

The Assessment of Essential Motivation, Tension, and Resistance

MARK working sample

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Version 2 / Revised

	<u>Person Scores</u>			<u>System of Support Scores</u>			HTRR
	Importance (P) X	Barriers (P) =	MTRF (P)	Importance (S) X	Barriers (S) =	MTRF (S)	
1 Help Others	7	7	49	4	6	24	2.04
2 Rejection Avoidance/Acceptance	8	5	40	5	5	25	1.60
3 Vengeance	6	6	36	3	9	27	1.33
4 Order	2	2	4	8	6	48	0.08
5 Independence/Self-Determination	9	8	72	4	8	32	2.25
6 Curiosity	7	7	49	5	5	25	1.96
7 Attention	6	9	54	3	5	15	3.60
8 Morality	5	5	25	9	8	72	0.35
9 Social Contact	8	6	48	5	9	45	1.07
10 Physical Activity	3	2	6	7	6	42	0.14
11 Sexual Gratification	10	9	90	1	10	10	9.00
12 Food	3	4	12	5	2	10	1.20
13 Physical Pain Avoidance/Comfort	5	3	15	7	6	42	0.36
14 Frustration Avoidance/Self-Regulation	7	6	42	3	7	21	2.00
15 Anxiety Avoidance/Calmness	6	7	42	9	8	72	0.58
Total All Scores			584			510	

MTRF = Motivation, Tension, Resistance Factor

HTRR = Harmony, Tension, Resistance Ratio

HTRR = MTRF (P) / MTRF (S)

Scoring scale for "Importance"

1	3	5	7	9	10
Total Disinterest/ Not at all Important	Relatively Unimportant	Ambivalent/ Uncertain	Strong Value/ Desire	Essential Desire/Value	Stongest Possible Desire/Value

Scoring for "Barriers"

1	3	5	7	9	10
Virtually No Barrier	Minor Blockage	Moderate Blockage	Major Blockage	Very Severe Blockage	Complete Blockage

General Scoring Information:

Four primary data points:

- 1) Any score on the person's side of the assessment that is a 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) The MTRF scores for the Person (see below)
- 3) The MTRF scores for the System of Supports (see below)
- 4) The HTRR scores (see below)

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**