

***Robert D. Hill, Ph.D.***

***Resource Guide***

***<http://www.positiveager.com>***

***Mental Health and Substance Abuse  
Conference on Aging***

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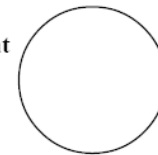
# VAMC SLUMS Examination

Questions about this assessment tool? E-mail [aging@slu.edu](mailto:aging@slu.edu).

Name \_\_\_\_\_ Age \_\_\_\_\_  
Is patient alert? \_\_\_\_\_ Level of education \_\_\_\_\_

\_\_\_\_/1  
\_\_\_\_/1  
\_\_\_\_/1  
  
\_\_\_\_/3  
\_\_\_\_/3  
\_\_\_\_/5  
  
\_\_\_\_/2  
  
\_\_\_\_/4  
\_\_\_\_/2  
  
\_\_\_\_/8

- 1** 1. What day of the week is it?
- 1** 2. What is the year?
- 1** 3. What state are we in?
4. Please remember these five objects. I will ask you what they are later.  
Apple Pen Tie House Car
5. You have \$100 and you go to the store and buy a dozen apples for \$3 and a tricycle for \$20.
- 1** How much did you spend?  
**2** How much do you have left?
6. Please name as many animals as you can in one minute.  
**0** 0-4 animals **1** 5-9 animals **2** 10-14 animals **3** 15+ animals
7. What were the five objects I asked you to remember? 1 point for each one correct.
8. I am going to give you a series of numbers and I would like you to give them to me backwards.  
For example, if I say 42, you would say 24.  
**0** 87 **1** 649 **1** 8537
9. This is a clock face. Please put in the hour markers and the time at ten minutes to eleven o'clock.
- 2** Hour markers okay  
**2** Time correct
- 1** 10. Please place an X in the triangle. 
- 1** Which of the above figures is largest?
11. I am going to tell you a story. Please listen carefully because afterwards, I'm going to ask you some questions about it.  
Jill was a very successful stockbroker. She made a lot of money on the stock market. She then met Jack, a devastatingly handsome man. She married him and had three children. They lived in Chicago. She then stopped work and stayed at home to bring up her children. When they were teenagers, she went back to work. She and Jack lived happily ever after.
- 2** What was the female's name?  
**2** When did she go back to work?
- 2** What work did she do?  
**2** What state did she live in?



TOTAL SCORE \_\_\_\_\_



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SCORING		
HIGH SCHOOL EDUCATION		LESS THAN HIGH SCHOOL EDUCATION
27-30	Normal	25-30
21-26	MNCD*	20-24
1-20	Dementia	1-19

\* Mild Neurocognitive Disorder

## **Groningen Activity Restriction Scale**

1. Wash face/hands (ADL)
2. Feed yourself (ADL)
3. Get around inside the house (ADL)
4. Get on/off toilet (ADL)
5. Prepare breakfast/lunch (IADL)
6. Get in/out of bed (ADL)
7. Stand up from chair (ADL)
8. Light cleaning (IADL)
9. Dress yourself (ADL)
10. Walk outdoors (ADL)
11. Wash/dry body (ADL)
12. Prepare dinner (IADL)
13. Go up/down stairs (ADL)
14. Wash/iron clothes (IADL)
15. Take care of feet/toenails (ADL)
16. Make bed (IADL)
17. Do shopping (IADL)
18. Heavy cleaning (IADL)

### Scoring Scheme:

- 1=no problem doing this independently
- 2=a little problem doing this independently
- 3=very problematic doing this independently
- 4=can't do this without help
- 5=can't do this with or without help

### **Score is descriptive: Higher scores mean more problems**

#### Source Reference:

Kempen GI, Miedema I, Ormel J, Molenaar W. (1996). The assessment of disability with the Groningen Activity Restriction Scale. Conceptual framework and psychometric properties. *Soc Sci Medicine*, 43(11):1601-10.

## Geriatric Depression Scale

- T=0 \_\_\_ 1. Are you basically satisfied with your life?
- T=1 \_\_\_ 2. Have you dropped many of your activities and interests?
- T=1 \_\_\_ 3. Do you feel that your life is empty?
- T=1 \_\_\_ 4. Do you often get bored?
- T=0 \_\_\_ 5. Are you in good spirits most of the time?
- T=1 \_\_\_ 6. Are you afraid that something bad is going to happen to you
- T=0 \_\_\_ 7. Do you feel happy most of the time?
- T=1 \_\_\_ 8. Do you often feel helpless?
- T=1 \_\_\_ 9. Do you prefer to stay at home, rather than going out and doing new things?
- T=1 \_\_\_ 10. Do you feel you have more problems with memory than most?
- T=0 \_\_\_ 11. Do you think it is wonderful to be alive now?
- T=1 \_\_\_ 12. Do you feel pretty worthless the way you are now?
- T=0 \_\_\_ 13. Do you feel full of energy?
- T=1 \_\_\_ 14. Do you feel that your situation is hopeless?
- T=1 \_\_\_ 15. Do you think that most people are better off than you are?

