

Positive Event (Uplift) Scale

This scale asks you to think about the positive events (uplifts) that you *experienced in the last month*. Positive daily events are the small day to day happenings that lead people to feel uplifted. From such events people can feel inspired, alert, attentive or active. Positive events can also lead to feeling emotions such as interest, excitement, strength, pride, determination and enthusiasm.

For each item, circle in the *left column* how often that event occurred (for example, circle **1-3** if the **event happened 1 to 3 times**). It is important that you try to remember the number of times the event occurred during the last month. Then in the *right column*, indicate how much of an uplift each of those events were (on average) during the same period (for example circle **1** if it was **a little of an uplift** or **4** if it was **an extreme uplift**). If the event did not occur, circle 0 in the left column and then move on to the next item without scoring a number in the right column. Please consider each item only with *the last 4 weeks (previous month) in mind*.

How Often?

- 0 = did not happen
- 1-3 = happened 1 to 3 times
- 4-6 = happened 4 to 6 times
- 7-9 = happened 7 to 9 times
- 10+ = happened 10 times or more

How much of an Uplift (average)?

- 0 = no uplift
- 1 = a little of an uplift
- 2 = somewhat of an uplift
- 3 = a lot of an uplift
- 4 = extreme uplift

Type of Positive Event

Your Friends

0	1-3	4-6	7-9	10+	1. Support received from friend/s	0	1	2	3	4
0	1-3	4-6	7-9	10+	2. Support given to friend/s	0	1	2	3	4
0	1-3	4-6	7-9	10+	3. Positive feedback from your friend/s	0	1	2	3	4
0	1-3	4-6	7-9	10+	4. Positive communication with friend/s	0	1	2	3	4

Social Events

0	1-3	4-6	7-9	10+	5. Going to a party	0	1	2	3	4
0	1-3	4-6	7-9	10+	6. Going out for drinks or dinner (e.g. friends place)	0	1	2	3	4
0	1-3	4-6	7-9	10+	7. Going to the pub	0	1	2	3	4
0	1-3	4-6	7-9	10+	8. Recent social events	0	1	2	3	4

Work (if in paid employment)

0	1-3	4-6	7-9	10+	9. The nature of your job/work	0	1	2	3	4
0	1-3	4-6	7-9	10+	10. Your job security	0	1	2	3	4
0	1-3	4-6	7-9	10+	11. Use of your skills in your work	0	1	2	3	4
0	1-3	4-6	7-9	10+	12. The ideas you have at work	0	1	2	3	4

Your Supervisor/employer

0	1-3	4-6	7-9	10+	13. Support received from supervisor/employer	0	1	2	3	4
0	1-3	4-6	7-9	10+	14. Support given to supervisor/employer	0	1	2	3	4
0	1-3	4-6	7-9	10+	15. Positive communication with supervisor/employer	0	1	2	3	4
0	1-3	4-6	7-9	10+	16. Positive feedback from supervisor/employer	0	1	2	3	4
0	1-3	4-6	7-9	10+	17. Doing enjoyable things with supervisor/employer	0	1	2	3	4

Interactions with other workers

0	1-3	4-6	7-9	10+	18. Support received from other workers	0	1	2	3	4
0	1-3	4-6	7-9	10+	19. Support given to other workers	0	1	2	3	4
0	1-3	4-6	7-9	10+	20. Positive feedback from other workers	0	1	2	3	4
0	1-3	4-6	7-9	10+	21. Doing enjoyable things with other workers	0	1	2	3	4

How Often?

0 = did not happen
 1-3 = happened 1 to 3 times
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How much of an Uplift (average)?

0 = no uplift
 1 = a little of an uplift
 2 = somewhat of an uplift
 3 = a lot of an uplift
 4 = extreme uplift

Type of Positive Event***Relationship with your Spouse/partner (include boy/girlfriend)***

0	1-3	4-6	7-9	10+	22. Intimate times with someone	0	1	2	3	4
0	1-3	4-6	7-9	10+	23. Doing enjoyable things with your spouse or partner	0	1	2	3	4
0	1-3	4-6	7-9	10+	24. Positive feedback from spouse or partner	0	1	2	3	4
0	1-3	4-6	7-9	10+	25. Positive communication with spouse or partner	0	1	2	3	4
0	1-3	4-6	7-9	10+	26. Support given to spouse or partner	0	1	2	3	4
0	1-3	4-6	7-9	10+	27. Support received from spouse or partner	0	1	2	3	4

Problems with Parents (or Parents-in-law)

0	1-3	4-6	7-9	10+	28. Positive feedback from your parents/-in-law	0	1	2	3	4
0	1-3	4-6	7-9	10+	29. Positive communication with your parents/-in-law	0	1	2	3	4
0	1-3	4-6	7-9	10+	30. Good times with your parents/-in-law	0	1	2	3	4
0	1-3	4-6	7-9	10+	31. Support given to your parents/-in-law	0	1	2	3	4
0	1-3	4-6	7-9	10+	32. Support received from your parents/-in-law	0	1	2	3	4

Your Children

0	1-3	4-6	7-9	10+	33. Support received from your children	0	1	2	3	4
0	1-3	4-6	7-9	10+	34. Having fun with your children	0	1	2	3	4
0	1-3	4-6	7-9	10+	35. Support given to your children	0	1	2	3	4
0	1-3	4-6	7-9	10+	36. Positive communication with your children	0	1	2	3	4
0	1-3	4-6	7-9	10+	37. Positive feedback from your children	0	1	2	3	4

Household

0	1-3	4-6	7-9	10+	38. Doing cooking	0	1	2	3	4
0	1-3	4-6	7-9	10+	39. Doing things around the house	0	1	2	3	4
0	1-3	4-6	7-9	10+	40. Having meals at home (e.g. special dinners)	0	1	2	3	4
0	1-3	4-6	7-9	10+	41. Being organized	0	1	2	3	4
0	1-3	4-6	7-9	10+	42. Doing gardening	0	1	2	3	4
0	1-3	4-6	7-9	10+	43. Home repairs (e.g. fixing things, renovations)	0	1	2	3	4