

Mind Garden offers high quality, proven and validated psychological assessments. We make it easy to use the instruments and systems you need for the psychological assessment process, from data collection to final reports. Three distinct administration options are available and we offer a wide variety of interpretive reports for individuals and groups; see pages 9-10.

With this guide, you can view all of our instruments. Use the *Topics* icons to quickly find the instruments applicable to your project. Icon key is on page 8.

## Our Instruments

### A Journey of Self-Discovery (JRNY)

Uncover meaning in your life path while exploring your potential with exercises for career counseling and self-understanding.



### Abuse Risk Inventory for Women (ARI)

For many, abuse is difficult to talk about even with a medical provider. The ARI is a quick and objective screening device to help identify women who are abused or at risk for abuse.



### Adjective Check List (ACL)

The ACL provides a convenient, standardized method for recording and assessing personality across a range of psychological traits using 300 adjectives and adjective phrases



### Alternate Uses (Guilford's) (ALTU)

A unique instrument that measures the "flexibility of thinking" in an investigation of creative thinking in originality, fluency, flexibility and elaboration.



### Area of Worklife Survey (AWS)

By the authors of the Maslach Burnout Inventory, the AWS measures work environment as most relevant to an individual's relationship with their work, identifying key areas of strength and weakness.



### Authentic Leadership Questionnaire (ALQ)

The ALQ measures the components that comprise Authentic Leadership: self-awareness, transparency, ethical/moral behavior, and balanced processing.



### Barron-Welsh Art Scale (BWAS)

A non-verbal and remarkably valid measure of creativity that can be administered in any language and without the need for respondents to read or write.



### Bass Orientation Inventory (ORI)

Measures the core elements of interpersonal behavior in organizations: self, interaction and task.



### Bem Sex Role Inventory (BEM)

A measure of androgyny and gender role. Assesses masculinity/femininity through self-reported possession of socially desirable, stereotypical traits.



### Body Insight Scale (BIS)

Measures awareness of internal and external bodily sensations that support comfort, health, and overall well-being.



### California Older Adult Stroop Test (COAST)

A brief, stroop-type test designed specifically for an older adult population.



### California Q-Sort for Adults (CAQ-AD)

### California Q-Sort for Children (CAQ-CH)

Arrange one hundred personality statements for easily quantifiable personality research backed by two decades of research.



### Career Beliefs Inventory (CBI)

Ideal tool to use at the beginning of the career counseling process to explore clients' assumptions, generalizations, and beliefs about themselves and the world of work.



### Career Decision Self-Efficacy Scale (CDSE)

Measures confidence in ability to complete major career decision tasks.



### Chapin Social Insight Test (SCLT)

Assess the perceptiveness and accuracy with which an individual can appraise others and situations, then forecast what they might say and do.



### Classroom Environment Scale (CES)

Evaluates the effects of course content, teaching methods, teacher personality, class composition and characteristics of the overall classroom environment.



### Community Oriented Programs Environment Scale (CPES)

Measures client and staff perceptions of the program environment. The CPES has been widely used in clinical settings and program evaluation.



### Coopersmith Self-Esteem Inventory (CSEI)

Measures attitudes toward self in multiple contexts. Findings demonstrate the relationship of academic achievement to personal satisfaction in adult and school life.



### Coping Resources Inventory (CRI)

Measures five basic ways people handle stress: cognitive, social, emotional, spiritual, philosophical and physical.



### Correctional Institutions Environment Scale (CIES)

Measures the social climate of juvenile and adult correctional programs.

Env

### Crisis Stabilization Scale (CriSS)

A clinician-rated instrument to be used with adolescents identified for crisis services shows the extent to which an adolescent has met specific goals related to crisis stabilization.

Clin

Cope

### Developing the Leader Within (DLW)

Developmental assessment and exercises to help you improve your leadership skills.

Lead

### Dynamic Factors Survey (DFS)

Born from comprehensive factor-analytic investigation of interest, the DFS measures general motivational factors to assess personality.

C/w

### Enright Forgiveness Inventory (EFI)

An objective measure of the degree to which a person forgives another that hurt them deeply and unfairly. Our report leads you through the forgiveness process.

Clin

+Psy

Self

### Family Environment Scale (FES)

Assesses the social climate of all types of families.