**-Format is True/False., T = 1.**

**A score of 5 or higher indicates possible depression**

-Key Reference: Sheikh, J. I., & Yesavage, J. A. (1986). Geriatric Depression Scale (GDS): Recent evidence and development of a shorter version. In T. L. Brink (Ed.), *Clinical Gerontology: A guide to assessment and intervention* (pp. 165-173)

## Geriatric Anxiety Inventory

- \_\_\_1. I worry a lot of the time
- \_\_\_2. I find it difficult to make a decision
- \_\_\_3. I often feel jumpy
- \_\_\_4. I find it hard to relax
- \_\_\_5. I often cannot enjoy things because of my worries
- \_\_\_6. Little things bother me a lot
- \_\_\_7. I often feel like I have butterflies in my stomach
- \_\_\_8. I think of myself as a worrier
- \_\_\_9. I can't help worrying about even trivial things
- \_\_\_10. I often feel nervous
- \_\_\_11. My own thoughts often make me anxious
- \_\_\_12. I get an upset stomach due to my worrying
- \_\_\_13. I think of myself as a nervous person
- \_\_\_14. I always anticipate the worst will happen
- \_\_\_15. I often feel shaky inside
- \_\_\_16. I think that my worries interfere with my life
- \_\_\_17. My worries often overwhelm me
- \_\_\_18. I sometimes feel a great knot in my stomach
- \_\_\_19. I miss out on things because I worry too much
- \_\_\_20. I often feel upset

**-Format is True/False T=1;**

**A score of 10 or greater indicates possible Anxiety Diagnosis**

-Key Reference: Pachana, et al.. (2006). Development and validation of the Geriatric Anxiety Inventory, *International Psychogeriatrics*, 18, 1-12.

## LOT-R (Life Orientation Test-Revised)

Please be as honest and accurate as you can throughout. Try not to let your response to one statement influence your responses to other statements. There are no "correct" or "incorrect" answers. Answer according to your own feelings, rather than how you think "most people" would answer.

1. \_\_\_\_ In uncertain times, I usually expect the best.
2. \_\_\_\_ If something can go wrong for me, it will.
3. \_\_\_\_ I'm always optimistic about my future.
4. \_\_\_\_ I hardly ever expect things to go my way.
5. \_\_\_\_ I rarely count on good things happening to me.
6. \_\_\_\_ Overall, I expect more good things to happen to me than bad.

- 1 = I agree a lot
- 2 = I agree a little
- 3 = I neither agree nor disagree
- 4 = I disagree a little
- 5 = I disagree a lot

Responses to "scored" items are to be coded so that high values imply optimism.

Items 1, 3, & 6 are reverse scored (**1=5**)

**Scale score: Descriptive, Higher scores = more propensity for optimism**

Key Reference: Scheier, et al. (1994). Distinguishing optimism from neuroticism and trait anxiety, self-mastery, and self-esteem: A re-evaluation of the Life Orientation Test. *Journal of Personality and Social Psychology*, 67, 1063-1078.

**Key Reference: McCullough, M. E., Emmons, R. A., & Tsang, J. (2002). The Grateful Disposition: A conceptual and Empirical Topography. *Journal of Personality and Social Psychology*, 82, 112-127.**

**The Gratitude Questionnaire-Six Item Form (GQ-6)**

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By Michael E. McCullough, Ph.D., Robert A. Emmons, Ph.D., Jo-Ann Tsang, Ph.D.

Using the scale below as a guide, write a number beside each statement to indicate how much you agree with it.

- 1 = strongly disagree
- 2 = disagree
- 3 = slightly disagree
- 4 = neutral
- 5 = slightly agree
- 6 = agree
- 7 = strongly agree

- \_\_\_ 1. I have so much in life to be thankful for.
- \_\_\_ 2. If I had to list everything that I felt grateful for, it would be a very long list.
- \_\_\_ 3. When I look at the world, I don't see much to be grateful for.\*
- \_\_\_ 4. I am grateful to a wide variety of people.
- \_\_\_ 5. As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history.
- \_\_\_ 6. Long amounts of time can go by before I feel grateful to something or someone.\*

\* Items 3 and 6 are reverse-scored.

