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# The Brain Injury Personality Scale

*M.C. Obonsawin, S. Jefferis and J.R. Crawford*



Developed with a grant from the National Lottery Charities Board to Rehab Scotland and the University of Strathclyde, in conjunction with Rehab UK and the University of Aberdeen

May 2012

# **The Brain Injury Personality Scale**

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## **Manual**

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## **I INTRODUCTION**

The Brain Injury Personality Scale is designed to provide a profile of the behavioural and emotional difficulties of individuals with brain injury. It is commonly acknowledged that in addition to the cognitive impairments often seen after brain injury, a range of behavioural and emotional – or “personality” – changes may arise. These changes may lead to difficulties in adjustment, but are often overlooked, and there is little understanding of why they occur and how they can best be managed.

### **I.1 The structure of the scales**

There are two Brain Injury Personality Scales: the client scale and the significant other scale. The client version of the BIPS has 103 questions to allow the assessor to rate 29 items. These 29 items are used to calculate scores on seven different dimensions. These seven dimensions were identified by factor analysis. The significant other version of the BIPS has 98 questions to allow the assessor to rate 31 items. These 31 items are used to calculate scores on seven different dimensions also identified by factor analysis.

The items on both scales were drawn from an original pool of 112 items describing behaviours or personality features reported to be a consequence of brain injury. These 112 items were obtained from several sources:

- the literature on brain injury and personality change
- suggestions from staff working in brain injury rehabilitation, and clients with brain injury
- existing scales for the assessment of symptoms of schizophrenia.

Each item is rated on a scale from zero to five. A score of zero indicates that the attribute is absent, and a score of five indicates that the attribute is present, to a severe degree. Scores between zero and five indicate varying degrees of severity, described in detail in Sections 3 and 5.

### **I.2 How is the information gathered?**

In order to gather information to make the ratings, a semi-structured interview is carried out. You can carry out the interview either with the brain-injured client, or their significant other. You will gather the most information by carrying out both interviews.

The semi-structured interview is guided by specific questions related to the items on the scale. Different questions will be used for the client and their significant other. For instance, to gather information to rate the item “Quick Temper”, a client might be asked

*What things make you angry?*

While, for the same item, a significant other might be asked

*Does s/he ever lose his or her temper?*

For this reason, there are separate semi-structured interviews for the client and the significant other. It is intended that the questions in these interview schedules are used only as a starting point – in order to gather the richest possible information, additional questions will need to be used depending on the situation, so that the interview is more like a conversation than a “question-and-answer” session.

In addition to the verbal information gained from interviews, ratings should also be made on the basis of observations made during the interview. For instance, in order to rate “Quick Temper” for the client interview, the scorer should consider whether the client lost his or her temper or seemed to become angry at all during the interview. For the most part, the relevant observations should be clear from the item descriptions used in rating, but in addition, scorers should ask themselves the observation questions after completing the interview. All the relevant questions are listed under each item in the rating scale itself.

Detailed guidelines for rating and additional information to be collected at interview are given in the relevant sections of this guide.

## 2 INTERVIEWS & OBSERVATIONS

At the start of **all** interviews, the interviewer should

- give a brief explanation of the purpose of the interview to the client or the significant other,
- reiterate that the interviewer will be asking questions about how things have been in the last three months,
- give an estimate of how long the interview will last,
- remind clients that any information given is confidential,
- mention that it would be appreciated if the client can be as frank as possible, but has the right not to answer any question he or she does not wish to, and
- ask whether the client has any questions.

### 2.1 Using the semi-structured interview schedule

Question schedules are available for both the client and significant other interviews. These questions are based on the personality change items that make up the scale, but are intended **only as a starting point** for gathering the necessary information. In many cases, in order to make an accurate rating for an item, additional questions will be necessary. For instance, consider this question asked of a significant other:

*Does s/he help out at home very much?*

If s/he answers “No”, we need to know more about it to make a rating on the item “Dependence”. This information might be elicited with follow-up questions such as:

*Does s/he tend to rely on other people to do things for him or her?*

*What kind of things does s/he rely on other people for?*

*Does s/he want to become more independent?*

Answers to these extra questions should allow the interviewer to ascertain how severe the problem is, how frequently it happens and how much it interferes with the client’s functioning. In most cases it will be appropriate to ask these additional questions for most items on which clients give a positive response.

There are also circumstances where it may **not** be appropriate to ask all of the questions on the interview schedule. For instance, if a significant other has responded that the client never loses his or her temper, it would not be necessary then to ask if s/he becomes aggressive having lost his or her temper.

In addition, it may be that the suggested questions do not quite get to the heart of the issue. In this case, it is perfectly acceptable to ask additional questions that address the same topic from a different angle, or with a change of emphasis. For this reason, along with the prompt questions, the scale items that they primarily assess are listed in the right-hand column. This should allow interviewers to assess



whether they have enough information to score each item, or whether they need to ask more questions relating to that item.

The interview is structured so that one topic should lead naturally on to the next, with occasional changes of subject. This structure is intended to be fluid, so that questions do not necessarily have to be tackled in the stated order. However, interviewers should be certain that they have gathered enough information at the end of the interview to score each item on the scale.

## 2.2 Making observations

For interviews with clients themselves, most items on the scale are scored on the basis of both information given by the client, **and** observations made during the interview. For instance, for the item “**Criticism of others**”, a score would be made with reference to answers to questions such as:

*What do you think of the other people at your work (or college)?*

and by thinking about how critical the client seemed during the interview. The interviewer then uses his or her judgement to score the item. Even if the person didn't report being critical of his or her workmates, but seemed very critical during the interview, a positive rating would be made for “**Criticism of others**”.

Familiarity with the scale items will be useful when thinking about what to look out for during the interview. For most items, the kind of observations that are relevant should be self-evident. However, for some items, some cues have been provided for interviewers. These cues take the form of questions about specific behaviours during the interview that the interviewer can consider when scoring the items. For instance, one such question for the item “**Depressiveness**” is:

*How was his or her mood during the interview?*

These questions are intended only as a simple guide to the kind of observations that may be relevant. Interviewers should use their own judgement in making the ratings if observations and information from the client seem to contradict one another. It may be relevant to consider the circumstances in which the interview is taking place – e.g. is the interview taking place at the end of the day or week? Has the client told you about recent stressful events that may colour their responses?

## 2.3 Boundaries and sensitive topics

The interviews touch on several potentially sensitive areas both for clients and significant others. As well as the obvious reasons for approaching these topics with care, interviewers should be aware of the possibility that respondents will raise issues which:

- could cause distress or difficulty to the client or other people, and/or
- reveal actual or potential harm to the client or other people.

It is not possible to specify responses for every situation that the interviewer may encounter, but the following should be considered guidelines for difficult situations.

- If the client is talking about a difficult topic, understanding and sensitivity will always be important.
- If a topic is raised that is important to the client or is causing distress, it may be more appropriate for the client to take the issue further with another person (for example, a member of the rehabilitation team). Interviewers may encourage the client to do this.
- If such a course of action is agreed between interviewer and client, the interviewer should let the relevant member of the rehabilitation team know that the client will be approaching them, without breaking confidences.
- Wherever possible, if an interviewer or respondent feels an issue should be taken further outside of the interview, possible courses of action should be discussed with the respondent and an agreement reached about what to do next.
- If an interview reveals significant risk of harm to the client or others, the interviewer has a responsibility to ensure that the issue is either currently being addressed elsewhere, or that appropriate others involved with the client's case are fully aware of the problem. Wherever possible this should be done with the agreement and involvement of the client, but where this is not possible and the risk of harm is significant, someone in authority should be informed.
- At the end of the interview, interviewers should reiterate that the client may contact the interviewer afterwards to discuss anything further if they wish.

#### **2.4 Audio recording & note taking**

It may be necessary for the interview to be recorded, to assist the interviewer in making ratings. If this is the case, the client should be informed at the beginning of the interview, and reassured that all the information provided is confidential. If the interviewer intends to take notes, respondents should be informed of this procedure at the beginning of the interview. Notes and recordings are to be kept confidential.

### 3 USING THE RATING SCALES

#### 3.1 Interviews with brain-injured clients

Information to be used in these ratings comes from two sources:

- Information given during interview
- Observations made during the interview

For each item, relevant interview and observation questions are listed under the item in the scoring guide.

#### 3.2 Interviews with a significant other

Information to be used in these ratings will likely come mainly from the questions in the interview. For each item, relevant interview questions are listed under the item in the scoring guide.

#### 3.3 Rating criteria

For each item, choose one score between 0 and 5. Try not to omit any items.

All information refers to how the person has been in the **last 3 months**.

Each item on the scale has its own descriptions of the ratings from 0 to 5. These should be followed when making the ratings and the descriptions given here are a general guide only. Where descriptions of frequency are used in the ratings, use the following guidelines:

- **Occasionally** – less than once a month
- **Sometimes / Often** – at least once a month, but less than once a week
- **Frequently** – once a week, or more frequently

If you are in any doubt about which rating to use, in addition to the description given with the item, consider the extent to which the feature:

- affected your own interaction with the client
- interferes with the client's every-day functioning
- causes difficulties for relatives or carers.

**0 = None**

The feature has not been present at all in the last 3 months.

**1 = Questionable**

One or more of the following should apply:

- the feature may be present, but there is not enough evidence to merit a higher rating,
- observations from the interview suggest the feature may be present, but you are not sure,
- information from the carers suggests that the feature may be a problem, but the information is sketchy or uncertain.
- it is unclear whether the evidence (from observation or either interview) is due to the presence of this feature or to something else (e.g. physical or cognitive impairment, or other personality factors)

**2 = Mild**

A score of 2 should be entered if the feature in question:

- has definitely been present in the last 3 months, but only occasionally, and does not interfere to a large extent with the client's every-day functioning, or
- has definitely been present in the last 3 months, but only to a mild degree, and does not interfere to a large extent with the client's every-day functioning.

Generally, score a 2 if the feature seems to be present but is not a dominant characteristic of the client's personality, and does not result in significant interference with the client's life. Features scoring 2 are also likely to cause a little concern for carers or relatives who have close contact with the client, but not considerable difficulty or stress.

**3 = Moderate**

A score of 3 should be entered if:

- the feature has occurred sometimes (more than once a month, but less than once a week, on average) in the last three months, enough to be a noticeable feature of the client's personality, and
- there are times when the feature is not present, and
- the feature causes some interference with the client's every-day functioning.

Generally, score a 3 if the feature is considered to be a problem, but not enough to **dominate** that client's interactions with others, or to **severely** impair his or her functioning. Features scoring 3 are likely to cause a moderate degree of stress for carers or relatives who have close contact with the client.

#### **4 = Marked**

A score of 4 should be entered if **either** of the following applies:

- the feature has occurred frequently over the last 3 months (defined as more than once a week, on average), or
- the feature has occurred less frequently, but has caused considerable interference with the client's everyday functioning.

For instance, the feature may prevent the client from taking part in social activities, finding work, living independently, etc. Generally, score a 4 if the feature is a conspicuous characteristic of the client's personality, or results in considerable interference with the client's life. Features scoring 4 are also likely to cause considerable stress for carers or relatives who have close contact with the client.

#### **5 = Severe**

A score of 5 should be entered if **any** of the following apply:

- the feature appears to dominate the client's life or interactions with other people
- the feature has occurred with a very high frequency, or almost all the time during the last 3 months
- the feature occurs less often, but with great severity (e.g. occasional outbursts of significant physical aggression)
- the feature has significantly threatened the person's environment (e.g. anger has led to exclusion from a rehabilitation programme or workplace),
- the feature places the client at risk of significant harm or exploitation
- the feature causes constant, significant stress for the client's relatives or carers
- the feature interferes greatly with the client's functioning, or
- the feature dominates the interview with the client (e.g. the client is so depressed, it is difficult to gain meaningful responses to questions)

## 4 SCORING THE INTERVIEWS

In addition to the Manual, the BIPS consists of the Interview with the Client, and the Interview with the Significant Other. Each interview consists of a series of leading questions, a description of each item, a description of how to score each item on the 6-point scale, and Score Sheets.

When scoring the interview, the raw score for each item can be entered on the appropriate Score Sheet. The raw score for each dimension is then calculated by summing up the raw scores of the individual items that make up the dimension. The raw score for each dimension is then entered on the Score Sheet. Because the raw score for each dimension is calculated on the basis of a different number of items, the raw scores of different dimensions cannot be compared. For example, the raw score of Depressiveness cannot be compared to the raw score of Range of Thought, because four items are added to determine the score on Depressiveness, but only three items are added to determine the score on Range of Thought. To facilitate comparison, you should transform the raw score of each dimension to a scaled score ranging from 1 to 100. To obtain a scaled score for each dimension, use the appropriate table in this Manual, either

Table 1. Transforming raw to scaled scores: interview with the client, or  
Table 2. Transforming raw to scaled scores: interview with the significant other.

These tables have columns of numbers representing the scaled scores (from 1 to 100) and raw scores for each dimension. To obtain a scaled score, find the raw score for the dimension. The scaled score is the score on the same line under the column "Scaled score". For example, if the score for Social Engagement obtained during the interview with the client was 11, you will find 11 in the Social Engagement column table for the interview with the client, and find that the scaled score is 37. A scaled score of 37 is said to be a Mild problem. If the score on Social Engagement was 2, then the scaled score is 7. A scaled score of 10 or below is considered not to be a problem. Scaled scores will allow you to compare the scores of individuals on each dimension.