Env

Fam

### Five Factor Wellness Inventory (FFWEL)

A validated measure and effective system for making choices for healthier living and overall wellness.

Phys

Self

### Flow Scales (FLOW)

Assesses the optimal experience of *flow*—an experience involving total absorption in the task at hand.

+Psy

### Friedman Well-Being Scale (FWBS)

Assess the level of a person's well-being in different circumstances.

Phys

### Group Embedded Figures Test: A measure of cognitive style (GEFT)

A classic measure of the cognitive styles. This popular paper format now available as an online assessment with interpretative reports!

P

+Psy

SS

### Group Environment Scale (GES)

Assesses the social climate of groups and teams. The GES has been used in clinical and organizational settings to facilitate group counseling and team building, and to compare members' and leaders' views of their group or team.

Env

### Hassles & Uplifts (HSUP)

An alternative to the traditional life events approach to measuring stressors, by measuring respondent's attitudes about daily situations defined as "hassles" and "uplifts."

A/s

Cope

### Health & Daily Living Form (HDLF)

A structured assessment for patient and community groups that assesses health related factors such as alcohol consumption, substance abuse, and depression.

Phys

Self

### Hoffman Vocational Values Scale (HVVS)

Measures and provides specific recommendations for improving workplace satisfaction, and is effective in diverse job settings.

C/w

+Psy

Self

### Impact Message Inventory – Circumplex (IMI-C)

Offers an innovative method of assessing interpersonal behavior by measuring the attitudes and feelings that the person being studied arouses in the respondent, such as dominance, hostility, submissiveness, and friendliness.

Clin

P

R

SS

### Inventory of Interpersonal Problems (IIP)

The benchmark method to identify salient interpersonal difficulties. Available in two forms, useful in counseling and therapy.

Clin

R

### Leader Efficacy Questionnaire (LEQ)

Based on Leader Self and Means Efficacy Theory, the LEQ is unique because it captures both leaders' self-efficacy and beliefs in the extent that those with whom they interact will support their leadership.

Lead

### Marital Attitude Evaluation (MATE)

Designed to explore the relationship between spouses or closely related persons. It is an excellent resource for marriage, school and relationship counseling.

R

Self

### Maslach Burnout Inventory (MBI)

Recognized for more than a decade as the leading measure of burnout. The MBI assesses burnout in human services, education, business, and medical personnel.

C/w

Org

Sch

### Maslach Burnout Inventory + Area of Worklife Survey (AWS+MBI)

Combines the AWS and MBI forms to measure burnout with the worklife context that may contribute to burnout.

C/w

Org

### Mathematics Self-Efficacy Scale (MATH)

Measures beliefs regarding ability to perform various math-related tasks and behaviors.

A/s

Sch

### Menstrual Distress Questionnaire (MDQ)

The standard method for measuring cyclical perimenstrual symptoms.

Clin

Phys

### Military Environment Inventory (MEIN)

Provides an insightful look into the military environment and a means of pinpointing areas in need of change.

Env



### Moral Potency Questionnaire (MPQ)

A measure of moral potency that has been shown to predict various ethical attitudes and behaviors of individuals. Can be used for reflection of self and actions, and help in selecting goals and support to facilitate growth as a moral actor.

+Psy

Self

### Multifactor Leadership Questionnaire (MLQ)

For over two decades the MLQ has been considered the benchmark measure of transformational leadership. The MLQ helps individuals discover how they measure up in their own eyes and in the eyes of those they work with.

c/w

Lead

Self

### Multifactor Leadership Questionnaire + Authentic Leadership Questionnaire (MLQ+ALQ)

Combines the MLQ and ALQ surveys to measure the entire range of leadership.

c/w

Lead

### Neuropsychology Behavior and Affect Profile (NBAP)

Assesses neurocognitive and emotional change that co-occur with dementia.

Clin

### Older Persons Counseling Needs Survey (OPCN)

Developed for use with persons aged 60 and above to assess both the needs of older persons and their desires for counseling.

E

Fam

### Organizational Description Questionnaire (ODQ)

Explores the relationship between how an individual perceives the leadership style and culture at their organization. Uses transformational and transactional scales.

c/w

Env

Lead

Org

### Overcoming Depression & Loss Workbook (ODL)

An interactive workbook designed to be used by individuals participating in group cognitive therapy.

