can be appropriately addressed, improving quality of life and health outcomes of people living with chronic pain.

Low scores on the UW-PRSE (< 45) suggest that the individual's self-efficacy in regards to pain is lower than what others with chronic pain report

A low score suggests that clinicians should speak with their patients about their particular concerns about their pain (e.g., the meaning of the symptoms, impact of pain on their lives, and treatment options) in order to reassure them. If the patient appears particularly distressed the clinician should consider referring them to a professional who is knowledgeable about the impact of chronic pain and can help the patient learn ways for dealing with the impact of pain on their lives.

Two Item Short Form v1.0 (continued)

(Investigator/Clinician Version)

Instructions: Please rate how confident you are that you can do the following things at present, despite the pain. To indicate your answer please mark one box per row.

How confident are you that...	Not at All	A little bit	Somewhat	Quite a bit	Very much
1. You can do most of your daily activities in spite of your pain?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
2. You can manage your pain during your daily activities?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

UW Pain Related Self-Efficacy Scale Item Bank © (Investigator/Clinician Version)

It is common for people experiencing long-term pain to be concerned about the meaning and effects of their symptoms. The UW-PRSE is intended to identify patient concerns so that they can be appropriately addressed, improving quality of life and health outcomes of people living with chronic pain.

Low scores on the UW-PRSE (< 45) suggest that the individual's self-efficacy in regards to pain is lower than what others with chronic pain report

A low score suggests that clinicians should speak with their patients about their particular concerns about their pain (e.g., the meaning of the symptoms, impact of pain on their lives, and treatment options) in order to reassure them. If the patient appears particularly distressed the clinician should consider referring them to a professional who is knowledgeable about the impact of chronic pain and can help the patient learn ways for dealing with the impact of pain on their lives.

UW Pain Related Self-Efficacy Scale Item Bank ©

(Investigator/Clinician Version)

Instructions: Please rate how confident you are that you can do the following things at present, despite the pain. To indicate your answer please mark one box per row.

How confident are you that...	Not at All	A little bit	Some-what	Quite a bit	Very much
1. You can maintain your personal hygiene in spite of your pain?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
2. You can get necessary work done in spite of your TYPICAL pain (if you don't work outside of home consider household work or unpaid work)?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
3. You can manage your pain during your daily activities?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
4. You can do something to help yourself feel better when you are in pain?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
5. You can take part in relaxing social activities (such as eating with others or visiting over coffee) in spite of your TYPICAL pain?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
6. You can keep your pain from interfering with your social life?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
7. You can do many of the things you enjoy doing, such as hobbies or leisure activities in spite of your pain?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
8. You can keep your pain from interfering with the things you want to do?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
9. You can keep your pain from interfering with family relationships?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
10. You can do some form of work in spite of your pain (work includes housework, paid and unpaid work)?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
11. You can do most of your daily activities in spite of your pain?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

How confident are you that...	Not at All	Not at All	Some-what	Quite a bit	Very much
12. You can get necessary work done in spite of your WORST pain (if you don't work outside of home consider household work or unpaid work)?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
13. You can accomplish most of your goals in life in spite of your pain?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
14. You can go shopping for groceries or clothes in spite of your pain?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
15. You can cope with your pain in most situations?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
16. You can exercise daily in spite of your pain?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
17. You can keep your pain from interfering with managing financial affairs?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
18. You can maintain an active lifestyle in spite of your pain?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
19. You can be in a good mood in spite of your pain?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
20. You can successfully plan activities or events when you're in pain?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
21. You can get a good night's sleep in spite of your pain?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
22. You can do the things you most want to do in spite of your pain?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
23. You can maintain your physical appearance in spite of your pain?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
24. You can socialize with friends in spite of your pain?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
25. You can minimize the effects of your pain on what you want to do?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

How confident are you that...	Not at All	A little bit	Some-what	Quite a bit	Very much
26. You can cope with your pain without medication?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
27. You can maintain your oral health in spite of your pain?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
28. You can have a fulfilling life in spite of your pain?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
29. You can deal with the irritability your pain may cause you?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

Summary Score to T-score Conversion Tables

6 Item Scale – PRSE Summary Score to T-score Conversion Table

Summary Score	T-score
6	24.5
7	28.5
8	31.3
9	33.8
10	35.9
11	37.8
12	39.6
13	41.4
14	43
15	44.7
16	46.3
17	47.9
18	49.5
19	51.1
20	52.8
21	54.5
22	56.2
23	57.9
24	59.7
25	61.6
26	63.6
27	65.8
28	68.2
29	71.1
30	74.7

2 Item Scale – PRSE Summary Score to T-score Conversion Table

Summary Score	T-score
2	28.4
3	34.7
4	39.5
5	44.1
6	48.4
7	52.7
8	57.5
9	62.7
10	69.2

29 Item Bank- PRSE Summary Score to T-score Conversion

Summary Score	T-score
29	15.6
30	18
31	19.9
32	21.5
33	22.8
34	23.9
35	24.9
36	25.9
37	26.7
38	27.5
39	28.2
40	28.9
41	29.5
42	30.1
43	30.7
44	31.2
45	31.8
46	32.3
47	32.8
48	33.2
49	33.7
50	34.2
51	34.6
52	35.1
53	35.5
54	35.9
55	36.3
56	36.7
57	37.1
58	37.5
59	37.9
60	38.3
61	38.7

Summary Score	T-score
62	39.1
63	39.5
64	39.8
65	40.2
66	40.6
67	41
68	41.3
69	41.7
70	42.1
71	42.4
72	42.8
73	43.1
74	43.5
75	43.9
76	44.2
77	44.6
78	44.9
79	45.3
80	45.7
81	46
82	46.4
83	46.7
84	47.1
85	47.5
86	47.8
87	48.2
88	48.5
89	48.9
90	49.3
91	49.6
92	50
93	50.4
94	50.7

Summary Score	T-score
95	51.1
96	51.5
97	51.9
98	52.2
99	52.6
100	53
101	53.4
102	53.8
103	54.1
104	54.5
105	54.9
106	55.3
107	55.7
108	56.1
109	56.5
110	56.9
111	57.3
112	57.7
113	58.2
114	58.6
115	59
116	59.4
117	59.9
118	60.3
119	60.8
120	61.2
121	61.7
122	62.1
123	62.6
124	63.1
125	63.5
126	64
127	64.5

Summary Score	T-score
128	65
129	65.6
130	66.1
131	66.7
132	67.2
133	67.8
134	68.4
135	69.1
136	69.8
137	70.5
138	71.3
139	72.2
140	73.1
141	74.2
142	75.5
143	76.9
144	78.8
145	81.4