**TABLES TO TRANSFORM RAW TO SCALED SCORES**

Table I. Transforming raw to scaled scores: interview with the client							
Scaled Score	Tolerance of others	Social engagement	Depressiveness	Emotional lability	Range of thought	Emotional engagement	Anxiety
1							
2							
3	1	1		1			
4			1				
5						1	
6	2						
7		2		2	1		1
8			2				
9	3						
10		3		3		2	
11	4						
12			3				
13		4		4	2		2
14	5						
15						3	
16			4				
17	6	5		5			
18							
19							
20	7	6	5	6	3	4	3
21							
22							
23	8	7		7			
24			6				
25						5	
26	9						
27		8		8	4		4
28			7				
29	10						
30		9		9		6	
31	11						
32			8				
33		10		10	5		5



Table I. Transforming raw to scaled scores: interview with the client							
Scaled Score	Tolerance of others	Social engagement	Depressiveness	Emotional lability	Range of thought	Emotional engagement	Anxiety
34	12						
35						7	
36			9				
37	13	11		11			
38							
39							
40	14	12	10	12	6	8	6
41							
42							
43	15	13		13			
44			11				
45						9	
46	16						
47		14		14	7		7
48			12				
49	17						
50		15		15		10	
51	18						
52			13				
53		16		16	8		8
54	19						
55						11	
56			14				
57	20	17		17			
58							
59							
60	21	18	15	18	9	12	9
61							
62							
63	22	19		19			
64			16				
65						13	
66	23						

Table I. Transforming raw to scaled scores: interview with the client							
Scaled Score	Tolerance of others	Social engagement	Depressiveness	Emotional lability	Range of thought	Emotional engagement	Anxiety
67		20		20	10		10
68			17				
69	24						
70		21		21		14	
71							
72	25		18				
73		22		22	11		11
74	26						
75						15	
76			19				
77	27	23		23			
78							
79							
80	28	24	20	24	12	16	12
81							
82							
83	29	25		25			
84			21				
85						17	
86	30						
87		26		26	13		13
88			22				
89	31						
90		27		27		18	
91							
92	32		23				
93		28		28	14		14
94	33						
95						19	
96			24				
97	34	29		29			
98							
99							
100	35	30	25	30	15	20	15

Table 2. Transforming raw to scaled scores: interview with the significant other							
Scaled score	Tolerance of others	Egocentricity	Disinhibition	Anxiety	Social engagement	Depressiveness	Restlessness
1							
2	1						
3							
4	2	1		1			
5					1	1	
6							
7	3		1				1
8		2		2			
9	4						
10					2	2	
11	5						
12		3		3			
13	6		2				2
14							
15					3	3	
16	7	4		4			
17							
18	8						
19							
20	9	5	3	5	4	4	3
21							
22	10						
23							
24	11	6		6			
25					5	5	
26							
27	12		4				4
28		7		7			
29	13						
30					6	6	
31	14						
32		8		8			
33	15		5				5

Table 2. Transforming raw to scaled scores: interview with the significant other							
Scaled score	Tolerance of others	Egocentricity	Disinhibition	Anxiety	Social engagement	Depressiveness	Restlessness
34							
35					7	7	
36	16	9		9			
37							
38	17						
39							
40	18	10	6	10	8	8	6
41							
42	19						
43							
44	20	11		11			
45					9	9	
46							
47	21		7				7
48		12		12			
49	22						
50					10	10	
51	23						
52		13		13			
53	24		8				8
54							
55					11	11	
56	25	14		14			
57							
58	26						
59							
60	27	15	9	15	12	12	9
61							
62	28						
63							
64	29	16		16			
65					13	13	
66							

<b>Table 2. Transforming raw to scaled scores: interview with the significant other</b>							
<b>Scaled score</b>	<b>Tolerance of others</b>	<b>Egocentricity</b>	<b>Disinhibition</b>	<b>Anxiety</b>	<b>Social engagement</b>	<b>Depressiveness</b>	<b>Restlessness</b>
67	30		10				10
68		17		17			
69	31						
70					14	14	
71	32						
72		18		18			
73	33		11				11
74							
75	34				15	15	
76		19		19			
77							
78	35						
79							
80	36	20	12	20	16	16	12
81							
82	37						
83							
84	38	21		21			
85					17	17	
86							
87	39		13				13
88		22		22			
89	40						
90					18	18	
91	41						
2		23		23			
93	42		14				14
94							
95	43				19	19	
96		24		24			
97							
98	44						
99							
100	45	25	15	25	20	20	15

## **APPENDICES**

**Table 3.** Pearson correlations between factors from the same interview: Interview with the client

	<b>Tolerance of others</b>	<b>Social engagement</b>	<b>Depressiveness</b>	<b>Emotional engagement</b>	<b>Emotional lability</b>	<b>Range of thought</b>
<b>Social engagement</b>	<b>.569‡</b>					
<b>Depressiveness</b>	<b>.394‡</b>	<b>.261‡</b>				
<b>Emotional engagement</b>	<b>.304‡</b>	<b>.348‡</b>	<b>.413‡</b>			
<b>Emotional lability</b>	<b>.642‡</b>	<b>.399‡</b>	<b>.563‡</b>	<b>.261‡</b>		
<b>Range of thought</b>	<b>.525‡</b>	<b>.580‡</b>	<b>.176*</b>	<b>.261‡</b>	<b>.294‡</b>	
<b>Anxiety</b>	<b>.289‡</b>	<b>.214†</b>	<b>.648‡</b>	<b>.355‡</b>	<b>.560‡</b>	.137

All correlations in bold typeface are significant at the following level:

‡ 0.001      † 0.01      \* 0.05

**Table 4.** Pearson correlations between factors from the same interview: Interview with the significant other

	<b>Tolerance of others</b>	<b>Egocentricity</b>	<b>Depressiveness</b>	<b>Social engagement</b>	<b>Anxiety</b>	<b>Disinhibition</b>
<b>Egocentricity</b>	<b>.702‡</b>					
<b>Depressiveness</b>	<b>.389‡</b>	<b>.259‡</b>				
<b>Social engagement</b>	<b>.342‡</b>	<b>.373‡</b>	<b>.336‡</b>			
<b>Anxiety</b>	<b>.499‡</b>	<b>.312‡</b>	<b>.702‡</b>	<b>.372‡</b>		
<b>Disinhibition</b>	<b>.620‡</b>	<b>.485‡</b>	<b>.308*</b>	<b>.307‡</b>	<b>.395‡</b>	
<b>Restlessness</b>	<b>.482‡</b>	<b>.361†</b>	<b>.393‡</b>	<b>.374‡</b>	<b>.453‡</b>	<b>.406‡</b>

**Table 5.** Pearson correlations of factors from different interviews

<b>Interview with the significant other</b>	<b>Interview with the client</b>						
	<b>Tolerance of others</b>	<b>Social engagement</b>	<b>Depressiveness</b>	<b>Emotional engagement</b>	<b>Anxiety</b>	<b>Emotional lability</b>	<b>Range of thought</b>
<b>Tolerance of others</b>	<b>.543</b>	<b>.461</b>	<b>.215</b>	<b>.307</b>	<b>.167</b>	<b>.439</b>	<b>.382</b>
<b>Egocentricity</b>	<b>.347</b>	<b>.434</b>	.100	<b>.299</b>	.040	<b>.226</b>	<b>.340</b>
<b>Depressiveness</b>	<b>.245</b>	<b>.202</b>	<b>.503</b>	<b>.355</b>	<b>.355</b>	<b>.365</b>	<b>.206</b>
<b>Social engagement</b>	<b>.175</b>	<b>.357</b>	.097	<b>.360</b>	<b>.208</b>	<b>.201</b>	<b>.339</b>
<b>Anxiety</b>	<b>.225</b>	<b>.245</b>	<b>.422</b>	<b>.347</b>	<b>.485</b>	<b>.490</b>	<b>.277</b>
<b>Restlessness</b>	<b>.265</b>	<b>.315</b>	<b>.195*</b>	<b>.124</b>	<b>.201</b>	<b>.388</b>	<b>.273</b>
<b>Disinhibition</b>	<b>.476</b>	<b>.419</b>	<b>.162</b>	<b>.184</b>	<b>.146</b>	<b>.374</b>	<b>.441</b>

All correlations in bold typeface are significant at the 0.05 level of significance.

**Table 6.** Percentage of sample (cumulative percentage in parentheses) at each level of severity for each dimension

Dimension	Group	No problem	Questionable	Mild	Moderate	Marked	Severe
<i>Interview with the client</i>							
Tolerance of others	TBI	35	38 (73)	17 (90)	5 (95)	5 (100)	0
	No TBI	58	40 (98)	2 (100)	0	0	0
Social engagement	TBI	39	35 (74)	19 (93)	5 (98)	2 (100)	0
	No TBI	82	18 (100)	0	0	0	0
Depressiveness	TBI	20	26 (46)	26 (72)	20 (92)	8 (100)	0
	No TBI	57	28 (85)	12 (97)	3 (100)	0	0
Emotional lability	TBI	22	23 (55)	25 (80)	17 (97)	3 (100)	0
	No TBI	50	48 (98)	2 (100)	0	0	0
Range of thought	TBI	42	38 (80)	13 (93)	7 (100)	0	0
	No TBI	67	32 (99)	1 (100)	0	0	0
Emotional engagement	TBI	43	24 (67)	17 (84)	14 (98)	2 (100)	0
	No TBI	93	7 (100)	0	0	0	0
Anxiety	TBI	23	25 (48)	24 (72)	19 (91)	8 (99)	1 (100)
	No TBI	32	44 (76)	17 (93)	6 (99)	1 (100)	0
<i>Interview with the significant other</i>							
Tolerance of others	TBI	14	28 (42)	27 (69)	23 (92)	7 (99)	1 (100)
	No TBI	50	45 (95)	5 (100)	0	0	0
Egocentricity	TBI	31	33 (64)	18 (82)	12 (94)	4 (98)	2 (100)
	No TBI	73	21 (94)	5 (99)	1 (100)	0	0
Disinhibition	TBI	18	30 (48)	20 (68)	21 (89)	9 (98)	2 (100)
	No TBI	40	45 (85)	13 (98)	2 (100)	0	0
Anxiety	TBI	14	24 (38)	29 (67)	23 (90)	10 (100)	0
	No TBI	51	39 (90)	9 (99)	1 (100)	0	0
Social engagement	TBI	13	32 (45)	23 (68)	25 (93)	7 (100)	0
	No TBI	68	29 (97)	3 (100)	0	0	0
Depressiveness	TBI	17	20 (37)	27 (64)	26 (90)	10 (100)	0
	No TBI	51	36 (87)	12 (99)	1 (100)	0	0
Restlessness	TBI	16	23 (39)	24 (63)	23 (86)	13 (99)	1 (100)
	No TBI	48	42 (90)	10 (100)	0	0	0



**Table 7.** The median and mean scores ( $\pm$  SD) on each dimension for the client and control groups. A Mann-Whitney U test was used to test the difference between the two groups.

Dimension	TBI		No TBI		U	Significance
	Mean $\pm$ SD	Median	Mean $\pm$ SD	Median		
<i>Interview with the client</i>						
<b>Tolerance of others</b>	22.1 $\pm$ 20.7	17.2	9.3 $\pm$ 8.3	8.6	4036	<0.001
<b>Social engagement</b>	21.8 $\pm$ 19.0	16.7	6.4 $\pm$ 6.2	6.7	3051	<0.001
<b>Depressiveness</b>	34.8 $\pm$ 23.5	32.0	14.3 $\pm$ 15.3	8.0	3703	<0.001
<b>Emotional lability</b>	30.8 $\pm$ 21.7	26.6	12.5 $\pm$ 10.2	11.7	3879	<0.001
<b>Range of thought</b>	17.4 $\pm$ 17.7	13.3	5.6 $\pm$ 8.3	0.0	4349	<0.001
<b>Emotional engagement</b>	24.1 $\pm$ 21.5	20.0	2.7 $\pm$ 8.8	0.0	2693	<0.001
<b>Anxiety</b>	33.5 $\pm$ 25.0	33.4	18.7 $\pm$ 17.8	13.3	4951	<0.001
<i>Interview with the significant other</i>						
<b>Tolerance of others</b>	37.6 $\pm$ 23.2	37.7	12.3 $\pm$ 10.2	9.0	2611	<0.001
<b>Egocentricity</b>	26.6 $\pm$ 24.0	20.0	7.7 $\pm$ 11.7	0.0	3638	<0.001
<b>Disinhibition</b>	35.1 $\pm$ 26.3	33.4	14.3 $\pm$ 14.4	13.3	4090	<0.001
<b>Anxiety</b>	37.9 $\pm$ 23.5	40.0	12.5 $\pm$ 12.7	8.0	2753	<0.001
<b>Social engagement</b>	38.8 $\pm$ 23.1	40.0	9.2 $\pm$ 10.3	10.0	2050	<0.001
<b>Depressiveness</b>	40.4 $\pm$ 24.6	40.0	15.2 $\pm$ 15.0	10.0	3182	<0.001
<b>Restlessness</b>	38.9 $\pm$ 25.5	40.0	11.2 $\pm$ 12.3	13.3	2768	<0.001

**Table 8.** Cronbach alpha for each factor

Interview	Dimension	Alpha	Standardised item alpha
<b>Client</b>	Tolerance of others	0.8457	0.8478
	Social engagement	0.7790	0.7838
	Range of thought	0.7213	0.7247
	Emotional engagement	0.6838	0.6817
	Emotional lability	0.7855	0.7877
	Depressiveness	0.7767	0.7794
	Anxiety	0.6867	0.6854
<b>Significant other</b>	Tolerance of others	0.8861	0.8877
	Egocentricity	0.8140	0.8126
	Disinhibition	0.7227	0.7227
	Social engagement	0.6853	0.6870
	Anxiety	0.7789	0.7785
	Depressiveness	0.7600	0.7613
	Restlessness	0.6586	0.6606

**Table 9.** Generalisability coefficients for the Interview with the client

<b>Dimensions</b>	<b>N</b>	<b>Time coefficient</b>	<b>Rater coefficient</b>
<b>Tolerance of others</b>	10	.921	.841
<b>Social engagement</b>	18	.918	.691
<b>Depressiveness</b>	28	.838	.829
<b>Emotional lability</b>	22	.886	.779
<b>Range of thought</b>	20	.737	.380
<b>Emotional engagement</b>	22	.810	.406
<b>Anxiety</b>	29	.835	.802

**Table 10.** Generalisability coefficients for the Interview with the significant other

<b>Dimensions</b>	<b>N</b>	<b>Time coefficient</b>	<b>Rater coefficient</b>
<b>Tolerance of others</b>	27	.859	.921
<b>Egocentricity</b>	27	.860	.935
<b>Disinhibition</b>	29	.759	.788
<b>Anxiety</b>	33	.809	.803
<b>Social engagement</b>	29	.744	.773
<b>Depressiveness</b>	32	.839	.866
<b>Restlessness</b>	31	.715	.706

