

Orange Coast College Student Health Services

Personal Growth Initiative Scale – II (PGIS-II)

This form is voluntary. All identifying information is confidential. The information gathered will be used to improve services to OCC students, and may be the basis to offer additional services to individual students. This is not a part of your student medical record.

OCC Student ID: _____

Military Veteran? Yes No

Date: ___/___/___

Circle the number that best describes how much you agree or disagree with each statement.

	Disagree Strongly	Disagree Somewhat	Disagree a Little	Agree a Little	Agree Somewhat	Agree Strongly
1. I set realistic goals for what I want to change about myself.	0	1	2	3	4	5
2. I can tell when I am ready to make specific changes in myself.	0	1	2	3	4	5
3. I know how to make a realistic plan in order to change myself.	0	1	2	3	4	5
4. I take every opportunity to grow as it comes up.	0	1	2	3	4	5
5. When I try to change myself, I make a realistic plan for my personal growth.	0	1	2	3	4	5
6. I ask for help when I try to change myself.	0	1	2	3	4	5
7. I actively work to improve myself.	0	1	2	3	4	5
8. I figure out what I need to change about myself.	0	1	2	3	4	5
9. I am constantly trying to grow as a person.	0	1	2	3	4	5
10. I know how to set realistic goals to make changes in myself.	0	1	2	3	4	5
11. I know when I need to make a specific change in myself.	0	1	2	3	4	5
12. I use resources when I try to grow.	0	1	2	3	4	5
13. I know steps I can take to make intentional changes in myself.	0	1	2	3	4	5
14. I actively seek out help when I try to change myself.	0	1	2	3	4	5
15. I look for opportunities to grow as a person.	0	1	2	3	4	5
16. I know when it's time to change specific things about myself.	0	1	2	3	4	5

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Calculating Subscale Scores & Total Mean Score

The subscale and total mean scores should fall within the possible range for each. A higher score indicates a greater degree of personal growth initiative in each subscale area and overall.

Subscale	Subscale Questions	Subscale Score	Possible Range
1. <i>Readiness for Change</i>	Average*(2, 8, 11, 16) =		0 to 20
2. <i>Planfulness</i>	Average*(1, 3, 5, 10, 13) =		0 to 25
3. <i>Using Resources</i>	Average*(6, 12, 14) =		0 to 15
4. <i>Intentional Behavior</i>	Average*(4, 7, 9, 15) =		0 to 20
Total Mean**	Sum of subscale scores / 4 =		0 to 20

***Subscale Averages:** When calculating averages, **exclude unanswered questions**. For example, if only four of the Planfulness subscale questions are answered, the subscale score would be the sum of those 4 responses divided by 4 (rather than 5).

****Total Mean Score** is NOT the average of all responses. Instead, it is calculated by **summing the subscale scores and then dividing by 4** (i.e., the number of subscales). This provides a mean subscale score and reduces weighted effects of the different number of items on the subscales.

Robitschek C, Ashton MW, Spring CC, Geiger N, Byers D, Schotts GC, Thoen MA. (2012). Development and psychometric evaluation of the Personal Growth Initiative Scale-II. *J Couns Psychol*, 59(2):274-87.