**DBT-WCCL scoring**

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**VARIABLE LABELS**

DBTWCO1 'Bargained or compromised to get something positive'
DBTWCO2 'Counted my blessings'
DBTWCO3 'Blamed myself'
DBTWCO4 'Concentrated on something good that could come out of it'
DBTWCO5 'Kept feelings to myself'
DBTWCO6 'Made sure I'm responding in a way that doesn’t alienate others'
DBTWCO7 'Figured out who to blame'
DBTWCO8 'Hoped a miracle would happen'
DBTWCO9 'Got centered before taking action'
DBTWCO10 'Talked to someone about feelings'
DBTWCO11 'Stood my ground & fought'
DBTWCO12 'Refused to believe it was happening'
DBTWCO13 'Treated self to something tasty'
DBTWCO14 'Criticized/lectured self'
DBTWCO15 'Taken it out on others'
DBTWCO16 'Come up with several different solutions'
DBTWCO17 'Wished I were stronger -- optimistic & forceful'
DBTWCO18 'Accepted feelings, did not let them interfere'
DBTWCO19 'Focused on the good things'
DBTWCO20 'Wished I could change feelings'
DBTWCO21 'Looked at something beautiful to feel better'
DBTWCO22 'Changed self to deal with situation better'
DBTWCO23 'Focused on positive'
DBTWCO24 'Gotten mad at cause of problem'
DBTWCO25 'Felt bad I couldn’t avoid problem'
DBTWCO26 'Tried to distract by getting active'
DBTWCO27 'Aware of what needs work; trying harder'
DBTWCO28 'Thought that others were unfair to me'
DBTWCO29 'Daydreamed/imagined at better time/place'
DBTWCO30 'Soothed with fragrance'
DBTWCO31 'Blamed others'
DBTWCO32 'Listened to or played relaxing music'
DBTWCO33 'Accepted next best thing'
DBTWCO34 'Told myself things could be worse'
DBTWCO35 'Occupied my mind with something else'
DBTWCO36 'Talked to someone who could do something'
DBTWCO37 'Tried to feel better by eating, drinking, smoking, taking...'
DBTWCO38 'Tried not to act too hastily'
DBTWCO39 'Changed something so things would work out'
DBTWC40 'Self-soothed with touch'
DBTWC41 'Avoided people'
DBTWC42 'Thought how much better off I was than others'
DBTWC43 'Took things one step at a time'
DBTWC44 'Done something to feel different emotion'
DBTWC45 'Wished the situation would go away'
DBTWC46 'Kept others from knowing how bad things were'
DBTWC47 'Focused energy on helping others'
DBTWC48 'Found out who was responsible'
DBTWC49 'Took care of body and health in order to be less sensitive'
DBTWC50 'Reminded self of accomplishments'
DBTWC51 'Responded in way I could respect'
DBTWC52 'Wished I could change what happened'
DBTWC53 'Make a plan and follow it'
DBTWC54 'Talked to someone to get info'
DBTWC55 'Avoided problem'
DBTWC56 'Stepped back to see things as they are'
DBTWC57 'Compared self to others less fortunate'
DBTWC58 'Increased pleasant things to improve outlook'
DBTWC59 'Tried not to burn bridges, but leave things open'.

EXECUTE.

VALUE LABELS
DBTWC01 DBTWC02 DBTWC03 DBTWC04 DBTWC05 DBTWC06 DBTWC07 DBTWC08
DBTWC09 DBTWC10 DBTWC11 DBTWC12 DBTWC13 DBTWC14 DBTWC15 DBTWC16
DBTWC17 DBTWC18 DBTWC19 DBTWC20 DBTWC21 DBTWC22 DBTWC23 DBTWC24
DBTWC25 DBTWC26 DBTWC27 DBTWC28 DBTWC29 DBTWC30 DBTWC31 DBTWC32
DBTWC33 DBTWC34 DBTWC35 DBTWC36 DBTWC37 DBTWC38 DBTWC39 DBTWC40
DBTWC41 DBTWC42 DBTWC43 DBTWC44 DBTWC45 DBTWC46 DBTWC47 DBTWC48
DBTWC49 DBTWC50 DBTWC51 DBTWC52 DBTWC53 DBTWC54 DBTWC55 DBTWC56
DBTWC57 DBTWC58 DBTWC59
0 'Never used' 1 'Rarely used' 2 'Sometimes used' 3 'Regularly used' 4 'Not applicable' .

EXECUTE.

** DBT Skills Use Subscale: 1, 2, 4, 6, 9, 10, 11, 13, 16, 18, 19, 21, 22, 23, 26, 27, 29, 31, 33,
34, 35, 36, 38, 39, 40, 42, 43, 44, 47, 49, 50, 51, 53, 54, 56, 57, 58, 59**.

COMPUTE meanDSS=MEAN.30 (DBTWC01, DBTWC02, DBTWC04, DBTWC06, DBTWC09,
DBTWC10, DBTWC11, DBTWC13, DBTWC16, DBTWC18, DBTWC19, DBTWC21, DBTWC22,
DBTWC23, DBTWC26, DBTWC27, DBTWC29, DBTWC31, DBTWC33, DBTWC34, DBTWC35,
DBTWC36, DBTWC38, DBTWC39, DBTWC40, DBTWC42, DBTWC43, DBTWC44, DBTWC47,
DBTWC49, DBTWC50, DBTWC51, DBTWC53, DBTWC54, DBTWC56, DBTWC57, DBTWC58,
DBTWC59).

EXECUTE.

MISSING VALUES meanDSS(LO thru -1).
EXECUTE.

**IF YOU USE TWO DYSFUNCTIONAL COPING SUBSCALES USE THESE:***.
**Dysfunctional Coping Subscale 1: 3, 5, 8, 12, 14, 17, 20, 25, 32, 37, 41, 45, 46, 52, 55**.

COMPUTE meanDCS1 =MEAN.10(DBTWC03, DBTWC05, DBTWC08, DBTWC12, DBTWC14, DBTWC17, DBTWC20, DBTWC25, DBTWC32, DBTWC37, DBTWC41, DBTWC45, DBTWC46, DBTWC52, DBTWC55).
EXECUTE.

**Dysfunctional Coping Subscale 2: 7, 15, 24, 28, 30, 48**.

COMPUTE meanDCS2 =MEAN.4(DBTWC07, DBTWC15, DBTWC24, DBTWC28, DBTWC30, DBTWC48).
EXECUTE.

MISSING VALUES meanDCS1 meanDCS2 (LO thru -1).
EXECUTE.

**IF YOU USE ONE DYSFUNCTIONAL COPING SUBSCALES USE THIS**.
COMPUTE meanDCS =MEAN.4(DBTWC03, DBTWC05, DBTWC07, DBTWC08, DBTWC12, DBTWC14, DBTWC15, DBTWC17, DBTWC20, DBTWC24, DBTWC25, DBTWC28, DBTWC30, DBTWC32, DBTWC37, DBTWC41, DBTWC45, DBTWC46, DBTWC48, DBTWC52, DBTWC55).
EXECUTE.

VARIABLE LABEL meanDCS 'Mean dysfunctional coping subscale'
meanDSS 'Mean DBT skills use'.

MISSING VALUES meanDCS (LO thru -1).
EXECUTE.