**Table 11.** Evaluation of the final factor solutions

<b>Criterion</b>	<b>Interview with TBI</b>	<b>Interview with the significant other</b>
<b>N</b>	152	174
<b>KMO</b>	.820	.868
<b>Range of individual KMOs</b>	.653-.890	.708-.924
<b>Range of communalities</b>	.502-.787	.510-.745
<b>% Residuals</b>	33%	32%

**Table 12.** Rotated component matrix: for the Interview with the Client

	Component						
	1	2	3	4	5	6	7
Recreational interests and activity	-0.025	0.229	0.086	0.098	<b>0.556</b>	0.064	0.344
Lifelessness / Listlessness	0.120	0.135	0.353	0.089	<b>0.705</b>	-0.233	0.048
Preoccupations	0.246	0.225	0.114	0.003	0.056	<b>0.777</b>	0.074
Out of touch	0.138	<b>0.615</b>	-0.031	0.107	0.310	0.383	-0.077
Blaming others	<b>0.713</b>	0.314	0.040	0.086	-0.037	0.111	0.068
Resentfulness	<b>0.780</b>	0.013	0.094	-0.005	0.159	0.151	0.264
Passive aggression	<b>0.719</b>	0.172	0.063	0.099	0.145	0.215	-0.164
Irresponsibility	0.226	<b>0.708</b>	0.03	-0.060	0.091	0.024	0.103
Dependence	-0.090	<b>0.601</b>	-0.035	0.214	0.340	0.228	0.025
Self-centredness	0.253	<b>0.607</b>	0.306	0.233	-0.035	0.040	-0.054
Quick temper	<b>0.456</b>	0.098	0.061	<b>0.688</b>	0.023	-0.149	0.087
Argumentative	<b>0.654</b>	0.136	0.161	0.333	-0.079	0.001	-0.007
Aggressive behaviour	<b>0.476</b>	0.360	-0.042	<b>0.537</b>	0.118	-0.023	0.233
Insensitivity	0.395	<b>0.611</b>	-0.034	0.074	-0.075	0.148	0.009
Awkwardness	<b>0.649</b>	0.198	0.235	0.032	0.170	0.171	-0.172
Social disinhibition	0.425	0.274	0.055	0.204	-0.154	<b>0.470</b>	0.103
Irrationality	0.358	<b>0.494</b>	0.134	0.107	-0.048	0.359	0.164
Intimacy and closeness	0.388	0.125	0.108	-0.205	<b>0.535</b>	0.001	0.112
Loneliness	0.180	0.074	<b>0.698</b>	0.131	-0.031	0.168	0.228
Dissatisfaction/Unhappiness	0.212	0.160	<b>0.762</b>	0.011	0.251	-0.132	0.030
Depressiveness	0.066	-0.056	<b>0.799</b>	0.313	0.060	-0.026	0.153
Self-esteem	0.065	-0.025	<b>0.539</b>	0.087	0.292	0.033	<b>0.592</b>
Confidence	-0.026	0.081	0.391	0.120	0.194	0.064	<b>0.685</b>
Anxiety	0.071	0.032	0.010	0.476	-0.055	-0.034	<b>0.629</b>
Changeability	-0.013	0.0004	<b>0.487</b>	<b>0.588</b>	-0.017	0.215	-0.074
Catastrophic reactions	-0.042	-0.008	0.233	<b>0.619</b>	0.173	0.112	0.186
Emotional disinhibition / lack of control	0.158	0.238	0.138	<b>0.736</b>	0.019	0.018	0.119
Flattened affect	0.006	-0.078	-0.034	0.137	<b>0.800</b>	0.347	-0.036
Poverty of content of speech	0.117	0.144	-0.059	-0.017	0.133	<b>0.804</b>	-0.040

Extraction Method: Principal Component Analysis. Rotation Method: Varimax with Kaiser Normalization. The rotation converged in 12 iterations.

**Table 13.** Rotated Component Matrix for the Interview with the Significant Other

	Component						
	1	2	3	4	5	6	7
Recreational interests and activities	0.051	0.106	0.092	-0.049	0.249	<b>0.678</b>	0.062
Physical anergia	0.150	0.117	0.095	0.0005	0.150	<b>0.743</b>	0.087
Boredom	0.183	0.060	-0.030	0.079	0.280	0.337	<b>0.653</b>
Criticism of others	<b>0.543</b>	0.315	-0.006	0.340	0.114	0.017	-0.066
Blaming others	0.369	<b>0.478</b>	0.027	0.226	-0.040	0.242	0.181
Restlessness	0.235	-0.060	0.269	0.058	0.019	-0.056	<b>0.732</b>
Dependence	0.244	0.179	-0.006	0.111	-0.138	<b>0.691</b>	0.059
Initiative	-0.183	-0.004	0.324	0.425	-0.018	<b>0.585</b>	0.108
Unreasonableness	<b>0.594</b>	0.420	-0.006	0.088	-0.024	0.146	0.164
Self-centredness	0.144	<b>0.754</b>	-0.166	0.097	0.094	0.068	0.116
Irritability	<b>0.638</b>	0.285	0.093	0.056	0.166	-0.015	0.314
Quick temper	<b>0.806</b>	0.053	0.147	0.086	0.101	0.033	0.118
Argumentative	<b>0.670</b>	0.154	0.038	0.193	0.173	0.157	-0.101
Aggressive behaviour	<b>0.674</b>	0.157	0.238	0.201	0.068	0.207	0.180
Insensitivity	<b>0.470</b>	<b>0.637</b>	-0.014	0.285	0.107	0.043	0.156
Lack of empathy	0.219	<b>0.716</b>	0.121	0.116	0.113	0.187	0.011
Tactlessness	0.213	0.199	0.199	<b>0.748</b>	0.099	-0.001	0.066
Social disinhibition	0.359	-0.002	0.048	<b>0.721</b>	0.114	0.112	0.009
Rashness / impulsivity	0.192	0.219	0.004	<b>0.634</b>	0.074	0.042	0.246
Impatience	<b>0.495</b>	0.132	0.320	0.292	-0.081	0.129	0.313
Social inattentiveness	0.066	0.236	0.197	0.330	0.081	0.219	<b>0.557</b>
Intimacy and closeness	0.121	<b>0.667</b>	0.345	0.003	0.0003	0.094	-0.120
Loneliness	-0.072	0.203	0.210	0.114	<b>0.619</b>	0.189	0.297
Dissatisfaction / Unhappiness	0.247	0.017	0.070	-0.011	<b>0.782</b>	0.094	-0.047
Depressiveness	0.205	0.030	0.278	0.148	<b>0.754</b>	-0.018	0.125
Self-esteem	-0.045	0.089	<b>0.496</b>	0.197	<b>0.463</b>	0.211	0.057
Worry	0.176	-0.124	<b>0.726</b>	0.082	0.262	0.092	-0.004
Anxiety	0.024	0.060	<b>0.703</b>	-0.079	0.049	0.092	0.319
Changeability	<b>0.461</b>	0.215	0.285	0.149	0.296	0.023	0.274
Catastrophic reactions	0.301	0.216	<b>0.597</b>	0.199	0.191	0.087	0.082
Emotional disinhibition / Lack of control	0.381	0.103	<b>0.492</b>	0.296	0.316	0.009	0.144

Extraction Method: Principal Component Analysis. Rotation Method: Varimax with Kaiser Normalization. The rotation converged in 8 iterations.

# **The Brain Injury Personality Scale**

Interview with the client

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## Look for these characteristics during the interview

<b>1</b>	Is s/he verbally or physically aggressive during the interview?	<i>Aggressive behaviour</i>
<b>2</b>	How was his or her mood during the interview?	<i>Dissatisfaction / Unhappiness; Depressiveness</i>
<b>3</b>	Does he or she have difficulty controlling their emotions? Does the subject cry easily, or get upset very easily?	<i>Emotional disinhibition/ lack of control</i>
<b>4</b>	Does the subject interrupt often, try to dominate the interview, or break any other rules of social interaction during the interview?	<i>Social disinhibition</i>
<b>5</b>	Does the subject provide anecdotes in which it is clear that the subject often breaks rules of social interaction?	<i>Social disinhibition</i>
<b>6</b>	Does s/he respond in emotionally appropriate ways at different sections of the interview (laughing or smiling when sharing a joke) or does s/he remain flat during the interview?	<i>Flattened affect</i>
<b>7</b>	Does anything s/he say seem irrational or difficult to follow?	<i>Irrationality</i>
<b>8</b>	Is his or her speech relevant and informative, or is it repetitive and long-winded?	<i>Poverty of content of speech</i>
<b>9</b>	Is there any specific topic s/he keeps returning to throughout the interview?	<i>Preoccupations</i>
<b>10</b>	Does s/he come across as concerned for other people, or as self-centred?	<i>Self-centredness / Selfishness</i>
<b>11</b>	Does s/he come across as "difficult, or try to catch the interviewer out?	<i>Awkwardness</i>
<b>12</b>	Does the subject provide anecdotes in which it is clear that the subject is defiant, disruptive and "difficult"?	<i>Awkwardness</i>
<b>13</b>	Does the subject provide anecdotes in which it is clear that the subject has little appreciation of his/her surroundings, and has unrealistic and simplistic expectations of him or herself, of others, or of organisations?	<i>Out of touch</i>
<b>14</b>	Notice how the subject describes his or her relationships with others. Look for signs of passive aggression, that the subject resents someone and shows his/her resentment passively by resisting demands, responsibilities or duties.	<i>Passive aggression</i>

# Interview with the client

<b>1</b>	Tell me about what you do with your time when you're not at work / college / rehab.	<i>Recreational interests &amp; activities; Listlessness / Lifelessness</i>
<b>2</b>	What activities do you really enjoy?	<i>Recreational interests &amp; activities; Listlessness / Lifelessness</i>
<b>3</b>	Have the things that you usually enjoy been as fun as usual?	<i>Recreational interests &amp; activities; Listlessness / Lifelessness</i>
<b>4</b>	Have your hobbies changed since your brain injury?	<i>Recreational interests &amp; activities; Listlessness / Lifelessness</i>
<b>5</b>	Are you learning (or planning to learn) how to do something new?	<i>Recreational interests &amp; activities; Listlessness / Lifelessness</i>
<b>6</b>	Do you like to keep busy?	<i>Lifelessness / Listlessness; Recreational interests and activities</i>
<b>7</b>	If so, how do you keep busy?	<i>Recreational interests &amp; activities</i>
<b>8</b>	How do you relax?	<i>Recreational interests and activities; Lifelessness/Listlessness</i>
<b>9</b>	Do you watch TV or listen to the radio very much?	<i>Lifelessness / Listlessness; Recreational interests and activities</i>
<b>10</b>	Do you often feel tired during the day?	<i>Lifelessness / Listlessness</i>
<b>11</b>	Are there times when you lie or sit around for most of the day?	<i>Lifelessness/Listlessness</i>

12	How often do you go out?	<i>Recreational interests and activities; Lifelessness/Listlessness</i>
13	Do you have strong likes and dislikes?	<i>Preoccupations</i>
14	Is there anything you would say you are really passionate about?	<i>Preoccupations</i>
15	Is there anything that gets you really worked up?	<i>Preoccupations</i>
16	Do you find you spend a lot of time thinking about one particular issue? Do you think about it every day? How often during the day?	<i>Preoccupations</i>
17	Generally, how are things going for you at the moment?	<i>Depressiveness; Dissatisfaction / Unhappiness</i>
18	Do you go to work at the moment, or study at college? (n.b. if the person does not work or study, these questions can be asked regarding any other appropriate environment - e.g. club, drop-in centre, or alternatively about how things were when the person was last in work or college, if in the recent past)	
19	How are things going there?	
20	Have you been having any problems there?	
21	Do you think you are doing well at work or college?	<i>Self-esteem</i>
22	What are you doing? Are you enjoying it?	<i>Self-esteem</i>
23	What do you think of the other people at your work or college?	<i>Resentfulness</i>



<b>24</b>	Are colleagues quite reasonable at work, (or college)?	<i>Passive aggression</i>
<b>25</b>	How do your colleagues treat you?	<i>Passive aggression</i>
<b>26</b>	Do you feel appreciated?	<i>Passive aggression</i>
<b>27</b>	What is your workload like?	<i>Passive aggression</i>
<b>28</b>	Do you think the company you work for is a good company? Why or why not?	<i>Out of touch</i>
<b>29</b>	Do you think the college you attend is a good college? Why or why not?	<i>Out of touch</i>
<b>30</b>	Tell me a bit about where you live and who you live with.	<i>Dependence</i>
<b>31</b>	At home, which things do you do by yourself? What things do you prefer to leave to other people? (e.g. cooking, washing, ironing...)	<i>Dependence</i>
<b>32</b>	Are you pretty good at house chores (ironing, cooking etc, if it applies)?	<i>Self-esteem</i>
<b>33</b>	How do you feel about doing these chores around the house? Do you like that? Do you think others appreciate what you do?	<i>Passive aggression</i>
<b>34</b>	What things do other people help you with?	<i>Dependence</i>
<b>35</b>	Do you travel from place to place by yourself?	<i>Dependence</i>

36	Would you like to be more independent?	<i>Dependence; Out of touch</i>
37	Do you have a legal case pending regarding the injury?	<i>Out of Touch</i>
38	Do you have to claim any benefits at the moment?	<i>Out of Touch</i>
39	Are you happy with the way you have been treated by (appropriate authority - solicitors, courts, benefits agency)?	<i>Out of Touch</i>
40	(If none of the above apply): How do you feel you have been treated by this organisation during your time on the programme?	<i>Out of Touch</i>
41	Do you consider yourself assertive?	<i>Self-centeredness / Selfishness</i>
42	Being assertive is one thing, but do people ever tell you that you are selfish?	<i>Self-centeredness / Selfishness</i>
43	If so, what do you think about that? Do you think you are selfish?	<i>Self-centeredness / Selfishness</i>
44	What kind of things get on your nerves?	<i>Emotional disinhibition</i>
45	How do you react when things get on your nerves?	<i>Emotional disinhibition</i>
46	Do you ever get irritated with other people?	<i>Emotional disinhibition</i>
47	How do you react when other people irritate you?	<i>Emotional disinhibition</i>