## Books

Hill, R. D. (2008) *The Seven Strategies for Positive Aging: Strategies to promote well-being in old age*. WW Norton, New York: NY  
<http://www.wwnorton.com/NPB/nppsycho/070523.html>

Hill, R. D. (2005). *Positive Aging: A guide for mental health professionals and consumers*. WW Norton, New York: NY  
(<http://www.wwnorton.com/orders/wwn/070453.htm>)

## Chapters

Hill, R. D., Thorn, B., Bowling, J., & Morrison, T. (2002). *Geriatric Residential Care*. Lawrence Erlbaum Associates, New York: NY  
<http://www.questia.com/library/book/geriatric-residential-care-by-john-bowling-ph-d-robert-d-hill-ph-d-anthony-morrison-ph-d-brian-l-thorn-ph-d.jsp>

Hill, R. D., Sigstodter Neely, A. & Bäckman, L. (2000). *Cognitive Rehabilitation in Old Age*. Oxford University Press, New York: NY  
<http://ajp.psychiatryonline.org/cgi/content/full/159/9/1611-a>

Hill, R. D. & Mansour, E. (2008). Positive aging and evidence-based psychotherapy. In D. Gallagher-Thompson, A. M. Steffen, & L. Thompson (Eds), *Handbook of behavioral and cognitive therapies with older adults*. Springer: NY.

Hill, R. D., Thorn, B., & Packard, T. (2000). (Eds, Brown & Lent) Prevention in older adults. *Handbook of Counseling Psychology*, Plenum Press: NY

Bäckman, L. & Hill, R. D. (1996). Cognitive function and everyday competence: Patterns in normal aging and dementia. In R. Woods (Ed.), *Handbook of the Clinical psychology of Ageing*. John Wiley: London.

Hill, R. D., Lund, D. A., & Packard, R. E. (1996). Bereavement counseling in older adults: Intervention Strategies. In J. I Sheikh (Ed.). *Managing psychiatric problems in the elderly*. Jossey Bass: NY.

## Articles

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- Valentijn, S. A. M., Hill, R. D., van Hooren, S., Bosma, H. van Boxtel, M. P. J., Jolles, J. and Ponds, W.H.M. (2004). Memory self-efficacy predicts memory performance: Results from a six-year follow-up study. *Psychology and Aging, 21*, 165-172.
- Tolman, J., Hill, R. D., Kleinschmidt, J., & Gregg, C. (2005). Psychosocial adaptation to visual impairment and its relationship to depressive affect in older adults with macular degeneration. *Gerontologist, 45*, 747-753.
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- Hill, R. D., Nilsson, L-G, Nyberg, L., & Bäckman, L. (2003). Cigarette smoking and cognitive performance in healthy Swedish adults. *Age and Ageing, 32*, 1-4.
- Dulin, P. & Hill, R. D. (2003). Relationships between altruistic activity and positive and negative affect among low income older adult service providers. *Aging and Mental Health, 7*, 294-300.
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- Hill, R. D., \* Campbell, B. W., \* Thomas, L. A., & \*Soo-Tho, K-M. (1998). Perceptions of physical and psychological well-being in older smokers. *Journal of Mental Health and Aging, 4*, 271-280.

# Positive Aging Reading List

- Atchley, R. C. (1989). A continuity theory of normal aging. *The Gerontologist*, 29(2), 183-190.
- Baltes, P. B. (1997). "On the incomplete architecture of human ontogeny: Selection, optimization, and compensation as foundation of developmental theory." *American Psychologist* 52: 366-380.
- Baltes, P. B., & Baltes, M. M. (1990). Psychological perspectives on successful aging: The model of selective optimization with compensation. In P. B. Baltes & M. M. Baltes (Eds.), *Successful aging: Perspectives from the behavioral sciences* (pp. 1-34). Cambridge, MA: Cambridge University Press.
- Baltes, P. B. (1993). "The aging mind: Potential and limits." *Gerontologist* 33(5): 581-594.
- Baumeister, R. F. and M. R. Leary (1995). "The need to belong: Desire for interpersonal attachment as a fundamental human motivation." *Psychological Bulletin* 117: 497-529.
- Cowley, M. (1980). *The view from 80*. New York: The Viking Press.
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- Luskin, F. (2003). *Forgive for good: A proven prescription for health and happiness*. Harper Collins, New York: NY.

Marmot, M. (2004). *The status syndrome: How social standing affects our health and longevity*. New York: Owl Books, Henry Holt & Co.

Rowe, J. W., & Kahn, R. L. (1998). *Successful Aging*. New York: Pantheon Books.

Seligman, M. E. P., and Csikszentmihalyi, M. (2000). Positive psychology: An introduction. *American Psychologist*, 55, 5-14.

Transcredi, L. (2005). *Hardwired behavior: What neuroscience reveals about morality*. New York, NY, Cambridge University Press.

Valliant, G. E. (2002). *Aging Well: Surprising guideposts to a happier life*. Boston: Little, Brown and Company.