

Dimensions of Skillfulness and Use Scale (DSUS)

For each question below, use the relevant scale to indicate your experiences since your last session.

___ 1. How well did you understand the skill(s) taught in the last session?

0 1 2 3 4
Not at all Somewhat Moderately Very Extremely

___ 2. How often did you try to use the skill(s) taught in the last session?

0 1 2 3 4
Never A few days Half the days Most days Every day

___ 3. How well do you think you used the skills(s) taught in the last session, regardless of the ultimate outcome (i.e., did you do it as taught)?

0 1 2 3 4
Not at all Somewhat Moderately Very Extremely

___ 4. How successful were you in using the skill(s) taught in the last session (i.e., did your use of the skill[s] lead to desired outcomes like feeling better or doing something important)?

0 1 2 3 4
Not at all Somewhat Moderately Very Extremely

Please cite as:

Southward, M. W., & Sauer-Zavala, S. (2022). Dimensions of skill use in the unified protocol: Exploring unique effects on anxiety and depression. *Journal of Consulting and Clinical Psychology, 90*(3), 246–257. <https://doi.org/10.1037/ccp0000701>

Scoring:

Take the sum of all available items to create a total skillfulness score.

SPSS: compute dsus_tot = sum(dsus_01, dsus_02, dsus_03, dsus_04). execute.

SAS: data want; set have; dsus_tot = sum(dsus_01, dsus_02, dsus_03, dsus_04); run;