



WALMYR Publishing Company

Measurement Scale Fact Sheet

Generalized Contentment Scale (GCS)

The Generalized Contentment Scale, or GCS, was designed to measure the degree, severity, or magnitude of non-psychotic depression. The scale can be used with a client who has been diagnosed as having psychosis. However, the scale should not be used during a time when the client is actively psychotic. The GCS can be used with any client following remission of a psychotic episode or crisis, but it should not be used with clients who are chronically psychotic.

The GCS can be used with clients who are diagnosed as having situational or endogenous depression but caution should be used with clients diagnosed as having bipolar depression. If the client is in the depressed phase of a bipolar depression, the scale should perform quite well. If a client enters a manic phase, the GCS may produce misleading results due to phase-related factors such as impression management by clients.

Score Interpretation

The scale produces scores that range from 0 to 100. For all practical purposes the scores can be regarded as true ratio scale values. A score of 0 indicates the client has none of the attributes of depression and a score of 100 represents the highest possible distrust level the scale is capable of measuring.

Cutting Scores

The scale has three clinical cutting scores. The first is a score of 30. Clients who score below 30, assuming accurate and candid responses, can be presumed to be free of a clinically significant problem in this area. Clients who score above 30 can be presumed to have a clinically significant problem in this area.

The second cutting score is 50. Clients who score above 50 are often found to have some suicidal ideation. This does not necessarily mean the client is suicidal. Rather, it means the level of distress is large enough to cause some clients to consider suicide has one option for dealing with their discomfort.

The third cutting score is 70. Clients who achieve scores this large or larger are nearly always experiencing severe distress. Suicidal acting out may be considered as a possibility and should definitely be investigated by the service provider. Again, scores this large do not predict suicide. However, few who complete the scale immediately following an attempted suicide ever score below 70.

Reliability

The scale consistently achieves an Alpha coefficient of .90 or larger.

Validity

The scale has been investigated with respect to content, construct, factorial, and known groups validity. It nearly always achieves validity coefficients of .60 or greater.

Readability Statistics

Flesch reading ease: 85; Gunning's Fog Index: 7; Flesch-Kincaid Grade Level: 4.

References

The following references provide the currently available research evidence concerning the psychometric characteristics for this measure.

Hudson and Proctor, 1976a; Hontanosas, Cruz, Kaneshiro & Sanchez, 1979, Hudson, Hamada, Keech & Harlan, 1980; Murphy, 1978; Murphy, Hudson & Cheung, 1980; Hudson and Murphy, 1980; Byerly, 1979; Hudson, Acklin & Bartosh, 1980; Nugent, 1986; Stocks 1990.



WALMYR PUBLISHING COMPANY

GCS

GENERALIZED CONTENTMENT SCALE

Name _____

Date _____

SAMPLE

This questionnaire is designed to measure the way you feel about the amount of personal stress that you experience. It is not a test, so there are no right or wrong answers. Answer each item as carefully and accurately as you can by placing a number beside each one as follows:

- 1 = None of the time
- 2 = Very rarely
- 3 = A little of the time
- 4 = Some of the time
- 5 = A good part of the time
- 6 = Most of the time
- 7 = All of the time

-
1. _____ I feel powerless to do anything about my life.
 2. _____ I feel blue.
 3. _____
 4. _____ I have crying spells.
 5. _____
 6. _____
 7. _____ I get very depressed
 8. _____
 9. _____
 10. _____ I feel downhearted.
 11. _____
 12. _____
 13. _____
 14. _____ I feel that others would be better off without me.
 15. _____
 16. _____
 17. _____ I feel downtrodden.
 18. _____
 19. _____ I get upset easily.
 20. _____ I feel that nobody really cares about me.
 21. _____
 22. _____
 23. _____ I have a great deal of fun.
 24. _____
 25. _____ I feel that my situation is hopeless.