48	Do you ever find you "snap" when under pressure?	<i>Emotional disinhibition</i>
49	What happens when you do snap?	<i>Emotional disinhibition</i>
50	Do you find it easy to forgive people if they do something that annoys or upsets you?	<i>Resentfulness</i>
51	Do you find you hold grudges against people very much?	<i>Resentfulness</i>
52	Do you ever find you get into arguments with people?	<i>Argumentative; Blaming others</i>
53	How often does that happen?	<i>Argumentative</i>
54	Why do you think they happen?	<i>Argumentative; Blaming others</i>
55	How do you handle disagreements when they arise?	<i>Argumentative</i>
56	In general, how do you react when things go wrong?	<i>Catastrophic reactions</i>
57	Do you find that you get upset very easily, or cry very easily?	<i>Emotional disinhibition</i>
58	Do you sometimes lose your temper?	<i>Quick temper</i>
59	How would other people be able to tell if you lost your temper?	<i>Quick temper</i>

60	What things make you angry?	Quick temper
61	How do you behave when someone makes you angry? (e.g. shout, go of in a "huff", lash out, stay silent or try to forget it)	Aggressive behaviour; Quick temper
62	How do you calm yourself down?	Emotional disinhibition
63	Do you sometimes worry about the way you act?	Aggressive behaviour; Quick temper
64	Do you ever feel afraid that you might physically hurt someone?	Aggressive behaviour
65	Have you done anything that has caused harm to yourself or someone else, even if you didn't mean it?	Aggressive behaviour
66	Do you think of yourself as someone who generally gets on with other people pretty well, or do you sometimes have difficulty getting on with people?	Social disinhibition
67	Do you ever find it hard to keep a conversation going?	Social disinhibition
68	Can you think of anything you have done that others might think unusual, or that has called attention to yourself?	Social disinhibition
69	Could you tell me a little bit about your family?	
70	Is everyone in the family quite reasonable and easy to get on with?	Passive aggression
71	Is there a problem that someone in your family has had, which you helped them out with?	Insensitivity

72	Do you find it easy to be supportive to other people who are having a hard time?	<i>Insensitivity</i>
73	What do you think when other people tell you their troubles?	<i>Insensitivity; Self-centredness and selfishness</i>
74	Do you generally like doing things to help other people out?	<i>Insensitivity; Self-centredness and selfishness</i>
75	Do you have a partner?	<i>Intimacy and closeness</i>
	<b>If yes, go to questions 76, 77 and 78, For clients with partners.</b>	
	<b>If the answer is No, ask</b>	
	Who is the person you feel you have the closest relationship with (parent, sibling, close friend)?	<i>Intimacy and closeness</i>
	<b>and go to Questions 79, 80 and 81 For clients without partners.</b>	
	<b>For clients with partners</b>	
76	How long have you been together?	<i>Intimacy &amp; closeness</i>
77	How have you been getting on together recently?	<i>Intimacy &amp; closeness</i>

78	Is everything all right with your relationship?	<i>Intimacy &amp; closeness</i>
<b>Move to Question 82</b>		
<b>For clients without partners</b>		
79	Who is the person you feel you have the closest relationship with? (e.g. parents, sibling, close friend)	<i>Intimacy &amp; closeness</i>
80	(if a non-family member) How long have you known one another?	<i>Intimacy and closeness</i>
81	How have you been getting on together recently?	<i>Intimacy and closeness</i>
<b>Continue on to the following questions</b>		
82	Have you been spending much time with your friends?	<i>Recreational interests and activities; Intimacy and closeness</i>
83	Do you like your friends? Do you see them often? If not, why not?	<i>Resentfulness</i>
84	What would you say is your most important responsibility, either in the family or at work?	<i>Irresponsibility</i>
85	How do you feel about having these responsibilities? Do you like that? Do you think others appreciate what you do?	<i>Passive aggression</i>
86	Would you say you ever have problems living up to that responsibility?	<i>Irresponsibility</i>

87	What about other responsibilities? Do you have any trouble living up to them?	<i>Irresponsibility</i>
88	Do you find that you sometimes feel nervous or scared about things?	<i>Anxiety</i>
89	Do you ever get "butterflies" in your stomach, or find yourself panicking over things?	<i>Anxiety; Catastrophic reactions</i>
90	Do you ever find yourself getting tense or stressed?	<i>Anxiety</i>
91	What kind of things make you feel nervous or anxious?	<i>Anxiety</i>
92	How confident do you feel?	<i>Confidence</i>
93	Would you say you generally feel satisfied with life?	<i>Dissatisfaction / Unhappiness; Self-esteem</i>
94	Do you often get unhappy, or would you say that you are mostly a pretty happy person?	<i>Dissatisfaction / Unhappiness</i>
95	Do you sometimes feel low?	<i>Depressiveness; Changeability</i>
96	Is it sometimes difficult to get out of those low moods?	<i>Depressiveness</i>
97	Do you feel pessimistic about the future?	<i>Depressiveness</i>
98	Do you enjoy meeting new people?	<i>Loneliness</i>

99	Do you ever feel lonely?	<i>Loneliness</i>
100	Some people find that they feel quite happy one moment and down the next - feeling "up and down". They find their mood changes in that way fairly often. Do you ever feel that way?	<i>Changeability</i>
101	What kinds of things make you feel that way?	<i>Changeability</i>
102	What kind of things do you think you are going to achieve in your life?	<i>Self-esteem</i>
103	Tell me about something you have done which you are proud of.	<i>Self-esteem</i>
★	Is there anything you would like to add to the things we have talked about today?	
□		
★	Remind the client can s/he can add to or amend his or her answers by contacting the interviewer - leave contact details	



# **The Brain Injury Personality Scale**

Description of individual items  
Interview with the client

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Developed with a grant from the National Lottery Charities Board to Rehab Scotland and the University of Strathclyde, in conjunction with Rehab UK and the University of Aberdeen

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## Aggressive behaviour

The subject behaves in an aggressive or agitated manner, often quite unpredictably. S/he may be verbally aggressive, by shouting at, swearing at or threatening other people. In severe cases s/he may be physically aggressive towards others.

- 0 None
- 1 Questionable
- 2 Mild: Occasional instances
- 3 Moderate: The subject is sometimes verbally aggressive towards others.
- 4 Marked: The subject has frequent outbursts of verbal aggression. S/he may sometimes threaten others.
- 5 Severe: The subject has very frequent outbursts of verbal aggression, or has been physically aggressive towards others.

---

### Client Questions

*How do you behave when someone makes you angry? (e.g. shout, go of in a "huff", lash out)*

*Have you done anything that has caused harm to yourself or someone else, even if you didn't mean it?*

*Do you sometimes worry about the way you act?*

*Do you ever feel afraid that you might physically hurt someone?*

---

### Observer Questions

*Was s/he verbally or physically aggressive during the interview?*

---

## Anxiety

The subject may display signs of anxious or nervous feelings. S/he may have feelings of fear or apprehension, become panicky, or get "butterflies in the stomach".

- 0 None
- 1 Questionable
- 2 Mild: Occasional instances
- 3 Moderate: Several instances of anxiety.
- 4 Marked: Frequent instances of anxiety.
- 5 Severe: Anxiety is so frequent and/or intense that it is incapacitating.

---

### Client Questions

*Do you ever get "butterflies" in your stomach, or find yourself panicking over things?*

*Do you ever find yourself getting tense or stressed?*

*What kind of things make you feel nervous or anxious?*

*Do you find that you sometimes feel nervous or scared about things?*

---

## Argumentative

The subject gets into arguments easily, and will argue without provocation.

- 0 None
  - 1 Questionable
  - 2 Mild: Occasional instances
  - 3 Moderate: The subject often gets into arguments unnecessarily.
  - 4 Marked: The subject is frequently argumentative.
  - 5 Severe: The subject's interactions with others are almost always argumentative.
- 

### Client Questions

*Do you ever find you get into arguments with people?*

*How often does that happen?*

*Why do you think they happen?*

*How do you handle disagreements when they arise?*

---

## Awkwardness

The subject is awkward in social situations - not because of anxiety or nervousness, but through being "difficult", unhelpful, sarcastic, defiant or disruptive with other people.

- 0 None
  - 1 Questionable
  - 2 Mild: Occasional instances
  - 3 Moderate: Several instances of awkwardness
  - 4 Marked: Frequent instances of awkwardness.
  - 5 Severe: The subject is awkward at most social encounters.
- 

### Client Questions

*None*

---

### Observer Questions

*Did s/he come across as "difficult", or try to catch the interviewer out?*

*Does the subject provide anecdotes in which it is clear that the subject is defiant, disruptive and "difficult"?*

---

## Blaming others

The subject attempts to evade responsibility for any negative consequences of his or her actions by blaming other people.

- 0 None
- 1 Questionable
- 2 Mild: Occasional instances
- 3 Moderate: The subject sometimes looks for ways to blame others, but will often take responsibility when challenged.
- 4 Marked: The subject frequently blames other people, and is stubborn when challenged.
- 5 Severe: The subject almost always blames others for negative consequences of his or her actions, and refuses to take responsibility.

---

### Client Questions

*Do you ever find you get into arguments with people?*

*Why do you think they [arguments] happen?*

---

## Catastrophic reactions

The subject tends to see problems as disastrous, or unsolvable. S/he tends to over-react to events, and assumes that events of moderate importance may be disastrous. S/he may also worry excessively about how s/he will be affected by such events.

- 0 None
- 1 Questionable
- 2 Mild: Occasional instances
- 3 Moderate: The subject often over-reacts to everyday events.
- 4 Marked: The subject frequently over-reacts to events or assumes they will have catastrophic consequences.
- 5 Severe: The subject always reacts out of proportion to the significance of events, and worries about terrible effects that everyday events will have on him or her.

---

### Client Questions

*How do you react when things go wrong?*

*Would you say you sometimes find yourself panicking over things?*

---

## Changeability

The subject experiences mood-swings. S/he may go from feeling happy or exhilarated to feeling down, or angry. There may not be an obvious precipitating event for these changes, or the event may seem inconsequential to others. Do not score as present if the subject simply shows appropriate emotional reactions to life events.

- 0 None
- 1 Questionable
- 2 Mild: Occasional instances
- 3 Moderate: The subject's mood is sometimes variable, but there are considerable periods of time when mood appears stable.
- 4 Marked: The subject's mood changes frequently and unpredictably, and is calm and settled only on few occasions.
- 5 Severe: The subject's mood seems constantly up and down, and is very difficult to predict.

---

### Client Questions

*Some people find that they feel quite happy one moment and down the next. They find their mood changes in that way fairly often. Do you ever feel that way?  
What kind of things make you feel that way?  
Do you sometimes feel low?*

---

## Confidence

The subject does not feel confident, or does not present him or herself with confidence. S/he may come across as timid (although this is rated separately from "Shyness" as the latter specifically refers to meeting new people).

- 0 None
- 1 Questionable
- 2 Mild: Occasional instances
- 3 Moderate: The subject often lacks confidence.
- 4 Marked: The subject frequently lacks confidence.
- 5 Severe: The subject almost always lacks confidence.

---

### Client Questions

*How confident do you feel?*

---

## Dependence

Although the subject has the ability to care for himself/herself, s/he has limited independence and relies on others for meals, housework etc. S/he may not travel independently. The subject may even be dependent on others for opinions and views. Please note that this item refers only to activities that the subject is able to carry out.

- 0 None
- 1 Questionable
- 2 Mild: Occasional instances
- 3 Moderate: The subject initially relies on others as much as possible but will carry out tasks if no-one else does. The subject does manage to do some things by him/herself.
- 4 Marked: The subject will not carry out many tasks, but will frequently wait until somebody else does.
- 5 Severe: The subject does little for or by him/herself.

---

## Client Questions

*At home, which things do you do by yourself? What things do you prefer to leave to other people? (e.g. cooking, washing, ironing...)*

*What things do other people help you with?*

*Do you travel from place to place by yourself?*

*Would you like to be more independent?*

---

## Depressiveness

The subject experiences low moods. These feelings are persistent and appear to be unrelated to specific issues or events. S/he may be pessimistic about the future, and may seem unable to help him or herself.

- 0 None
- 1 Questionable
- 2 Mild: Occasional instances
- 3 Moderate: The person sometimes becomes pessimistic and low in mood, but this does not last for a long time. Sometimes the subject seems contented and happy.
- 4 Marked: The subject seems low in mood for most of the time, and feels that there is nothing to look forward to. S/he is still able to enjoy his or her favourite activities.
- 5 Severe: The subject always feels low and seems unable to enjoy anything. S/he may have discussed taking his or her own life.

---

### Client Questions

*Do you sometimes feel low?*

*Is it sometimes difficult to get out of those low moods?*

*Do you feel pessimistic about the future?*

*How are things going for you at the moment?*

---

### Observer Questions

*How was his or her mood during the interview?*

---

## **Dissatisfaction / Unhappiness**

The subject is unhappy and dissatisfied with his or her situation. He/she tends not to smile, and dwells on the negative aspects of his or her situation. This is rated separately to "Depressiveness" as it refers to an attitude of dissatisfaction, and unhappy thoughts, rather than to a low mood.

- 0 None
- 1 Questionable
- 2 Mild: Occasional instances
- 3 Moderate: The subject is sometimes unhappy or dissatisfied, but does have many happy moments.
- 4 Marked: The subject frequently appears to be unhappy or dissatisfied, but does have periods of happiness.
- 5 Severe: The subject is almost always in an unhappy state.

---

### **Client Questions**

*Would you say you generally feel satisfied with life?*

*Do you often get unhappy, or would you say that you are mostly a pretty happy person?*

*How are things going for you at the moment?*

---

### **Observer Questions**

*How was his or her mood during the interview?*

---



## Emotional disinhibition / Lack of control

The subject's emotions seem to spiral out of control, leading to extremes of anxiety, sadness, rage, excitement, etc. It is not simply that s/he experiences moodswings, but that s/he is unable to control his or her emotions. This reaction goes beyond irritability. S/he is likely to need another person's help to calm him or herself down. Also, s/he may be unusually or inappropriately open about his or her feelings with other people. S/he may tend to laugh or cry very easily.