Clin

### Personality Adjective Check List (PACL)

A 153-item self-report and rating measure that produces a rich description of the respondent's personality. The report is designed for use in counseling and therapy.

Clin

P

Self

### Personality Disorder Adjective Check List (PDACL)

A brief screening measure for the assessment of personality disorders. It consists of 175 adjectives and adjectival phrases the client uses to describe their attributes.

Clin

P

### Profiles of Organizational Influence Strategies (POIS)

Measures how people use influence in their organizations, and provides a "snapshot" of one's influence style with a manager, co-worker or subordinate.

c/w

Org

R

### Psychological Capital Questionnaire (PCQ)

Extensively researched, the PCQ excels at measuring the resource of Psychological Capital: Hope, Efficacy, Resilience and Optimism.



### Psychological Distress Profile (PDP)

A brief and effective measure of four common domains of psychological distress in general population adults: Depression, Hopelessness, Anxiety and Anger.



### Psychological Ownership Questionnaire (POQ)

Assessment of two theoretically derived, unique forms of psychological ownership: Preventative and Promotive.



### Psychotherapy Outcome Kit (PSOK)

Designed to meet the increasing expectations of managed mental health care (MMHC) and health care reform.



### School Situation Survey (SSS)

Helps identify student's causes of stress as well as the ways in which it presents.



### Social Reticence Scale (SRS)

A valuable measure for understanding shyness as a unique and separate dimension of personality.



### Social Skills Inventory (SSI)

A measure of verbal and non-verbal social competence and emotional intelligence. The SSI identifies social strengths and weaknesses.



### State-Trait Anxiety Inventory for Adults™ (STAI-AD)

The definitive instrument for measuring anxiety in adults, the STAI clearly differentiates between the temporary condition of "state anxiety" and the more general and long-standing quality of "trait anxiety".



### State-Trait Anxiety Inventory for Children (STAI-CH)

The definitive instrument for measuring anxiety in children, the STAI distinguishes between a general proneness to anxious behavior rooted in the personality and anxiety as a fleeting emotional state.



### State-Trait Personality Inventory (STPI)

A self-administered questionnaire designed to measure transitory and dispositional anger, anxiety, curiosity, and depression in adults.



### Success Factors at Work (SFW)

Built from the Adjective Checklist, the SFW is a collection of characteristics, skills, and competencies, which over time have proven to be central and important to success at work.



### Team Multifactor Leadership Questionnaire (TMLQ)

Assesses the leadership style of a team. It represents an extension of transforming leadership definitions from the individual to the collective.

Lead

Org

### Test Anxiety Inventory (TAI)

A self-reported measure of test anxiety as a situation-specific personality trait.

A/s

### Understanding & Managing Your Anxiety (UMYA)

This workbook looks at anxiety in every day life and includes strategies for decreasing daily anxiety as well as resources for further exploration.

A/s

Self

### Understanding & Managing Your Stress (UMYS)

Offers individuals a comprehensive approach to managing stress.

Self

### Understanding and Getting Free of Abuse Workbook (ARNW)

Designed for women, this workbook contains clear explanations of abuse and how to judge if you are at risk of abuse. The workbook can be used as a companion to the Abuse Risk Inventory for Women.

Abu

### University Residence Environment Scale (URES)

Assesses the social climate of university student living groups.

Env

Sch

### Ward Atmosphere Scale (WAS)

Measures the actual, preferred, and expected treatment environments of hospital-based psychiatric programs.

Env

### Ways of Coping Questionnaire (WAYS)

The premier measurement of coping: measures the thoughts and actions people use to handle stressful situations.

Cope

+Psy

### Wellness Evaluation of Lifestyle (WEL)

Helps respondents make healthy lifestyle choices based on their responses to each of the five life tasks and subtasks defined in the Wheel of Wellness.

Phys

### Welsh Figure Preference Test (WFPT)

A non-verbal, visually oriented personality measure incorporating the well-known Barron-Welsh Art Scale. It consists of 400 black and white figures to which the subject responds "like" or "dislike."

Crtv

P

### Work Environment Scale (WES)

Helps evaluate productivity, assess employee satisfaction, and clarify employee expectations to ensure a healthy work environment.

C/w

Env

### Work Self-Efficacy Inventory (WSEI)

Measures a range of job behaviors and practices referring to beliefs in one's command of the social requirements necessary for success in the workplace.

