

## Recovery Progression Measure (RPM)

(Elison et al., 2016)

Each domain includes five yes/no items inquiring about dysfunction over the past two weeks (0= no, 1= yes). The sixth item in each domain is an 11-point Likert scale (0 = no impact, 10 = overwhelming impact) question regarding impact of the dysfunctional areas.

### Your situations

**Over the last 2 weeks, have you been in any of these situations?**

Conflict with others?	No	Yes
Problem with work, training or education?	No	Yes
Issues with money or debts?	No	Yes
Being in risky places or situations?	No	Yes
Being pressured by others?	No	Yes

Overall, what impact do these difficult situations have on you?

### Your thoughts

**Over the last 2 weeks, have you had any thoughts like this?**

That you're not good enough?	No	Yes
That things are out of control?	No	Yes
That your health is being damaged?	No	Yes
That you can't cope?	No	Yes
That you can't trust someone or something?	No	Yes

Overall, what impact do these negative thoughts have on you?

### Your physical sensations

**Over the last 2 weeks, have you felt any of these sensations in your body?**

Cravings?	No	Yes
Uncontrollable shakes?	No	Yes
Muscle tension or stomach cramps?	No	Yes
Dizziness or sickness?	No	Yes
Tiredness or feeling worn out?	No	Yes

Overall, what impact do these physical sensations have on you?

### Your behaviours

**Over the last 2 weeks, have you done any of these things?**

Been difficult or aggressive?	No	Yes
Avoided people?	No	Yes
Not been active?	No	Yes
Not taken care of yourself?	No	Yes
Got in trouble with the authorities?	No	Yes

Overall, what impact do these behaviours have on you?

### **Your lifestyle**

**Over the last 2 weeks, have you had any problems in any of these areas?**

Your health?	No	Yes
Your work, training, or education?	No	Yes
Your leisure activities?	No	Yes
Your relationships?	No	Yes
Your housing or accommodation?	No	Yes

Overall, what impact do these problems have on you?

### **Your emotions**

**Over the last 2 weeks, have you been bothered by the following problems?**

Feeling nervous, anxious or on edge?	No	Yes
Not being able to stop or control worrying?	No	Yes
Feeling down, depressed or hopeless?	No	Yes
Feeling bad about yourself?	No	Yes
Little interest or pleasure in doing things?	No	Yes

Overall, what impact do these problems have on you?

### **Scoring:**

The two different forms of item have different roles within the RPM measure. Impact scales (sum of all questions): degree of impairment on each of the six domains of the RPM (difficult situations, negative thoughts, emotions, physical sensations, unhelpful behaviors, lifestyle)  
30 dichotomous items (sum of all questions): information on the presence or absence of 30 specific psycho-social difficulties located within each of the six domains of functioning.

### **Citation:**

Elison, Sarah, Davies, Glyn, & Ward, Jonathan. (2016). Initial Development and Psychometric Properties of a New Measure of Substance Use Disorder "Recovery Progression": The Recovery Progression Measure (RPM). *Substance Use & Misuse*, 51(9), 1195–1206.  
<https://doi.org/10.3109/10826084.2016.1161052>