- 0 None
- 1 Questionable
- 2 Mild: Occasional instances
- 3 Moderate: The subject often displays a lack of emotional control. When under significant stress, s/he tends to lose control; or s/he is often inappropriately open with others.
- 4 Marked: The subject is frequently emotionally disinhibited.
- 5 Severe: The subject lacks emotional control nearly all the time, and is only rarely calm and relaxed. S/he may be totally disinhibited about sharing his or her feelings with others.

---

### Client Questions

- What kind of things get on your nerves?*
- How do you react when things get on your nerves?*
- Do you ever get irritated with other people?*
- How do you react when other people irritate you?*
- Do you ever find you "snap" when under pressure?*
- What happens when you do snap?*
- How do you calm yourself down?*
- Do you find that you get upset very easily, or cry very easily?*

---

### Observer Questions

- Was s/he inappropriately open about his or her feelings?*
  - Does he or she have difficulty controlling their emotions? Does the subject cry easily, or get upset very easily?*
-

## Flattened affect

The subject's emotional state comes across as "flat". S/he tends to be emotionally unresponsive - for example, s/he fails to laugh or smile when this would normally be expected (with jokes or light-hearted comments).

- 0 None
- 1 Questionable
- 2 Mild: Slight but definite lack in responsiveness.
- 3 Moderate: The subject seems somewhat "flat" in affect, or sometimes misses the cues to respond.
- 4 Marked: The subject seems to miss the cues to respond most of the time, and/or shows little variation in emotional state.
- 5 Severe: The subject is essentially emotionally unresponsive, even on prompting, and seems to show virtually no variation in emotional state.

---

### Client Questions

*None*

---

### Observer Questions

*Did s/he seem to respond in emotionally appropriate ways at different parts of the interview (e.g. laughing or smiling when sharing a joke, treating personal issues seriously?)*

---

## Insensitivity

The subject does not consider other people's feelings or thoughts. S/he acts without considering the potential impact on others, or says things without apparent regard for others' feelings.

- 0 None
- 1 Questionable
- 2 Mild: Occasional instances
- 3 Moderate: The subject's insensitivity is troublesome, but does not socially isolate him/her.
- 4 Marked: The subject's insensitivity alienates him or her from other individuals
- 5 Severe: Most of the subject's behaviours show a complete insensitivity to others.

---

### Client Questions

*Is there a problem that someone in your family has had, which you helped them out with?*

*Do you generally like doing things to help other people out?*

*Do you find it easy to be supportive to other people who are having a hard time?*

*What do you think when other people tell you their troubles?*

## Intimacy and closeness

The subject has difficulty forming close and intimate relationships (appropriate for his or her age and family status). S/he may display few or no feelings of affection to parents or siblings, partners or children. S/he may live alone and make no effort to initiate contact with family or friends.

- 0 None
- 1 Questionable
- 2 Mild: Slight but definite inability to feel closeness and intimacy.
- 3 Moderate: The subject appears to enjoy company of family or significant others, but express affection much less than would be expected.
- 4 Marked: The subject seems expresses almost no affection towards family or significant others.
- 5 Severe: The subject prefers no contact with, or is hostile towards, family or significant others.

---

### Client Questions

*Do you have a partner?*

*Who is the person you feel you have the closest relationship with (parent, sibling, close friend)?*

*How long have you been together?*

*How have you been getting on together recently?*

*Have you been spending much time with your friends?*

*Is everything all right with your relationship?*

*(if a non-family member) How long have you known one another?*

*How have you been getting on together recently?*

---

## Irrationality

The subject makes irrational arguments, and make unreasonable excuses for some behaviours. His or her conversation may be illogical or difficult to follow.

- 0 None
- 1 Questionable
- 2 Mild: Occasional instances
- 3 Moderate: Several instances of irrationality. The subject is sometimes difficult to follow.
- 4 Marked: The subject is frequently difficult to follow.
- 5 Severe: Irrationality is so frequent that it is never easy to follow the subject's line of thought.

---

### Client Questions

*None - observation only*

---

### Observer Questions

*Did anything s/he said seem irrational, or difficult to follow?*

---

## Irresponsibility

The subject demonstrates irresponsibility regarding important matters. For example s/he may fail to meet the required standards at work or college, apparently through lack of effort; s/he may not attend work or college regularly; or s/he may fail to honour financial or parental obligations.

- 0 None
- 1 Questionable
- 2 Mild: Occasional instances
- 3 Moderate: The subject is sometimes irresponsible (e.g. one or two examples of significant financial or parental irresponsibility) but may show some regret or remorse about this, and is capable of responsibility at other times.
- 4 Marked: Clear evidence of irresponsibility over important matters, and the subject shows little awareness of the consequences.
- 5 Severe: The subject is irresponsible about most things and this has significantly interfered with his or her life - e.g. restricting financial independence or employability, or limiting access to dependents.

---

### Client Questions

*What would you say is your most important responsibility, either in the family or at work?*

*Would you say you ever have problems living up to that responsibility?*

*What about your other responsibilities? Do you have any trouble living up to them?*

---

## Listlessness / Lifelessness

The subject seems to find no pleasure, satisfaction or enjoyment in life's activities. He/she does not get excited by any event or activity, and lacks enthusiasm for things. He/she has no plans, and does not really want to do very much.

- 0 None
- 1 Questionable
- 2 Mild: Occasional instances of listlessness
- 3 Moderate: The subject sometimes lacks enthusiasm, but is reasonably enthusiastic much of the time.
- 4 Marked: The subject frequently lacks enthusiasm and rarely gets excited about things.
- 5 Severe: The subject is never enthusiastic about anything.

---

### Client Questions

*Tell me about what you do with your time when you're not at work / college / rehab.*

*What activities do you really enjoy?*

*Are you learning (or planning to learn) how to do something new?*

*Have your hobbies changed since your brain injury?*

*Have the things that you usually enjoy felt as fun as usual?*

*Do you like to keep busy? How do you relax?*

*Do you watch TV or listen to the radio very much?*

*Do you often feel tired during the day? Are there times when you lie or sit around for most of the day?*

*How often do you go out?*

---

## Loneliness

The subject expresses feelings of loneliness, and my prefer company but finds it difficult to form relationships or meet other people.

- 0 None
- 1 Questionable
- 2 Mild: Occasional instances
- 3 Moderate: The subject sometimes feels lonely.
- 4 Marked: The subject frequently feels lonely and this causes him or her some distress.
- 5 Severe: The subject is lonely all the time and this causes considerable distress.

---

## Client Questions

*Do you ever feel lonely?*

*Do you like meeting new people?*

---

## Out of touch

The subject has little appreciation of his/her surroundings. S/he may therefore have unrealistic or oversimplified expectations. S/he may not appreciate what is required for an independent life, and may not understand how organisations function. This item is rated mostly from considering the way the subject talks about his/her life during the interview in general, but the questions listed may also assist. Also, do not rate as present if the person seems to be being genuinely mistreated - only if they do not appreciate the nature of the institution in question.

- 0 None
- 1 Questionable
- 2 Mild: Occasional instances
- 3 Moderate: The subject sometimes out of touch, but remains aware of most things.
- 4 Marked: The subject is frequently so out of touch that it interferes with his/her life
- 5 Severe: The subject is always out of touch.

---

### Client Questions

*Do you think the company you work for is a good company? Why or why not?*

*Do you think the college you attend is a good college? Why or why not?*

*Would you like to be more independent?*

*Do you have a legal case pending regarding the injury?*

*Do you have to claim any benefits at the moment?*

*Are you happy with the way you have been treated by (appropriate authority - solicitors, courts, benefits agency)?*

*(If none of the above apply): How do you feel you have been treated by this organisation during your time on the programme?*

---

### Observer Questions

*Does the subject provide anecdotes in which it is clear that the subject has little appreciation of his/her surroundings, and has unrealistic and simplistic expectations of him or herself, of others, or of organisations?*

---

## Passive aggression

The subject focuses on his or her personal misfortune, more than is reasonable, or exaggerates his or her difficulties. S/he may complain of being misunderstood or unappreciated; being victimised; or claim that other people are always making unreasonable demands of him or her. As a result, s/he tends to passively resist tasks given to him or her, resulting in underperformance at work, and a stance of hostile defiance to peers and authority figures. S/he may also reject or resent well-meant suggestions from others. Passive-aggression focuses on external events and expectations.

- 0 None
- 1 Questionable
- 2 Mild: Occasional instances
- 3 Moderate: The subject sometimes acts in a passive-aggressive way.
- 4 Marked: The subject frequently acts in a passive-aggressive way.
- 5 Severe: The subject acts in a passive-aggressive way for nearly all of the time.

---

### Client Questions

*Are colleagues quite reasonable at work, (or college)?*

*How do your colleagues treat you?*

*Do you feel appreciated?*

*What is your workload like?*

*Is everyone in the family quite reasonable and easy to get on with?*

*How do you feel about having these responsibilities? Do you like that? Do you think others appreciate what you do?*

---

### Observer Questions

*Notice how the subject describes his or her relationships with others. Look for signs of passive aggression, that the subject resents someone and shows his/her resentment passively by resisting demands, responsibilities or duties.*

---

## Poverty of content of speech

Although replies are long enough so that speech is adequate in amount, it conveys little information. Language tends to be vague, over abstract or over concrete, repetitive, or stereotyped. The subject may speak at length without giving adequate information. S/he may provide the information but require many words to do so, so that a lengthy reply can be summarised in a sentence or two.

- 0 None
- 1 Questionable
- 2 Mild: Occasional replies are too vague to be comprehensible or can be markedly condensed.
- 3 Moderate: Frequent replies which are vague or can be markedly condensed to make up at least a quarter of the interview.
- 4 Marked: At least half of the subject's speech is composed of vague or incomprehensible replies.
- 5 Severe: Nearly all the speech is vague, incomprehensible, or can be markedly condensed.

---

### Client Questions

*None*

---

### Observer Questions

*Is his or her speech relevant and informative, or is it repetitive and long-winded?*

---



## Preoccupations

The subject is preoccupied with a narrow range of issues, to the exclusion of others. This does not refer to regular hobbies or activities, but interests which are unusual both in their content and intensity.

- 0 None
  - 1 Questionable
  - 2 Mild: Occasional instances
  - 3 Moderate: The subject is sometimes preoccupied with one or a narrow range of issues.
  - 4 Marked: The subject is frequently preoccupied with one or a narrow range of issues.
  - 5 Severe: The subject is always preoccupied with one or a narrow range of issues.
- 

## Client Questions

*Do you have strong likes and dislikes?*

*Is there anything you would say you are really passionate about?*

*Is there anything that gets you really worked up?*

*Do you find you spend a lot of time thinking about one particular issue? Do you think about it every day? How often during the day?*

---

## Observer Questions

*Is there any specific topic which s/he kept returning to throughout the interview?*

---

## Quick-temper

The subject becomes angry in response to inconsequential events. S/he will react to many situations by losing his or her temper. S/he may display the loss of temper by becoming verbally aggressive, or may slam doors, hit objects, swear, etc. Alternatively, he/she may withdraw social contact as a result of losing his or her temper.

- 0 None
- 1 Questionable
- 2 Mild: Occasional instances
- 3 Moderate: Loss of temper is somewhat controlled, and is resolved relatively quickly.
- 4 Marked: The loss of temper seriously interferes with a subject's life, because it interferes with friendships and because the time spent in a temper reduces the amount of time spent engaging in pleasant or productive activities.
- 5 Severe: The loss of temper sometimes results in assaults.

---

### Client Questions

*What things make you angry?*

*How do you behave when someone makes you angry? (e.g. shout, go of in a "huff", lash out, stay silent or try to forget it)*

*Do you sometimes lose your temper?*

*How would other people be able to tell if you lost your temper?*

*Do you sometimes worry about the way you act?*

---

## Recreational interests & activities

The subject has few or no interests, activities or hobbies. Usually interest will have declined from an earlier level of activity. Subjects with milder loss of interest will engage in some activities such as watching TV, or will show sporadic or occasional interest. Subjects with more severe loss of interest will seem to have a complete and intractable inability to get involved in meaningful activities.

- 0 None
- 1 Questionable
- 2 Mild: Occasional instances
- 3 Moderate: The subject is interested in one or two things, but only to a limited extent.
- 4 Marked: The subject has little interest and takes part in activities only rarely.
- 5 Severe: The subject has no interest in recreational activities.

---

### Client Questions

*Tell me about what you do with your time when you're not at work / college / rehab.*

*What activities do you really enjoy?*

*How do you relax?*

*Do you watch TV or listen to the radio very much?*

*Do you like to keep busy?*

*If so, how do you keep busy?*

*How often do you go out?*

*Have you been spending much time with your friends?*

*Have the things that you usually enjoy been as fun as usual?*

*Have your hobbies changed since your brain injury?*

*Are you learning (or planning to learn) how to do something new?*

---

## Resentfulness

The subject feels resentment towards others. This may take the form of bearing specific grudges to others, or general disaffection towards everybody. It is characterised by a feeling that others (specific individuals, or people in general) do not deserve something they have, and has a flavour of bitterness. This may be accompanied by spite or jealousy.

- 0 None
- 1 Questionable
- 2 Mild: Occasional instances
- 3 Moderate: S/he is sometimes resentful and expresses these feeling to others.
- 4 Marked: S/he is frequently resentful.
- 5 Severe: S/he is resentful of almost everybody, and expresses these feelings openly.

---

### Client Questions

*Do you find you hold grudges against people very much?*

*What do you think of the other people at your work or college?*

*Do you find it easy to forgive people if they do something that annoys or upsets you?*

*Do you like your friends? Do you see them often? If not, why not?*

---

## Self-centredness / Selfishness

The subject behaves in a selfish manner and does not take into consideration the needs, feelings, or opinions of others. The subject may be self-centred, and may act as if the world revolves around him/her - for example, only talking about him or herself.

- 0 None
- 1 Questionable
- 2 Mild: Occasional instances
- 3 Moderate: Several instances of selfishness
- 4 Marked: Frequent instances of selfishness
- 5 Severe: The subject's selfishness is so severe that it interferes with social relationships.

