**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:**


**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;