

The Empowerment Scale

This questionnaire is designed to measure empowerment in service users.

Please rate each item on the following scale by writing a number for each statement:

Strongly agree
1

Agree
2

Disagree
3

Strongly Disagree
4

1. I can pretty much determine what will happen in my life _____
2. People are only limited by what they think is possible
If you can imagine something, then you can achieve it _____
3. People have more power if they join together as a group _____
4. Getting angry about something never helps _____
5. I have a positive attitude towards myself _____
6. I am usually confident about the decisions I make _____
7. People have no right to get angry just because they don't like something _____
8. Most of the misfortunes in my life were due to bad luck _____
9. I see myself as a capable person _____
10. Making waves never gets you anywhere
Complaining/making a fuss doesn't achieve anything _____
11. People working together can have an effect on their community _____
12. I am often able to overcome barriers _____
13. I am generally optimistic about the future _____
14. When I make plans, I am almost certain to make them work _____

Please turn to next page....

Please rate each item on the following scale by writing a number for each statement:

Strongly agree
1

Agree
2

Disagree
3

Strongly Disagree
4

15. Getting angry about something is often the first step towards changing it _____
16. Usually I feel alone _____
17. Experts are in the best position to decide what people should do or learn _____
18. I am able to do things as well as most other people _____
19. I generally accomplish what I set out to do _____
20. People should try to live their lives the way they want to _____
21. You can't fight the local council _____
22. I feel powerless most of the time _____
23. When I am unsure about something, I usually go along with the rest of the group _____
24. I feel I am a person of worth, at least on an equal basis with others _____
25. People have the right to make their own decisions, even if they are bad ones _____
26. I feel I have a number of good qualities _____
27. Very often a problem can be solved by taking action _____
28. Working with others in my community can help to change things for the better _____

Now please hand this book of questionnaires back to the researcher or a member of ward staff.

Thanks for taking the time to do this.