---

### Client Questions

*Do you consider yourself assertive?*

*Being assertive is one thing, but do people ever tell you that you are selfish?*

*If so, what do you think about that? Do you think you are selfish?*

*Do you generally like doing things to help other people out?*

*What do you think when other people tell you their troubles?*

---

### Observer Questions

*Did s/he come across as concerned for other people, or as self-centred?*

---

## Self-esteem

The subject holds a low opinion of him or herself (rated separately from "Self-criticism" as s/he need not spontaneously express these opinions for this item to be rated). S/he finds praise difficult to accept and may have low expectations of what s/he can achieve. S/he seems to feel worthless, inadequate, inferior, or a failure.

- 0 None
- 1 Questionable
- 2 Mild: Occasional instances
- 3 Moderate: The subject shows definite signs of low self-esteem.
- 4 Marked: The subject shows clear signs of low self-esteem for much of the time, and finds it difficult to make positive statements about him or herself.
- 5 Severe: The subject has very low self-esteem and seems to feel completely worthless.

---

## Client Questions

- Tell me about something you have done which you are proud of.*
  - What kind of things do you think you are going to achieve in your life?*
  - Do you think you are doing well at work or college?*
  - What are you doing? Are you enjoying it?*
  - Are you pretty good at house chores (ironing, cooking etc, if it applies)*
  - Would you say you generally feel satisfied with life?*
-

## Social disinhibition

The subject shows little awareness of the normal social "rules" of behaviour. For instance, s/he may dominate conversations, interrupt others, speak too loudly, start arguments, change the subject at inappropriate times, or talk about irrelevant things.

- 0 None
- 1 Questionable
- 2 Mild: Occasional instances
- 3 Moderate: Several instances of disinhibition.
- 4 Marked: Frequent instances of disinhibition.
- 5 Severe: The subject is almost always disinhibited.

---

### Client Questions

*Do you think of yourself as someone who generally gets on with other people pretty well, or do you sometimes have difficulty getting on with people?*

*Do you ever find it hard to keep a conversation going?*

*Can you think of anything you have done that others might think unusual, or that has called attention to yourself?*

---

### Observer Questions

*Does the subject interrupt often, try to dominate the interview, or break any other rules of social interaction during the interview?*

*Does the subject provide anecdotes in which it is clear that the subject often breaks rules of social interaction?*

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# **The Brain Injury Personality Scale**

Interview with the significant other

*M.C. Obonsawin, S. Jefferis and J.R. Crawford*



Developed with a grant from the National Lottery Charities Board to Rehab Scotland and the University of Strathclyde, in conjunction with Rehab UK and the University of Aberdeen

May 2012

<b>1</b>	What kind of things does s/he like to do with his or her time?	<i>Recreational interests and activities</i>
<b>2</b>	Does s/he have many interests or hobbies?	<i>Recreational interests and activities</i>
<b>3</b>	What activities does s/he get involved in or get excited about?	<i>Recreational interests and activities</i>
<b>4</b>	Does s/he have plans to learn or take part in new things?	<i>Recreational interests and activities</i>
<b>5</b>	Has s/he felt interested in the things that s/he usually enjoys?	<i>Recreational interests and activities</i>
<b>6</b>	Would you say s/he lacks enthusiasm for things?	<i>Recreational interests and activities; Physical anergia</i>
<b>7</b>	Does s/he spend much time watching TV or listening to the radio?	<i>Recreational interests and activities; Physical anergia</i>
<b>8</b>	Does s/he ever sit around at home all day?	<i>Physical anergia</i>
<b>9</b>	Does s/he seem to lack energy, or feel tired during the day?	<i>Physical anergia</i>
<b>10</b>	Does s/he get bored easily?	<i>Boredom</i>
<b>11</b>	What kinds of things make him or her bored?	<i>Boredom</i>
<b>12</b>	Does s/he find it easy to stay occupied?	<i>Boredom</i>



<b>13</b>	Does s/he ever seem restless, or find it difficult to sit still?	<i>Restlessness</i>
<b>14</b>	Does s/he tend to think things through, or does s/he rush into doing things without thinking - that is, acting on impulse?	<i>Rashness / Impulsivity</i>
<b>15</b>	Does s/he go to work or college?	
	(n.b. if the person does not work or study, these questions can be asked regarding any other appropriate environment - e.g. club, drop-in centre, or alternatively about how things were when the person was last in work or college, if in the recent past)	
<b>16</b>	Do you get the impression that s/he is getting a sense of achievement at work or college? Is s/he proud of what s/he does there?	<i>Self-esteem</i>
<b>17</b>	Is s/he good at knowing whether s/he has done a good job?	<i>Self-esteem</i>
<b>18</b>	Could you tell me about how s/he is getting on at work (or college)?	
<b>19</b>	Have there been any problems that you know of, at work or college?	
<b>20</b>	What kind of problems have there been?	<i>Many problems related to the items could be mentioned here.</i>
<b>21</b>	Has s/he had any difficulty holding down a job / college course?	
<b>22</b>	Do you feel that s/he has reasonable expectations of his/her colleagues at work (or college)?	<i>Unreasonableness</i>
<b>23</b>	Does s/he criticise other people very often, or pick holes in the way others go about things?	<i>Criticism of others</i>
<b>24</b>	Does s/he ever blame other people for things that are his or her responsibility?	<i>Blaming others</i>

25	How does s/he react if challenged about this?	<i>Blaming others</i>
26	Could you tell me a little bit about how things are at home?	<i>Dependence</i>
27	Does s/he help out at home very much?	<i>Dependence</i>
28	If s/he does help out at home, do you think that the ability to help out gives him/her a sense of achievement, of contributing?	<i>Self-esteem</i>
29	Does s/he behave in a reasonable way when asked to do things around the house?	<i>Unreasonableness</i>
30	Does s/he tend to rely on people to do things for him or her? (i.e. things which the person could actually do alone or without help)	<i>Dependence; Initiative</i>
31	Why do you think s/he relies on others to do things so much? Is it because s/he is unable to do them, or is s/he too self-centred and selfish to help out?	<i>Self-centredness/ selfishness</i>
32	What kind of things does s/he rely on other people for?	<i>Dependence</i>
33	Does s/he make unreasonable demands of others?	<i>Unreasonableness</i>
34	Does s/he want to become more independent? (e.g. do more things for him or herself, move out of the family home if living with relatives)	<i>Dependence ; Initiative</i>
35	Would you say s/he uses his or her initiative?	<i>Initiative</i>
36	Does s/he rely on others to tell him/her what to do?	<i>Initiative</i>
37	Would you say s/he often behaves in an unreasonable way? (i.e. moaning about, or refusing to do, reasonable things which have been asked of him or her)	<i>Unreasonableness</i>

38	Does s/he normally help other people out, or does s/he tend to act more selfishly?	<i>Self-centredness / Selfishness</i>
39	Would you say s/he behaves in a self-centred way?	<i>Self-centredness / Selfishness</i>
40	Does s/he ever tend to get impatient? (i.e. not being able to wait for something to happen, or being impatient when wanting to talk to someone who is busy)	<i>Impatience</i>
41	Does s/he become irritable sometimes?	<i>Irritability</i>
42	What kind of things make him or her irritable?	<i>Irritability</i>
43	Would you say that s/he gets on with other people quite well?	
44	Does s/he argue with people very often (without provocation)?	<i>Argumentative</i>
45	Does s/he ever worry about losing control of his or her behaviour?	<i>Emotional disinhibition/ lack of control</i>
46	What does s/he think will happen if s/he loses control? (e.g. getting angry, hurting people, harming him or herself)	<i>Emotional disinhibition/ lack of control; Aggressive behaviour</i>
	If s/he does lose control, can s/he calm him or herself down, or is the help of someone else needed to do so?	<i>Emotional disinhibition/ lack of control</i>
47	Does s/he ever lose his or her temper?	<i>Quick temper</i>
48	Does s/he ever become aggressive or violent after having lost his or her temper?	<i>Quick temper</i>
49	To what extent does the loss of temper interfere with his or her life?	<i>Quick temper</i>

50	Is s/he ever verbally or physically aggressive?	Aggressive behaviour
51	How much of a problem is this?	Aggressive behaviour
52	Do you think s/he is aware of the consequences?	Aggressive behaviour
53	Does s/he care about the consequences?	Aggressive behaviour
54	Does s/he act in an insensitive way?	Insensitivity
55	If so, can you give an example of his or her insensitivity?	Insensitivity
56	Would you say s/he was a sympathetic, understanding person?	Lack of empathy / Insensitivity
57	Does s/he show concern or compassion for others' difficulties?	Lack of empathy
58	Is s/he able to accept differences of opinion with others?	Lack of empathy
59	Does s/he ever make tactless comments?	Tactlessness
60	Does s/he understand why such comments might be inappropriate?	Tactlessness
61	Does s/he tend to dominate conversations or interrupt other people?	Social disinhibition
62	Does s/he ever do embarrassing things in front of other people, and do things that most other people don't do, like changing the topic of conversation, talking about irrelevant things?	Social disinhibition

<b>63</b>	Does s/he ever behave strangely in public, or do things that might draw attention to him or herself?	<i>Social disinhibition</i>
<b>64</b>	Does s/he ever go up to strangers without a sensible reason?	<i>Social disinhibition</i>
<b>65</b>	Does s/he come across as too forward toward others, for example not giving enough personal space, being inappropriately informal towards people s/he does not know, or being too "touch" or affectionate?	<i>Social disinhibition</i>
<b>66</b>	Does s/he ever seem not to be paying attention when involved in a conversation?	<i>Social inattentiveness</i>
<b>67</b>	Does s/he tend to "tune out" of discussions?	<i>Social inattentiveness</i>
<b>68</b>	Does s/he have difficulty concentrating when playing games or watching TV?	<i>Social inattentiveness</i>
<b>69</b>	Does s/he tend not to notice when something important is happening?	<i>Social inattentiveness</i>
<b>70</b>	How long have you known one another? (For partners and non-family members only)	
<b>71</b>	How would you describe your relationship?	<i>Intimacy and closeness</i>
<b>72</b>	Do the two of you get on well?	<i>Intimacy and closeness</i>
<b>73</b>	Have there been any changes in his or her close relationships?	<i>Intimacy and closeness</i>
<b>74</b>	Can s/he share his or her personal thoughts with you, or with anyone else?	<i>Intimacy and closeness</i>

<b>75</b>	Is s/he as friendly and affectionate as usual?	<i>Intimacy and closeness</i>
<b>76</b>	Does s/he spend much time with his or her friends?	<i>Loneliness</i>
<b>77</b>	Does s/he get lonely?	<i>Loneliness</i>
<b>78</b>	How often does this happen?	<i>Loneliness</i>
<b>79</b>	Would you say s/he is an unhappy person, or is s/he generally satisfied with life?	<i>Dissatisfaction / unhappiness</i>
<b>80</b>	How much of the time is s/he unhappy?	<i>Dissatisfaction / unhappiness</i>
<b>81</b>	Would you say s/he ever seems depressed (e.g. feeling persistently low, or pessimistic about the future)?	<i>Depressiveness</i>
<b>82</b>	Are these low moods persistent and difficult to get out of?	<i>Depressiveness</i>
<b>83</b>	Would you say s/he usually feels pretty good about him or herself, or do you think s/he has little self-esteem?	<i>Self-esteem</i>
<b>84</b>	Do you think s/he is a confident person?	<i>Confidence</i>
<b>85</b>	Does s/he ever seem tense or nervous?	<i>Anxiety</i>
<b>86</b>	Does that happen often, or in particular places or situations?	<i>Anxiety</i>
<b>87</b>	Does s/he spend a lot of time worrying?	<i>Worry</i>

88	What kind of things does s/he worry about?	Worry
89	Do you think s/he is an anxious person?	Anxiety
90	Does s/he ever get "butterflies in the stomach" or get panicky about things?	Anxiety
91	Does s/he tend to laugh or cry about the slightest thing? Does s/he get upset very easily?	Emotional disinhibition / lack of control
92	Does s/he get in a "huff" or a bad mood easily?	Changeability
93	Does s/he have mood swings? (i.e. times when s/he seems to change all of a sudden between being happy and being elated, angry or miserable)	Changeability
94	Are they prompted by external events, or do they seem to happen at random?	Changeability
95	Does s/he over-react to unimportant events?	Catastrophic reactions
96	Do you think s/he can control his or her emotions well? (e.g. staying calm when under stress)	Emotional disinhibition / lack of control
97	Is s/he ever too open to other people about how s/he is feeling? (e.g. talking to people s/he has only just met about personal things)	Emotional disinhibition; lack of control
98	Is there any other way in which s/he has changed, which we haven't talked about?	
★	Is there anything you would like to add to the things we have talked about so far?	

# The Brain Injury Personality Scale

Description of individual items  
Interview with the significant other

*M.C. Obonsawin, S. Jefferis and J.R. Crawford*



Developed with a grant from the National Lottery Charities Board to Rehab Scotland and the University of Strathclyde, in conjunction with Rehab UK and the University of Aberdeen

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## Aggressive behaviour

The subject behaves in an aggressive or agitated manner, often quite unpredictably. S/he may be verbally aggressive, by shouting at, swearing at or threatening other people. In severe cases s/he may be physically aggressive towards others.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: The subject is sometimes verbally aggressive towards others.
- 4 Marked: The subject has frequent outbursts of verbal aggression. S/he may sometimes threaten others.
- 5 Severe: The subject has very frequent outbursts of verbal aggression, or has been physically aggressive towards others.

---

### Carer Questions

*Is s/he ever verbally or physically aggressive?*

*Do you think s/he is aware of the consequences?*

*What does s/he think will happen if s/he loses control? (e.g. getting angry, hurting people, harming him or herself)*

---

## Anxiety

The subject may display signs of anxious or nervous feelings. S/he may have feelings of fear or apprehension, become panicky, or get "butterflies in the stomach".

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: Several instances of anxiety.
- 4 Marked: Frequent instances of anxiety.
- 5 Severe: Anxiety is so frequent and/or intense that it is incapacitating.

---

### Carer Questions

*Do you think s/he is an anxious person?*

*Does s/he ever get "butterflies in the stomach" or get panicky about things?*

*Does s/he ever seem tense or nervous?*

---

## Argumentative

The subject gets into arguments easily, and will argue without provocation.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: The subject often gets into arguments unnecessarily.
- 4 Marked: The subject is frequently argumentative.
- 5 Severe: The subject's interactions with others are almost always argumentative.

