

Global INSPIRE scoring instructions

There are four versions of the INSPIRE measure:

1. Brief INSPIRE is a 5-item self-rated measure of recovery support from a worker, i.e. a Patient-Rated Experience Measure (PREM)
2. INSPIRE is a 27-item self-rated measure of recovery support from a worker, i.e. a Patient-Rated Experience Measure (PREM)
3. Brief INSPIRE-O is a 5-item self-rated measure of recovery, i.e. a Patient-Rated Outcome Measure (PROM)
4. Global INSPIRE is a 20-item self-rated measure of recovery priorities suitable for completion by people using or not using mental health services.

All versions can be downloaded at researchintorecovery.com/inspire

THIS DOCUMENT GIVES THE SCORING INSTRUCTIONS FOR GLOBAL INSPIRE.

Calculating the Global INSPIRE rating

Global INSPIRE has five sub-scales:

1. Connectedness
2. Hope
3. Identity
4. Meaning
5. Empowerment

Each sub-scale comprises four items:

Items	Sub-scale
1 to 4	Connectedness
5 to 8	Hope
9 to 12	Identity
13 to 16	Meaning
17 to 20	Empowerment

Each sub-scale is calculated using the following scoring scale:

Anchor point	Score
Not at all	0
Not much	1
Somewhat	2
Quite a lot	3
Very much	4

Each sub-scale is reported separately, and ranges from 0 (lowest importance for recovery) to 100 (highest importance for recovery). First, the sum of the four items for each sub-scale is calculated. Second, the sub-scale sum is divided by 16, which is then multiplied by 100.

For example:

Connectedness		Hope		Identity		Meaning		Empowerment	
Item	Score	Item	Score	Item	Score	Item	Score	Item	Score
1	1	5	0	9	2	13	0	17	1
2	0	6	2	10	4	14	0	18	3
3	1	7	2	11	3	15	0	19	2
4	2	8	0	12	1	16	0	20	1
Sum	4		4		10		0		7
Div by 16	0.25		0.25		0.625		0		0.4375
X 100	25		25		62.5		0		43.8

The Global INSPIRE score for this example would be reported as Connectedness = 25, Hope = 25, Identity = 62.5, Meaning = 0 and Empowerment = 43.8.

Note that each sub-scale is reported to 1 decimal point, so in the above example the Empowerment score is reported as 43.8 not 43.75.

Interpreting the Global INSPIRE rating

Global INSPIRE ratings can be used in two ways.

At the aggregate level, scores give a profile of the recovery priorities of a group. It might be used to inform service development by identifying the priorities of people on a mental health team caseload, or to inform mental health policy by characterising the priorities of a population.

At the individual level, it might be used to inform recovery support to be offered. In the above example, Identity is the highest priority for this individual. Clinicians or other people who support the person may want to suggest activities that support identity (e.g., self-reflection) more than activities that support connectedness (e.g., social interaction).