Brief INSPIRE
Scoring instructions

There are two versions of INSPIRE: the 5-item Brief INSPIRE and the full 27-item INSPIRE. This page gives the scoring instructions for the Brief INSPIRE. Both versions can be downloaded at researchintorecovery.com/inspire

Note: A score sheet which calculates the Brief INSPIRE scores automatically can be downloaded at researchintorecovery.com/inspire

If any question is left blank the Brief INSPIRE score cannot be calculated. If all five questions are rated, then add the scores for each item using the following scoring scale:

- Not at all 0
- Not much 1
- Somewhat 2
- Quite a lot 3
- Very much 4

Multiply this total by 5 to give the total score, ranging from 0 (low recovery support) to 100 (high recovery support)

For example, a person answers ‘Quite a lot’ to questions 1 to 3 and ‘Very much’ to questions 4 and 5. Their Brief INSPIRE score is 

\((3\times3 + 2\times4)\times 5 = 85\).