

Scoring instructions for the Silver Lining Questionnaire

The Silver Lining Questionnaire is a uni-dimensional scale and only one score is produced from an aggregation of all the items.

There are two ways of scoring the questionnaire and the way we normally recommend is the binary scoring method. For the binary method count any response which is endorsed as **strongly agree** or as **agree** as 1 (one). Score all other responses (i.e. **not sure**, **disagree** and **strongly disagree**) as 0 (zero). Then count up all the ones. The total score, which is out of 38, is the SLQ score.

Under some circumstances it may be useful for researchers to treat the responses to individual items on a continuous basis, in which case simply add up the numbers shown on the scale.

The advantage of the binary system is that it makes clear how many items out of the 38 are actually positively endorsed.

The Silver Lining Questionnaire may be used without charge for academic and clinical purposes. Please photocopy the questionnaire as needed.