

NIMH FAMILY EFFICACY SCALE

(NIMH-FES)

AUTHORS

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PROJECT TEAM

TITLE OF PROJECT

Family Intervention and Support Programmes for
Persons with Mental Retardation (1998-2003)

PRINCIPAL INVESTIGATORS

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IDENTIFICATION DATA SHEET

Name of the interviewer : Family No:

Position held :

Name of the Institute :

Date :

CHILD CHARACTERISTICS

Name :

Age :

Sex :

Level of mental retardation and associated conditions (if any) :

FAMILY CHARACTERISTICS

Total family income :

Type of family : nuclear/non nuclear

Family status : intact/broken

Address and Telephone No :

INTRODUCTION

NIMH Family Efficacy scale (NIMH - FES) has been developed as part of a research project on "Family Intervention and Support Programmes for persons with mental retardation" funded by the US-India rupee fund (1998-2003).

A need was felt to develop a culture specific tool which could be used to assess and identify;

- (a) strengths of the Indian families,
- (b) the uniqueness and typical characteristics of the families,
- (c) the family climate and functioning of the families,
- (d) to identify the thrust areas for family intervention,
- (e) to objectively evaluate the family intervention programmes.

Though NIMH-FES has been targeted to be used with parents having mentally retarded persons, this tool can also be used with families having non-handicapped persons or with other significant adult members of the families apart from the parents.

As the first step towards the development of NIMH-FES, 20 parents (13 mothers and 7 fathers) of 13 mentally retarded individuals, 20 parents (12 mothers and 8 fathers) of 12 intellectually normal individuals and 5 professionals working with families having mentally retarded individuals were interviewed on "what the respondents considered were the strengths of Indian families or what they considered were the characteristics of strong, happy and prosperous Indian families". The responses of the parents and professionals helped in developing 15 major themes/areas of family efficacy. As the second step, depending upon each of the theme, vignettes were developed. As the third step the vignettes and themes in jumbled up manner were given to 10 parents of mentally retarded individuals and 30 professionals working in the field of mental retardation, who were requested to match the vignettes with the themes. They were also asked to indicate by ticking against each theme whether it was highly indicative, little indicative or not indicative of a strong, happy, prosperous family. Comments on vignettes were also sought. The data revealed significantly high correla-

tion between vignettes and themes. The themes of 'Trust, communication and financial' were endorsed highest as indicators of strong, happy and prosperous family. 'Roles and responsibilities, time and faith in GOD' were endorsed as less indicative of strong, happy and prosperous family. Since none of the endorsements were less than 50%, all the 15 themes/areas were retained which includes;

1. Sacrifice
2. Faith in God
3. Financial
4. Values
5. Health
6. Trust
7. Acceptance
8. Crisis
9. Social support
10. Communication
11. Roles and responsibilities
12. Optimism
13. Decisions
14. Time
15. Independence

To measure the family's uniqueness and degree of strength of each of the 15 themes listed above, a system of rating of 3, 2 or 1 score was adopted as indicated in the tool. As the next step, a pilot study was conducted on a sample of 10 parents of mentally retarded individuals using the NIMH-FES the same 10 parents were also administered family functioning style scale (by C.Dunst & Carol Trivette 1988). The results indicated a significant high correlation ($r=0.882$, 0.001) between NIMH-FES and the Family functioning style scale. Five parents of Mentally retarded individuals were interviewed by two raters independently using NIMH - FES. The inter-rater reliability between two raters was found to be ($r=0.934$; $p<0.001$). The final study is in progress under the project.

GUIDELINES FOR ADMINISTRATION AND SCORING OF NIMH-FES

- 1) Interview method is preferred over self-reporting method for gathering information using NIMH-FES.
- 2) The scale should be used by a person trained in interview method.
- 3) The interviewer should go through the scale and get familiarised with the items in the scale before using it.
- 4) The interviewer should be familiar with the family members of the index child with mental retardation to be interviewed to an extent that the respective family members feel comfortable to share their concerns with the interviewer. Hence adequate rapport with the family members is essential before starting to use NIMH - FES.
- 5) The interviewer must take consent before using the scale with each of the parent. The scale should be used separately for both mother and father and as far as possible use the scale for both mother and father at the same session one after the other or interview both mother and father at the same time using separate interviewers.
- 6) Read the 'Instructions' paragraph to the respondent and ensure that he/she has understood the intentions of the assessment.
- 7) The items included in NIMH - FES should be asked in the same sequential order.
- 8) The interview should be conducted in such a way that the interviewer does not influence the decision of the concerned respondent.

