

Scoring Inner Strength Questionnaire (ISQ)

Items. The ISQ instrument has 27 items.

Four Scales. The ISQ has four scales that are the same titles as the four concepts of the Middle Range Theory of Inner Strength.

1. Engagement. ISQ Questions 1-6

2. Connectedness ISQ Questions 7- 13

3. Anguish and Searching ISQ Questions 14-20 (Reverse Scale with reversed scoring.)

4. Movement ISQ Questions 21 - 27.

Likert Scale Points. The Likert scale is as follows:

Points as indicated on scale from 1 to 5.

For example, allocate “5” for answers on strongly agree, “4” for agree, etc.

Reverse Scale. Items 14-20, scoring of these items is REVERSED. That is:

1=5; 2=4, 3=3, 4=2, 5=1

Analysis=total score.

Range of Scores to 107 with scores from the reverse scale (questions 14-20) with reversed scoring. Higher scores indicate the presence of more inner strength.

The theory assumes all humans have the potential and capacity to for building inner strength. Research findings indicate inner strength contributes to quality of life (QOL) and is negatively correlated with depression. Measurement of strengths via the ISQ creates a reliable strategy for nurses and interprofessionals to examine patients with chronic health conditions and tailor interventions that facilitate inner strength and enhanced QOL.

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