

The Assessment of Essential Motivation, Tension, and Resistance

Name: _____

Date: _____

Version 3
Paper and Pencil Version

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

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

© Mayer/Havercamp

Published by: CRA

Visit us at www.cra.cc

This tool may be used free of charge by anyone committed to making the lives of people who have disabilities more enjoyable. We request your feedback on how you have used the tool and if it is helped.



The Assessment of Essential Motivation, Tension, and Resistance

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**