

The Assessment of Essential Motivation, Tension, and Resistance

For: _____

Date: _____

Recorder: _____

Version 4.0 Paper and Pencil

Person Scores

System of Support Scores

	Importance (P)	X	Barriers (P)	=	MTRF (P)	Importance (S)	X	Barriers (S)	=	MTRF (S)	HTRR	Data Pts
1 Help Others												
2 Food												
3 Vengeance												
4 Order												
5 Independence/Self-Determination												
6 Curiosity												
7 Attention												
8 Morality												
9 Social Contact												
10 Physical Activity												
11 Romance												
12 Avoid Rejection/Seek Acceptance												
13 Avoid Physical Pain/Seek Comfort												
14 Avoid Frustration/Seek Self-Regulation												
15 Avoid Anxiety/Seek Calmness												
Total All Scores												

MTRF = Motivation, Tension, Resistance Factor

HTRR = MTRF (P) / MTRF (S)

HTRR = Harmony, Tension, Resistance Ratio

You can use intermediate scores (2, 4, 6, 8)

Scoring scale for "Importance"

1	3	5	7	9	10
I don't want this at all/ I don't care about this	Relatively Unimportant	Ambivalent/ Uncertain	Strong Value/ Desire	Essential Desire/Value	I want this more than anything

Scoring for "Barriers"

1	3	5	7	9	10
Can get this or avoid it if I want No Barrier (if I am trying to avoid it - no one is "making" me do it)	Minor Blockage	Moderate Blockage (I still have to do it sometimes even if I am trying to avoid it)	Major Blockage	Very Severe Blockage	I can never get this Total Barrier (even though I try to avoid it - I have to do this a lot)




General Scoring Information:


The primary data points:

- 1) Any importance or barrier score on the person's side of the assessment that is a 8, 9 or 10 requires consideration for inclusion as a prevention item or as something that needs to be added to the Person Centered Plan.
- 2) Any importance or barrier score on the system of supports side of the assessment that is a 8, 9 or 10
- 3) The MTRF scores for the Person (see below)
- 4) The MTRF scores for the System of Supports (see below)
- 5) The HTRR scores (see below)
- 6) The number of data points that meet the criteria here (8-10 on importance or barriers; MTRF consideration scores, or HTRR critical scores) 7 = max. This can help to prioritize similar scores and also provide another attention item.

Any individual score in the MTRF (Motivation, Tension, and Resistance Factor) Column for either the person or system that is:

Over 35 – Requires consideration/discussion 

Over 49 – Must be addressed somewhere in either the Person Centered Plan or The Crisis Prevention Plan 

Over 63 – Must be considered an issue for *immediate* response. 

The Harmony, Tension, and Resistance Ratio (HTRR) is arrived at by dividing the individual's MTRF scores by the system of supports MTRF scores.

The lowest possible score is .001 (score of 1 on person's side divided by 100 on the system of supports). This is an indication of the highest possible level of resistance by the individual to what the system of supports believes is necessary.

The highest possible score for the HTRR is 100 (score of 100 on person's side divided by 1 on the system of supports). This is an indication of the highest possible level of tension between what the individual wants as opposed to what the system of supports believes is necessary for the individual.

If the score is a 1 (meaning the MTRF score for the individual is the same as the MTRF score for the system of supports) this indicates "agreement" or harmony in perception between the two sides. It does not mean that this does not require attention if any individual score or if the MTRF scores indicate otherwise.

Any individual category score in HTRR that is:

- 1) At or below .5 requires **immediate** attention resistance 
- 2) At or above 5.0 requires **immediate** attention tension 