

# Self-care Patterns Scale (SCPS-R)

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This scale contains questions about how you usually take care of yourself. They are not related with your depressive state but with how you usually experience and behave in different situations.

Please, circle the number that fits better how much each phrase is right in your case:

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**Name:**

**Age:**

**Date:**

**Clinician:**

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**1. I get enough sleep to fit my needs.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**2. I try to have appropriate eating habits and eat healthy food.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**3. I exercise on a regular basis.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**4. A visit to the physician or the dentist is my last option.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**5. I have regular checkups (medical checkups)**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**6. I go for a walk on a regular basis.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**7. I try to have a good aspect**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**8. I take care of my personal hygiene, even when I feel unhappy.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**9. If I need something I can ask for it.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**10. I think that my “obligations” (what I have to do) are more important, than my wishes (what I would like to do).**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**11. I usually consider other people needs come before mine**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**12. I can put my needs before other people’s needs if it is necessary.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**13. I tend to abide by my obligations and meet other people’s needs**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**14. I know how to take care of myself in an adequate way.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**15. I worry about other people’s needs just as much as I worry about mine.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**16. People should always be there when I need them**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**17. I don’t understand why other people don’t recognize how much I am worth**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**18. There are very few people who can be at my level**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**19. If I take care of others, they should do the same, and recognize and value me**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**20. I take care of others much better than other people**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**21. I always feel treated unfairly and I don't understand why**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**22. I get angry or upset when people don't respond to my needs immediately**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**23. People who are close to me have the obligation to take care of my needs**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**24. I interact with people who don't care for me and mistreat me.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**25. I stand situations or relationships which are harmful for me (for too long).**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**26. I do things that I know are bad for me.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**27. Sometimes I behave in a self-destructive way.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**28. Sometimes I act in a self-destructive way because I deserve it**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**29. I have used alcohol or drugs to "feel better".**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**30. Sometimes I use medication to sleep and try not to think.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**31. When I feel bad I get angry with myself for feeling like that, and I am always blaming myself.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**32. When I feel bad I try to cheer up and do things that make me feel better.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**33. Others regularly give me compliments, appreciation and positive recognition.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**34. I change the subject, make a joke or verbally reject the compliments, appreciation and praise others offer me.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**35. When others give me praise, appreciation, or compliments I suspect they are trying to trick, use or manipulate me.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**36. I get good feelings about myself when others give me praise, compliments and appreciation.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**37. The good feelings about myself that I get from others when they give me appreciation, praise and compliments stay with me and help me feel good about myself when I am coping with difficult situations.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**38. I spend part of my time occupied in activities that are pleasant and fun.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**39. I spend time with my friends.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**40. I usually dedicate some time for myself.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**41. There are people that I can talk to about my problems**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**42. When I feel unhappy, I can ask for help and let other people take care of me.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**43. I am always taking care of other people, but nobody takes care of me.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**44. I accept and take care myself.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**45. I treat myself the same way I treat other people.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**46. Sometimes I think that: people only turn to me when they need something.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**47. There is a balance between what I give and what I receive.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**48. I am able to know when to slow down my pace, and take a break.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**49. When somebody asks me to do something I know is wrong, I am able to say no without a doubt**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**50. I let other people approach me with inappropriate manners.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**51. It's hard for me to say no, even when I have to do things I dislike.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**52. It's hard for me to defend my rights / I am easily influenced by other people's opinion (even when I know I am right)**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**53. I am a worthy person and feel that I should be treated the same way that I treat others.**

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

**54. Please add any other issue related with your self-care not included in the previous questions:**

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Name:

Age:

Date:

Clinician:

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<b>Results</b>			
<b>Issue (Item numbers)</b>	<b>Number of items</b>	<b>Total</b>	<b>Average</b>
<b>A. Physical care (1-8)</b>	<b>8</b>		
<b>B. Recognizing and responding to their own needs (9-15)</b>	<b>7</b>		
<b>C. A realistic view of the self (16-23)</b>	<b>8</b>		
<b>D. Self-harming behaviors (24-32)</b>	<b>9</b>		
<b>E. Tolerating and assimilating interpersonal positive affect and recognition (33-37)</b>	<b>5</b>		
<b>F. Engaging in activities or relationships that are positive for oneself (38-40)</b>	<b>3</b>		
<b>G. Being able to ask for help (41-42)</b>	<b>2</b>		
<b>H. Hypertrophic caregiver role (43-47)</b>	<b>5</b>		
<b>I. Adequate boundaries and limits (48-53)</b>	<b>6</b>		
<b>Total:</b>	<b>53</b>		