

SCORING INSTRUCTIONS

Me and My Feelings – 16 items

Total score

The total score is calculated by adding all the 16 items in the scale. Responses for this scale are scored as follows:

Never = 0 **Sometimes = 1** **Always = 2**

NB: The score of **Item 15** (“I am calm”) should be reversed, as follows:

Never = 2 **Sometimes = 1** **Always = 0**

	Never	Sometimes	Always
I feel lonely	0	1	2
I cry a lot	0	1	2
I am unhappy	0	1	2
Nobody likes me	0	1	2
I worry a lot	0	1	2
I have problems sleeping	0	1	2
I wake up in the night	0	1	2
I am shy	0	1	2
I feel scared	0	1	2
I worry when I am at school	0	1	2
I get very angry	0	1	2
I lose my temper	0	1	2
I hit out when I am angry	0	1	2
I do things to hurt people	0	1	2
I am calm (REVERSE SCORED)	2	1	0
I break things on purpose	0	1	2

Subscales

The first 10 items comprise the Emotional Difficulties subscale. Items 11-16 comprise the Behavioural Difficulties subscale. To calculate the subscale scores, add the items belonging to each subscale, e.g. add items 1 to 10 to calculate the Emotional Difficulties subscale score.

	SUBSCALE
I feel lonely	Emotional Difficulties
I cry a lot	Emotional Difficulties
I am unhappy	Emotional Difficulties
Nobody likes me	Emotional Difficulties
I worry a lot	Emotional Difficulties
I have problems sleeping	Emotional Difficulties
I wake up in the night	Emotional Difficulties
I am shy	Emotional Difficulties
I feel scared	Emotional Difficulties
I worry when I am at school	Emotional Difficulties
I get very angry	Behavioural Difficulties
I lose my temper	Behavioural Difficulties
I hit out when I am angry	Behavioural Difficulties
I do things to hurt people	Behavioural Difficulties
I am calm (REVERSE SCORED)	Behavioural Difficulties
I break things on purpose	Behavioural Difficulties

Score categorization (cut-offs)

[Deighton et al. \(2013\)](#) established cut-offs using the Strengths and Difficulties Questionnaire (SDQ), as follows:

Emotional Difficulties Subscale

- Scores of 10 and 11 indicate borderline difficulties
- Scores of 12 and above indicate clinically significant difficulties

Behavioural Difficulties Subscale

- Scores of 6 indicate borderline difficulties
- Scores of 7 and above indicate clinically significant difficulties

In the [Wellbeing Measurement for Schools](#) the cut-offs were established as follows:

Emotional Difficulties Subscale

- Scores between 0 and 9 are considered expected
- Scores equal or above 10 are considered elevated

Behavioural Difficulties Subscale

- Scores between 0 and 5 are considered expected
- Scores equal or above 6 are considered elevated