---

### Carer Questions

*Does s/he argue with people very often (without provocation)?*

---

## Blaming others

The subject attempts to evade responsibility for any negative consequences of his or her actions by blaming other people.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: The subject sometimes looks for ways to blame others, but will often take responsibility when challenged.
- 4 Marked: The subject frequently blames other people, and is stubborn when challenged.
- 5 Severe: The subject almost always blames others for negative consequences of his or her actions, and refuses to take responsibility.

---

### Carer Questions

*Does s/he ever blame other people for things that are his or her responsibility?  
How does s/he react if challenged about this?*

---

## **Boredom**

The subject gets bored easily even when activity and occupation are readily available.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: The subject often gets bored easily.
- 4 Marked: The subject is frequently bored, even though there are plenty of things to do.
- 5 Severe: The subject is bored nearly all of the time.

---

### **Carer Questions**

*Does s/he get bored easily?*

*What kind of things make him or her bored?*

*How easy does s/he find it to stay occupied?*

---

## **Catastrophic reactions**

The subject tends to see problems as disastrous, or unsolvable. S/he tends to over-react to events, and assumes that events of moderate importance may be disastrous. S/he may also worry excessively about how s/he will be affected by such events.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: The subject often over-reacts to everyday events.
- 4 Marked: The subject frequently over-reacts to events or assumes they will have catastrophic consequences.
- 5 Severe: The subject always reacts out of proportion to the significance of events, and worries about terrible effects that everyday events will have on him or her.

---

### **Carer Questions**

*Does s/he over-react to unimportant events?*

---

## Changeability

The subject experiences mood-swings. S/he may go from feeling happy or exhilarated to feeling down, or angry. There may not be an obvious precipitating event for these changes, or the event may seem inconsequential to others. Do not score as present if the subject simply shows appropriate emotional reactions to life events.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: The subject's mood is sometimes variable, but there are considerable periods of time when mood appears stable.
- 4 Marked: The subject's mood changes frequently and unpredictably, and is calm and settled only on few occasions.
- 5 Severe: The subject's mood seems constantly up and down, and is very difficult to predict.

---

### Carer Questions

*Does s/he have moodswings? (i.e. times when s/he moves from one emotional state to another very quickly - between being happy and being elated, angry or miserable)*

*Are they prompted by external events, or do they seem to happen at random?*

*Does s/he get in a "huff" or a bad mood easily?*

---

## Criticism of others

The subject is overly critical of others' actions, opinions etc. S/he may always seem to find fault with other people and express this opinion quite openly.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: The subject is sometimes excessively critical of others.
- 4 Marked: The subject is frequently excessively critical of others.
- 5 Severe: The subject is almost always critical of other people.

---

### Carer Questions

*Does s/he criticise other people very often, or pick holes in the way others go about things?*

---

## Dependence

Although the subject has the ability to care for himself/herself, s/he has limited independence and relies on others for meals, housework etc. S/he may not travel independently. The subject may even be dependent on others for opinions and views. Please note that this item refers only to activities that the subject is able to carry out.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: The subject initially relies on others as much as possible but will carry out tasks if no-one else does. The subject does manage to do some things by him/herself.
- 4 Marked: The subject will not carry out many tasks, but will frequently wait until somebody else does.
- 5 Severe: The subject does little for or by him/herself.

---

### Carer Questions

*Could you tell me a little bit about how things are at home?*

*Does s/he help out at home very much?*

*Does s/he tend to rely on people to do things for him or her? (i.e. things which the person could actually do alone or without help)*

*What kind of things does s/he rely on other people for?*

*Does s/he want to become more independent? (e.g. do more things for him or herself, move out of the family home if living with relatives)*

---

## Depressiveness

The subject experiences low moods. These feelings are persistent and appear to be unrelated to specific issues or events. S/he may be pessimistic about the future, and may seem unable to help him or herself.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: The person sometimes becomes pessimistic and low in mood, but this does not last for a long time. Sometimes the subject seems contented and happy.
- 4 Marked: The subject seems low in mood for most of the time, and feels that there is nothing to look forward to. S/he is still able to enjoy his or her favourite activities.
- 5 Severe: The subject always feels low and seems unable to enjoy anything. S/he may have discussed taking his or her own life.

---

### Carer Questions

*Would you say s/he ever seems depressed (e.g. feeling persistently low, or pessimistic about the future)?*

*Are these low moods persistent and difficult to get out of?*

---

## Dissatisfaction / Unhappiness

The subject is unhappy and dissatisfied with his or her situation. He/she tends not to smile, and dwells on the negative aspects of his or her situation. This is rated separately to "Depressiveness" as it refers to an attitude of dissatisfaction, and unhappy thoughts, rather than to a low mood.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: The subject is sometimes unhappy or dissatisfied, but does have many happy moments.
- 4 Marked: The subject frequently appears to be unhappy or dissatisfied, but does have periods of happiness.
- 5 Severe: The subject is almost always in an unhappy state.

---

### Carer Questions

*Would you say s/he is an unhappy person, or is s/he generally satisfied with life?  
How much of the time is s/he unhappy?*

---

## Emotional disinhibition / Lack of control

The subject's emotions seem to spiral out of control, leading to extremes of anxiety, sadness, rage, excitement, etc. It is not simply that s/he experiences moodswings, but that s/he is unable to control his or her emotions. S/he is likely to need another person's help to calm him or herself down. Also, s/he may be unusually or inappropriately open about his or her feelings with other people. S/he may tend to laugh or cry very easily.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: The subject often displays a lack of emotional control. When under significant stress, s/he tends to lose control; or s/he is often inappropriately open with others.
- 4 Marked: The subject is frequently emotionally disinhibited.
- 5 Severe: The subject lacks emotional control nearly all the time, and is only rarely calm and relaxed. S/he may be totally disinhibited about sharing his or her feelings with others.

---

### Carer Questions

*Do you think s/he can control his or her emotions well? (e.g. staying calm when under stress)  
Is s/he ever too open to other people about how s/he is feeling? (e.g. talking to people s/he has only just met about personal things)  
Does s/he tend to laugh or cry about the slightest thing? Does s/he get upset very easily?  
If s/he does lose control, can s/he calm him or herself down, or is the help of someone else needed to do so?*

---

## Impatience

The subject cannot postpone receiving attention, or may have difficulty waiting for an event.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: The subject sometimes becomes impatient, and has difficulty waiting, or postponing an action.
- 4 Marked: Frequent instances of impatience. The subject often has difficulty waiting, or postponing an action.
- 5 Severe: The subject's impatience is debilitating and severely interferes with his/her life.

---

### Carer Questions

*Does s/he ever tend to get impatient? (i.e. not being able to wait for something to happen, or being impatient when wanting to talk to someone who is busy)*

---

## Initiative

The subject does not use his or her initiative to solve problems. S/he may rely on others for solutions and tends not to generate many original suggestions. (N.B. The subject need not be listless / inactive for a positive score on this item). This should be rated separately from "Dependence" as it refers to generating ideas and suggestions for action rather than relying on others to carry out the actions themselves.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: The subject sometimes lacks initiative and relies on other people to generate ideas.
- 4 Marked: The subject frequently lacks initiative, and comes up with solutions to problems only rarely.
- 5 Severe: The subject shows a complete lack of initiative and does not come up with original suggestions.

---

### Carer Questions

*Would you say s/he uses his or her initiative?*

*Does s/he rely on others to tell him/her what to do?*

*Does s/he want to become more independent? (e.g. do more things for him or herself, move out of the family home if living with relatives)*

*Does s/he tend to rely on people to do things for him or her? (i.e. things which the person could actually do alone or without help)*

---

## **Insensitivity**

The subject does not consider other people's feelings or thoughts. S/he acts without considering the potential impact on others, or say things without apparent regard for others' feelings.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: The subject's insensitivity is troublesome, but does not socially isolate him/her.
- 4 Marked: The subject's insensitivity alienates him or her from other individuals
- 5 Severe: Most of the subject's behaviours show a complete insensitivity to others.

---

### **Carer Questions**

*Does s/he act in an insensitive way?*

*If so, can you give an example of his or her insensitivity?*

*Would you say s/he was a sympathetic, understanding person?*

---

## **Intimacy and closeness**

The subject has difficulty forming close and intimate relationships (appropriate for his or her age and family status). S/he may display few or no feelings of affection to parents or siblings, partners or children. S/he may live alone and make no effort to initiate contact with family or friends.

- 0 None:
- 1 Questionable:
- 2 Mild: Slight but definite inability to feel closeness and intimacy.
- 3 Moderate: The subject appears to enjoy company of family or significant others, but express affection much less than would be expected.
- 4 Marked: The subject seems expresses almost no affection towards family or significant others.
- 5 Severe: The subject prefers no contact with, or is hostile towards, family or significant others.

---

### **Carer Questions**

*How would you describe your relationship?*

*Do the two of you get on well?*

*Have there been any changes in his or her close relationships?*

*Is s/he as friendly and affectionate as usual?*

*Can s/he share his or her personal thoughts with you, or with anyone else?*

---



## Irritability

The subject is easily annoyed and irritated, usually in response to inconsequential events. The irritability is out of proportion to the circumstances but the subject finds it difficult to control. He/she may not lose his/her temper, but will easily change into a "bad mood". Do not score as present if the person simply has understandable, natural irritation in response to inconvenient or disappointing events.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: The subject is sometimes irritable, enough to set him or her apart from others
- 4 Marked: The subject is frequently irritable, and spends much of his or her time in a "bad mood"
- 5 Severe: The subject is irritable most of the time.

---

### Carer Questions

*Does s/he become irritable sometimes?  
What kind of things make him or her irritable?*

---

## Lack of empathy

The subject seems unable to understand others' points of view. S/he has difficulty making sense of others' behaviour, and may often misunderstand, misinterpret, or get confused by others' actions and responses. S/he may not be sympathetic to others' problems, and shows a lack of concern and compassion to others.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: The subject is sometimes uncaring about others but is capable of expressing concern at times.
- 4 Marked: The subject is rarely concerned with others' feelings and shows little interest in offering support or compassion.
- 5 Severe: The subject is only concerned with his or her own feelings, even when close friends or relatives are in considerable distress.

---

### Carer Questions

*Does s/he show concern or compassion for others' difficulties?  
Would you say s/he was a sympathetic, understanding person?  
Is s/he able to accept differences of opinion with others?*

---

## Loneliness

The subject expresses feelings of loneliness. This is not the same as disliking company; the person prefers company but may find it difficult to form relationships or meet other people.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: The subject sometimes feels lonely.
- 4 Marked: The subject frequently feels lonely and this causes him or her some distress.
- 5 Severe: The subject is lonely all the time and this causes considerable distress.

---

### Carer Questions

*Does s/he get lonely?*

*How often does this happen?*

*Does s/he spend much time with his or her friends?*

---

## Physical anergia

The subject tends to be physically inert. S/he may sit in a chair for hours at a time and not initiate any spontaneous activity. S/he may participate briefly in an activity when encouraged, but soon disengage and wander away. S/he spends much time in passive activities such as watching TV, and may spend long periods sitting in his or her room or lying in bed.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: The subject is inactive for noticeably long periods of the day, or will sometimes spend a day or two being inactive.
- 4 Marked: The subject is inactive for a significant portion of the day, or for many days.
- 5 Severe: The subject is rarely active.

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### Carer Questions

*Does s/he seem to lack energy, or feel tired during the day?*

*Does s/he ever sit around at home all day?*

*Would you say s/he lacks enthusiasm for things?*

*Does s/he spend much time watching TV or listening to the radio?*

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## Quick-temper

The subject becomes angry in response to inconsequential events. S/he will react to many situations by losing his or her temper. S/he may display the loss of temper by becoming verbally aggressive, or may slam doors, hit objects, swear, etc. Alternatively, he/she may withdraw social contact as a result of losing his or her temper.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: Loss of temper is somewhat controlled, and is resolved relatively quickly.
- 4 Marked: The loss of temper seriously interferes with a subject's life, because it interferes with friendships and because the time spent in a temper reduces the amount of time spent engaging in pleasant or productive activities.
- 5 Severe: The loss of temper sometimes results in assaults.

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### Carer Questions

*Does s/he ever lose his or her temper?*

*Does s/he ever become aggressive or violent after having lost his or her temper?*

*To what extent does the loss of temper interfere with his or her life?*

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## Rashness / Impulsivity

The subject will act impulsively without thinking of the consequences or without considering how he/she is going to carry out the action. These acts may be potentially damaging for the subject - e.g. impulsivity regarding money, sex, substance abuse, driving, or aggression.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: Many of the subject's actions are impulsive. This impulsivity does interfere with his/her life somewhat.
- 4 Marked: The subject is very impulsive, and this is potentially dangerous for the subject or others.
- 5 Severe: Most of the subject's actions are impulsive, and potentially dangerous.

---

### Carer Questions

*Does s/he rush into doing things without thinking - that is, acting on impulse?*

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## Recreational interests & activities

The subject has few or no interests, activities or hobbies. Usually interest will have declined from an earlier level of activity. Subjects with milder loss of interest will engage in some activities such as watching TV, or will show sporadic or occasional interest. Subjects with more severe loss of interest will seem to have a complete and intractable inability to get involved in meaningful activities.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: The subject is interested in one or two things, but only to a limited extent.
- 4 Marked: The subject has little interest and takes part in activities only rarely.
- 5 Severe: The subject has no interest in recreational activities.

---

### Carer Questions

- What does s/he like to do with his or her time?*
- Does s/he have many interests or hobbies?*
- Has s/he felt interested in the things that s/he usually enjoys?*
- What activities does s/he get involved in or get excited about?*
- Does s/he have plans to learn or take part in new things?*
- Would you say s/he lacks enthusiasm for things?*
- Does s/he spend much time watching TV or listening to the radio?*

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## Restlessness

The subject is unsettled or fidgety, and finds it difficult to stay still - e.g. plucking at fingers or clothing, or making restless movements with his or her legs. Restlessness should be distinguished from overactivity, which implies that the person is actively engaged in some kind of constructive activity. "Restlessness" refers to a general edginess, unprompted by specific events or distractions.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: The subject is sometimes restless. At interview, s/he fidgets frequently enough to come across as moderately restless or unsettled.
- 4 Marked: The subject is frequently restless. S/he fidgets often and has difficulty concentrating during the interview.
- 5 Severe: The subject is almost always restless. S/he finds it impossible to concentrate and is restless throughout the interview.

