

Unified Protocol Skill Use Scale (UPSUS)

We are interested in how much you've used certain skills since your last session. You may not have learned all of these skills and that's okay. If you haven't learned them or aren't sure, please choose N/A.

N/A	0	1	2	3	4	5
Don't know/ Haven't learned this skill	Not at all (0% of emotional experiences)	Rarely (1-10% of emotional experiences)	Sometimes (11-35% of emotional experiences)	About half the time (36-65% of emotional experiences)	Most of the time (66-90% of emotional experiences)	Nearly all the time (90-100% of emotional experiences)

Since my last session, I...

- ___ 1. Identified the thoughts, physical sensations, and behaviors associated with my emotions.
- ___ 2. Identified the short-term and long-term effects of my behaviors.
- ___ 3. Practiced focusing on my present experiences without judging them.
- ___ 4. Considered other interpretations of my initial thoughts about myself, others, or difficult situations.
- ___ 5. Identified my avoidant behaviors.
- ___ 6. Practiced more adaptive alternative behaviors when I would have normally used avoidant behaviors.
- ___ 7. Practiced allowing myself to feel uncomfortable physical sensations.

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:

Score N/A items as missing.

Average frequency:

Take the average of all available items to create a total frequency of use score.

SPSS: compute upsus_freq = mean(upsus_01, upsus_02, upsus_03, upsus_04, upsus_05, upsus_06, upsus_07). execute.

SAS: data want; set have; upsus_freq = mean(upsus_01, upsus_02, upsus_03, upsus_04, upsus_05, upsus_06, upsus_07); run;

Number of skills used:

Set all scores >0 equal to 1 and sum to create a total score.

SPSS: compute upsus_01_sum = upsus_01. if (upsus_01 > 0) upsus_01_sum = 1. execute.

compute upsus_02_sum = upsus_02. if (upsus_02 > 0) upsus_02_sum = 1. execute.

compute upsus_03_sum = upsus_03. if (upsus_03 > 0) upsus_03_sum = 1. execute.

compute upsus_04_sum = upsus_04. if (upsus_04 > 0) upsus_04_sum = 1. execute.

compute upsus_05_sum = upsus_05. if (upsus_05 > 0) upsus_05_sum = 1. execute.
compute upsus_06_sum = upsus_06. if (upsus_06 > 0) upsus_06_sum = 1. execute.
compute upsus_07_sum = upsus_07. if (upsus_07 > 0) upsus_07_sum = 1. execute.
compute upsus_sum = sum(upsus_01_sum, upsus_02_sum, upsus_03_sum, upsus_04_sum,
upsus_05_sum, upsus_06_sum, upsus_07_sum). execute.

SAS: data want; data have;

upsus_01_sum = upsus_01;

upsus_02_sum = upsus_02;

upsus_03_sum = upsus_03;

upsus_04_sum = upsus_04;

upsus_05_sum = upsus_05;

upsus_06_sum = upsus_06;

upsus_07_sum = upsus_07;

upsus_sum = .;

if upsus_01 > 0 then upsus_01_sum = 1;

if upsus_02 > 0 then upsus_02_sum = 1;

if upsus_03 > 0 then upsus_03_sum = 1;

if upsus_04 > 0 then upsus_04_sum = 1;

if upsus_05 > 0 then upsus_05_sum = 1;

if upsus_06 > 0 then upsus_06_sum = 1;

if upsus_07 > 0 then upsus_07_sum = 1;

upsus_sum = sum(upsus_01_sum, upsus_02_sum, upsus_03_sum, upsus_04_sum,
upsus_05_sum, upsus_06_sum, upsus_07_sum);

run;