

Personal Concerns Inventory (PCI)

BRIEF DESCRIPTION

People who drink alcohol excessively do so because drinking serves a function in their lives (Cox & Klinger, 1988, 1990). The PCI (Hosier, 2001) identifies problem drinkers' maladaptive motivational patterns that underlie their motivations for drinking alcohol. When taking the PCI, respondents begin by naming their current concerns in major life areas. They then characterize each concern along dimensions that will reveal the structure of their motivation. A computer program scores the PCI by generating quantitative indices and indicating the relative standing of each subject on each index. A motivational profile is then drawn for each respondent to depict the significant features of the respondent's motivational structure and to show where problems with that respondent's motivational patterns lie. The PCI differs from the closely related Motivational Structure Questionnaire (MSQ) in that it elicits on average fewer concerns, omits some MSQ scales for rating these concerns, and adds some additional ones. It takes substantially less time to administer than does the MSQ, generally less than an hour as compared with about 2 hours for the MSQ. It employs a more user-friendly format, and its computer-administered version outputs scores, profile graphs, and forms that assist with treatment planning.

TARGET POPULATION

- Adults
- Adolescents (over 16 years)

Groups for which this instrument might be especially helpful?

Substance abusers, cases of work inhibition/burnout, a wide range of counselees, possibly nonpsychopathic offenders

ADMINISTRATIVE ISSUES

Number of items: *Not applicable*

Number of subscales: *Indefinite*

Format(s): Pencil-and-paper self-administered

Interview

Observation

Computer self-administered

Other

Time required for administration: *1 hour*

ADMINISTERED BY	Training required for administration? <input checked="" type="checkbox"/> yes <input type="checkbox"/> no Comments: <i>The instrument is idiothetic, with both idiographic and nomothetic features. It is not a collection of items but nevertheless permits objective quantification without the need to interpret or rate respondents' responses.</i>
SCORING	Time required to score/interpret: <i>Highly variable depending on method and scales</i> Scored by: <i>Technician or computer program</i> Scoring key? <input checked="" type="checkbox"/> yes <input type="checkbox"/> no Computerized scoring or interpretation available? <input checked="" type="checkbox"/> yes <input type="checkbox"/> no Norms available? <input checked="" type="checkbox"/> yes <input type="checkbox"/> no Instrument normed on subgroups? <input checked="" type="checkbox"/> yes <input type="checkbox"/> no Which groups? <i>Welsh college students who are heavy users of alcohol, male and female</i> Comments: <i>Respondents list their current goals and rate them on a number of dimensions. The ratings are self-quantifying and may be combined to produce dozens of possible measures.</i>
PSYCHOMETRICS	Have reliability studies been done? <input checked="" type="checkbox"/> yes <input type="checkbox"/> no What measure(s) of reliability was used? <input checked="" type="checkbox"/> Test-retest (on closely related instruments) <input type="checkbox"/> Split half <input checked="" type="checkbox"/> Internal consistency Have validity studies been done? <input checked="" type="checkbox"/> yes <input type="checkbox"/> no (on closely related instruments) What measures of validity have been derived? <input checked="" type="checkbox"/> Content <input checked="" type="checkbox"/> Criterion (predictive, concurrent, "postdictive") <input type="checkbox"/> Construct
CLINICAL UTILITY OF INSTRUMENT	The PCI can be used at the beginning of treatment to pinpoint where patients' motivational problems lie that impact on their motivation to drink alcohol. In turn, the information that the PCI yields can provide the basis for initiating treatment, such as Systematic Motivational Counseling (SMC, Cox, Klinger & Blount 1991, 1996) for changing drinkers' maladaptive motivational patterns. A detailed manual to guide the counseling technique is available (Cox, Klinger & Blount, 1996).
RESEARCH APPLICABILITY	It lends itself to use whenever an investigation is concerned with motivational and volitional factors.

SOURCE, COST AND COPYRIGHT ISSUES

Copyright: yes noCost: *Negotiable*Source: *Author*

Cost/Source of computerized scoring:

SPSS scoring algorithms available on request from author:

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SOURCE REFERENCE

Cox, W.M. & Klinger, E. (in preparation, expected 2003). Measuring motivation. In Cox, W.M. & Klinger, E. (Eds.) *Motivating People for Change: A Handbook of Motivational Counseling*. London: Wiley.

SUPPORTING REFERENCES

Some of these relate to the type of assessment instrument represented by the PCI or, where relevant, a closely related instrument, the Motivational Structure Questionnaire.

Hosier, S.G. (2001). An Evaluation of Two Brief Interventions Aimed at Reducing College Students' Alcohol Use. University of Wales at Bangor: Ph.D. thesis.

Cox, W.M., Blount, J.P., Bair, J. & Hosier, G. (2000). Motivational predictors of readiness to change chronic substance abuse. *Addiction Research*, 8, 121-128.

Nikles, C.D. II, Brecht, D.L., Klinger, E. & Bursell, A.L. (1998). The effects of current-concern- and nonconcern-related waking suggestions on nocturnal dream content. *Journal of Personality and Social Psychology*, 75, 242-255.

Klinger, E. & Kroll-Mensing, D. (1995). Idiographic assessment: Experience sampling and motivational analysis. In Butcher, J.N. (Ed.), *Clinical Personality Assessment: Practical Approaches* (pp. 267-277). New York: Oxford University Press.

Riemann, B.C. & McNally, R.J. (1995). Cognitive processing of personally relevant information. *Cognition and Emotion*, 9, 325-340.

Cox, W.M., Blount, J.P. & Klinger, E. (1990). Incentive motivation, affective change, and alcohol use: A model. In: Cox, W.M. (Ed.), *Why People Drink: Parameters of Alcohol as a Reinforcer* (pp. 291-314). New York: Gardner Press.

Klinger, E. (1987). The Interview Questionnaire technique: Reliability and validity of a mixed idiographic-nomothetic measure of motivation. In Butcher, J.N. & Spielberger, C.D. (Eds.), *Advances in Personality Assessment* (Vol. 6; pp. 31-48). Hillsdale, NJ: Erlbaum.

FOREIGN LANGUAGE VERSIONS AND HOW TO OBTAIN

German *Related but rather different version under the title "Zielaktivierung und Zielklärung (ZAK)":*

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