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### Carer Questions

- Does s/he ever seem restless, or find it difficult to sit still?*

## Self-centredness / Selfishness

The subject behaves in a selfish manner and does not take into consideration the needs, feelings, or opinions of others. The subject may be self-centred, and may act as if the world revolves around him/her - for example, only talking about him or herself.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: Several instances of selfishness
- 4 Marked: Frequent instances of selfishness
- 5 Severe: The subject's selfishness is so severe that it interferes with social relationships.

---

### Carer Questions

*Does s/he normally help other people out, or does s/he tend to act more selfishly?*

*Would you say s/he behaves in a self-centred way?*

*Why do you think s/he relies on others to do things so much? Is it because s/he is unable to do them, or is s/he too self-centred and selfish to help out*

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## Self-esteem

The subject holds a low opinion of him or herself. S/he finds praise difficult to accept and may have low expectations of what s/he can achieve. S/he seems to feel worthless, inadequate, inferior, or a failure.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: The subject shows definite signs of low self-esteem.
- 4 Marked: The subject shows clear signs of low self-esteem for much of the time, and finds it difficult to make positive statements about him or herself.
- 5 Severe: The subject has very low self-esteem and seems to feel completely worthless.

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### Carer Questions

*Would you say s/he usually feels pretty good about him or herself, or do you think s/he has little self-esteem? Is s/he good at knowing whether s/he has done a good job?*

*Do you get the impression that s/he is getting a sense of achievement at work or college? Is s/he proud of what s/he does there?*

*If s/he does help out at home, do you think that the ability to help out gives him/her a sense of achievement, of contributing?*

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## Social disinhibition

The subject shows little awareness of the normal social "rules" of behaviour. For instance, s/he may dominate conversations, interrupt others, speak too loudly, start arguments, change the subject at inappropriate times, or talk about irrelevant things.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: Several instances of disinhibition.
- 4 Marked: Frequent instances of disinhibition.
- 5 Severe: The subject is almost always disinhibited.

---

### Carer Questions

*Does s/he tend to dominate conversations or interrupt other people?*

*Does s/he come across as too forward towards others?, e.g. not giving enough personal space, being inappropriately informal towards people whom s/he does not know, or being too "touchy" or affectionate?*

*Does s/he ever do embarrassing things in front of other people, and do things that most other people don't do, like changing the topic of conversation, talking about irrelevant things?*

*Does s/he ever behave strangely in public, or do things that might draw attention to him or herself?*

*Does s/he ever go up to strangers without a sensible reason?*

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## Social inattentiveness

The subject seems inattentive in social situations. S/he may look away during conversations, fails to pick up a topic during discussion, or appears uninvolved or disengaged. S/he may abruptly terminate a discussion without any apparent reason. S/he may seem "spacey" or "out of it", or have difficulty concentrating while playing games, reading, or watching TV. This items concerns inattentiveness in social interactions rather than lack of awareness of what is happening outside of the immediate environment.

- 0 None:
- 1 Questionable:
- 2 Mild: Slight but definite signs of inattentiveness.
- 3 Moderate: Sometimes misses what is happening in the environment.
- 4 Marked: Frequently misses what is happening in the environment.
- 5 Severe: Unable to follow conversation, remember what s/he has read, or follow TV plot.

---

### Carer Questions

*Does s/he have difficulty concentrating when playing games, or watching TV?*

*Does s/he tend not to notice when something important is happening?*

*Does s/he ever seem not to be paying attention when involved in a conversation?*

*Does s/he tend to "tune out" of discussions?*

---

## Tactlessness

The subject makes indiscreet comments when other people are present. S/he may have poor judgement about appropriate behaviour in social situations. S/he seems to be unaware of why such comments are inappropriate.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: The subject sometimes acts tactlessly, but may realise afterwards that a comment was inappropriate.
- 4 Marked: The subject frequently acts in an indiscreet way and causes embarrassment or offence.
- 5 Severe: The subject's comments and behaviour are so inappropriate that they interfere significantly with social relationships.

---

### Carer Questions

- Does s/he ever make tactless comments?*
  - Does s/he understand why such comments might be inappropriate?*
- 

## Unreasonableness

The subject responds in an unreasonable way to requests or suggestions. S/he may refuse to do things that might reasonably be expected. S/he may make excessive demands of other people, or have unreasonable expectations of others.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: Sometimes the subject will refuse to do what is asked of them.
- 4 Marked: The subject is oppositional for much of the time or expects other people to do everything for them.
- 5 Severe: The subject refuses to carry out reasonable requests and demands that others complete his or her duties.

---

### Carer Questions

- Would you say s/he often behaves in an unreasonable way? (i.e. moaning about, or refusing to do, reasonable things which have been asked of him or her)*
  - Do you feel that s/he has reasonable expectations of his/her colleagues at work (or college)?*
  - Does s/he behave in a reasonable way when asked to do things around the house?*
  - Does s/he make unreasonable demands of others?*
-

## Worry

The subject may worry about a number of matters, and the amount of worry may be disproportionate to the importance of the matter. This is rated separately to "Anxiety" as it refers specifically to the presence of worrying thoughts rather than anxious moods.

- 0 None:
- 1 Questionable:
- 2 Mild: Occasional instances
- 3 Moderate: The subject is sometimes worries too much.
- 4 Marked: The subject is frequently worries too much.
- 5 Severe: Worry is so frequent or extreme as to be incapacitating.

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### Carer Questions

*Does s/he spend a lot of time worrying?*

*What kind of things does s/he worry about?*

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# The Brain Injury Personality Scale

Scoring record for the interview with the client

*M.C. Obonsawin, S. Jefferis and J.R. Crawford*

Client's name:

Date of Birth:

Sex: M F

Interviewer's name:

Date of Interview:



Developed with a grant from the National Lottery Charities Board to Rehab Scotland and the University of Strathclyde, in conjunction with Rehab UK and the University of Aberdeen

May 2012

<b>Individual items</b>	<b>No problem</b>	<b>Questionable</b>	<b>Mild</b>	<b>Moderate</b>	<b>Marked</b>	<b>Severe</b>
<b>Aggressive behaviour</b>	0	1	2	3	4	5
<b>Anxiety</b>	0	1	2	3	4	5
<b>Argumentative</b>	0	1	2	3	4	5
<b>Awkwardness</b>	0	1	2	3	4	5
<b>Blaming others</b>	0	1	2	3	4	5
<b>Catastrophic reactions</b>	0	1	2	3	4	5
<b>Changeability</b>	0	1	2	3	4	5
<b>Confidence</b>	0	1	2	3	4	5
<b>Dependence</b>	0	1	2	3	4	5
<b>Depressiveness</b>	0	1	2	3	4	5
<b>Dissatisfaction/ unhappiness</b>	0	1	2	3	4	5
<b>Emotional disinhibition/ lack of control</b>	0	1	2	3	4	5
<b>Flattened affect</b>	0	1	2	3	4	5
<b>Insensitivity</b>	0	1	2	3	4	5
<b>Intimacy and closeness</b>	0	1	2	3	4	5
<b>Irrationality</b>	0	1	2	3	4	5
<b>Irresponsibility</b>	0	1	2	3	4	5
<b>Lifelessness/listlessness</b>	0	1	2	3	4	5
<b>Loneliness</b>	0	1	2	3	4	5
<b>Out of touch</b>	0	1	2	3	4	5
<b>Passive aggression</b>	0	1	2	3	4	5
<b>Poverty of content of speech</b>	0	1	2	3	4	5
<b>Preoccupations</b>	0	1	2	3	4	5
<b>Quick temper</b>	0	1	2	3	4	5
<b>Recreational interests and activities</b>	0	1	2	3	4	5
<b>Resentfulness</b>	0	1	2	3	4	5
<b>Self-centredness</b>	0	1	2	3	4	5
<b>Self-esteem</b>	0	1	2	3	4	5
<b>Social disinhibition</b>	0	1	2	3	4	5

Dimension	Item	Raw Score	Scaled score
<b>Tolerance of others</b>	Resentfulness		
	Passive Aggression		
	Blaming others		
	Argumentative		
	Awkwardness		
	Aggressive Behaviour		
	Quick temper		
	<b>Total</b>		
<b>Emotional lability</b>	Emotional disinhibition/lack of control		
	Quick temper		
	Catastrophic reactions		
	Changeability		
	Aggressive behaviour		
	Anxiety		
	<b>Total</b>		
<b>Anxiety</b>	Confidence		
	Anxiety		
	Self-esteem		
	<b>Total</b>		
<b>Depressiveness</b>	Depressiveness		
	Dissatisfaction/unhappiness		
	Loneliness		
	Self-esteem		
	Changeability		
	<b>Total</b>		

Dimension	Item	Raw Score	Scaled score
<b>Social engagement</b>	Irresponsibility		
	Out of touch		
	Insensitivity		
	Self-centredness		
	Dependence		
	Irrationality		
	<b>Total</b>		
<b>Emotional engagement</b>	Flattened affect		
	Lifelessness/listlessness		
	Recreational interests and activities		
	Intimacy and closeness		
	<b>Total</b>		
<b>Range of thought</b>	Poverty of content of speech		
	Preoccupations		
	Social disinhibition		
	<b>Total</b>		

Scoring Categories	Dimension	Score	Category
<b>0- 10:</b> No problem <b>11- 30:</b> Questionable <b>31- 50:</b> Mild <b>51- 70:</b> Moderate <b>71- 90:</b> Marked <b>91-100:</b> Severe	<b>Tolerance of others</b>		
	<b>Emotional lability</b>		
	<b>Anxiety</b>		
	<b>Depressiveness</b>		
	<b>Social engagement</b>		
	<b>Emotional engagement</b>		
	<b>Range of thought</b>		

# The Brain Injury Personality Scale

Scoring record for the interview with the significant other

*M.C. Obonsawin, S. Jefferis and J.R. Crawford*

**Client's name:**

**Date of Birth:**

**Sex: M F**

**Name of significant other:**

**Relationship to client:**

**Interviewer's name:**

**Date of Interview:**



Developed with a grant from the National Lottery Charities Board to Rehab Scotland and the University of Strathclyde, in conjunction with Rehab UK and the University of Aberdeen

May 2012

<b>Individual items</b>	<b>No problem</b>	<b>Questionable</b>	<b>Mild</b>	<b>Moderate</b>	<b>Marked</b>	<b>Severe</b>
<b>Aggressive behaviour</b>	0	1	2	3	4	5
<b>Anxiety</b>	0	1	2	3	4	5
<b>Argumentative</b>	0	1	2	3	4	5
<b>Blaming others</b>	0	1	2	3	4	5
<b>Boredom</b>	0	1	2	3	4	5
<b>Catastrophic reactions</b>	0	1	2	3	4	5
<b>Changeability</b>	0	1	2	3	4	5
<b>Criticism of others</b>	0	1	2	3	4	5
<b>Dependence</b>	0	1	2	3	4	5
<b>Depressiveness</b>	0	1	2	3	4	5
<b>Dissatisfaction/ unhappiness</b>	0	1	2	3	4	5
<b>Emotional disinhibition/ lack of control</b>	0	1	2	3	4	5
<b>Impatience</b>	0	1	2	3	4	5
<b>Initiative</b>	0	1	2	3	4	5
<b>Insensitivity</b>	0	1	2	3	4	5
<b>Intimacy and closeness</b>	0	1	2	3	4	5
<b>Irritability</b>	0	1	2	3	4	5
<b>Lack of empathy</b>	0	1	2	3	4	5
<b>Loneliness</b>	0	1	2	3	4	5
<b>Physical anergia</b>	0	1	2	3	4	5
<b>Quick temper</b>	0	1	2	3	4	5
<b>Rashness/impulsivity</b>	0	1	2	3	4	5
<b>Recreational interests and activities</b>	0	1	2	3	4	5
<b>Restlessness</b>	0	1	2	3	4	5
<b>Self-centredness</b>	0	1	2	3	4	5
<b>Self-esteem</b>	0	1	2	3	4	5
<b>Social disinhibition</b>	0	1	2	3	4	5
<b>Social inattentiveness</b>	0	1	2	3	4	5
<b>Tactlessness</b>	0	1	2	3	4	5
<b>Unreasonableness</b>	0	1	2	3	4	5
<b>Worry</b>	0	1	2	3	4	5

Dimension	Item	Raw Score	Scaled score
<b>Tolerance of others</b>	Quick temper		
	Aggressive Behaviour		
	Argumentative		
	Irritability		
	Unreasonableness		
	Criticism of others		
	Impatience		
	Insensitivity		
	Changeability		
	<b>Total</b>		
<b>Egocentricity</b>	Self-centredness		
	Lack of empathy		
	Intimacy and closeness		
	Insensitivity		
	Blaming others		
	<b>Total</b>		
<b>Disinhibition</b>	Tactlessness		
	Social disinhibition		
	Rashness/impulsivity		
	<b>Total</b>		
<b>Depressiveness</b>	Dissatisfaction/unhappiness		
	Depressiveness		
	Loneliness		
	Self-esteem		
	<b>Total</b>		

Dimension	Item	Raw Score	Scaled score
<b>Anxiety</b>	Worry		
	Anxiety		
	Catastrophic reactions		
	Self-esteem		
	Emotional disinhibition / lack of control		
	<b>Total</b>		
<b>Social engagement</b>	Physical anergia		
	Dependence		
	Recreational interests and activities		
	Initiative		
	<b>Total</b>		
<b>Restlessness</b>	Restlessness		
	Boredom		
	Social inattentiveness		
	<b>Total</b>		

Score Categories	Dimension	Score	Category
<b>0- 10:</b> No problem	<b>Tolerance of others</b>		
	<b>Egocentricity</b>		
<b>11- 30:</b> Questionable	<b>Disinhibition</b>		
	<b>Depressiveness</b>		
<b>31- 50:</b> Mild	<b>Anxiety</b>		
<b>51- 70:</b> Moderate	<b>Social engagement</b>		
<b>71- 90:</b> Marked	<b>Restlessness</b>		
<b>91-100:</b> Severe			