C/w

+Psy

### Icon Key

<b>Abu</b>	Abuse	<b>Cope</b>	Coping	<b>Gend</b>	Gender Roles	<b>+Psy</b>	Positive Psychology
<b>A/s</b>	Anxiety and Stress	<b>Crtv</b>	Creativity	<b>Lead</b>	Leadership	<b>R</b>	Relationships
<b>c/w</b>	Career and Worklife	<b>E</b>	Elder	<b>Org</b>	Organizations	<b>Sch</b>	School
<b>Ch</b>	Children	<b>Env</b>	Environments	<b>P</b>	Personality	<b>Self</b>	Self-Understanding
<b>Clin</b>	Clinical	<b>Fam</b>	Family	<b>Phys</b>	Physical Health	<b>SS</b>	Social Skills



## Administration Options

We understand that each individual administering an assessment is in a unique setting. That's why we offer a variety of options to administer our assessments, all priced in an accessible way.



### Transform™ Survey Hosting

Transform™ is more than a survey platform; it's a human assessment system. With Transform™ all you need is a license to get started; it's that easy! Transform™ makes quick work of administering assessments, hosting customized surveys, collecting data and scoring results.

Transform™ is the best option for administering an assessment. With Transform™ you can:

- Easily administer surveys online, collect data, and automatically score assessments.
- Generate individual and group reports that provide scores and limited interpretation.
- Deploy customized surveys that include multiple Mind Garden instruments and non-Mind Garden instruments.
- Special respondent services only available to Transform™ users.
- Get the best pricing on reports, which can be a useful motivator.



### Remote Online License

Remote Online allows you to administer our assessments on a non-Mind Garden survey platform, like Qualtrics, RedCap or Survey Monkey.

With this option you will need to complete our [Remote Online Use Application form](#) and ensure that the platform complies with our policies for use and has the ability to report usage. You will need to format the instrument on the platform and complete your own scoring. This license type does not allow for reports to be created with data from the instrument and should be only used as a data collection method.

While Transform™ is the best option for administering our assessments, Remote Online is useful if your institution or company has specific requirements.



### License to Reproduce

License to Reproduce permits you to reproduce and administer the assessment via paper and pencil. With this option you will administer on paper and do scoring yourself.

This is a good option when the need to survey a large group, but there isn't ample access to computers.

While some administrators may feel paper and pencil is their only option, we have helped many customers develop creative and time saving alternative solutions.

Please note that while Mind Garden doesn't offer scoring services for paper and pencil administrations, we do have options that can make scoring easier through Transform™. Contact us for more details.

## Reports

Our reports offer excellent value to both individuals and groups. Reports require data input from our Transform™ Online Survey Hosting System.



### Individual Report

Individual reports provide scores and other useful information back to participants. Use the report as a great motivator to encourage survey completion. After participants complete their assessment, Transform™ builds a report that interprets an individual's scores



### Report About Me

For one-off self-assessment and reporting, use our Report About Me option, which requires no administrative set-up. After you, the participant, has completed the assessment, Transform™ builds a report that interprets your individual scores



### Multi-rater Report

For use with multi-rater or 360 instruments, like the MLQ. This report interprets and compares a participant's self-assessment with that of their raters' assessments.



### Group Report

The Group Report calculates and summarizes average scores for a group of participants within a campaign. The report allows you to compare your group's norms to the instrument norms. We can also customize a Group Report to compare across campaigns.

## Customizations

Customize a Mind Garden instrument to fit your needs and administer it online via Transform™. Customers commonly choose to add informed consent, demographic questions or additional instruments. In addition to form customization, we can customize the Transform™ environment to make Transform™ feel closer to your brand, including adding your logo. We can also customize reports in a variety of ways and to pull in additional information.

### Form Customizations

Customizing a form is a great solution if you need additional items in a survey. Some customers need to add informed consent, demographics questions, or to combine multiple instruments into one simple survey. Responses to all questions are included in your data download. If you are using a non-Mind Garden instrument and provided the scoring key, Transform™ will deliver automated scoring for each survey.

### Report Customizations

Our reports provide a great amount of useful information, but we can customize them to your specifications! Some customers choose to add or remove data and graphs. We can customize Individual Reports and Group Reports to reflect demographics or other questions added to your custom survey.