- 9) For each item on NIMH-FES the interviewer must obtain choice option from concerned respondent and check for score 3, 2 or 1 with key given at the end of each vignette. Enter score in the appropriate box for mother and father at each assessment period.
- 10) Enter the total score of each of the themes/areas as also the grand total score obtained by respondent on NIMH-FES at the appropriate places provided in the profile sheet. The higher the scores the higher the family efficacy.
- 11) Complete the NIMH-FES profile sheet after the assessment, for both parents separately.

NIMH-FAMILY EFFICACY SCALE (NIMH-FES)

Client Name :
(*person with mental retardation*)

Interviewer's Name:

Date:

Family No :

Baseline:

Respondent's Name :
Mother/Father (Tick)

1st Assessment :

2nd Assessment :

3rd Assessment :

4th Assessment :

Instructions

Every family is unique and has its own unique ways to deal with various situations even though they may be common to all families. The situations given in this scale is only to assess the "uniqueness" of your family. Each situation lists 3 options from which you are expected to choose one which is most like your family.

1. From the following options which one is most like your family when it comes to taking decisions.
 - () a). There is a one family whose members feel that individual needs are more important than the joint needs of the family. Whatever is important for the individual should be considered important for the family. One cannot sacrifice individual needs for the sake of family. Other family members will accept personal gains of the individual eventually over a period of time.

- () b) There is another family whose members believe that decisions should be taken in such a way that they are for the good of the entire family without sacrificing the individual aspirations of its members.
- () c) There is a third family whose members work together jointly for the welfare of the entire family because they strongly believe in achieving prosperity for the entire family rather than of one individual. They do not hesitate to forgo their personal gain for the sake of the family. For them family is more important than an individual.

Score 1 for (a), 2 for (b) and 3 for (c)

Mother				
Baseline	1st	2nd	3rd	4th
<input type="checkbox"/>				

Father				
Baseline	1st	2nd	3rd	4th
<input type="checkbox"/>				

2. Which of the following options is true for your family with regard to having faith in God.

- () a) Elderly wise people say that whatever happens in life is determined by God Almighty. The family must have complete faith in Him. After all, every thing is in the hands of God.
- () b) There are some families who think differently. According to them God helps only those who help themselves. That's why we should have faith in God, but should also continue to do our work dutifully.
- () c) There are some families who do not believe in this. They say that individual must have faith in one's own self. Only those who are weak, seek the help of God. Therefore, a person must have faith in one's own self.

Score 1 for (a), 2 for (b) and 3 for (c)

Mother				
Baseline	1st	2nd	3rd	4th
<input type="checkbox"/>				

Father				
Baseline	1st	2nd	3rd	4th
<input type="checkbox"/>				

3. Food, clothing and shelter are the basic needs of all families. In addition, family has to meet expenditure on education of children and health of all its members. There are several kinds of expenses in life. Which of the following options is most like your family.

- () a) Family is able to meet all these expenses easily, because the family is financially well off.
- () b) Family is able to just meet all its basic expenses within its resources? That is, neither there is any excess, nor there is any acute shortage. It is possible to meet just all basic expenses within reasonable limits.
- () c) Family has lot of difficulty in meeting the expenses, because the family is financially poor.

Score 1 for (c), 2 for (b) and 3 for (a)

Mother					Father				
Baseline	1st	2nd	3rd	4th	Baseline	1st	2nd	3rd	4th
<input type="checkbox"/>									

4. Please help us to understand what is your family like from the following three options.

- () a) Some families give more importance to human life. They believe in dignity of life. According to them making money is less important than living a life of austerity but with dignity, respect, and honour in society.
- () b) Some families consider it important to acquire lot of wealth and obtain, material goods which can bring comfort in life, thinking that these will bring, happiness and peace in life. They do not hesitate pushing down other people to ensure their success.
- () c) But, some families give importance to both living a value based life as well as earn money and material goods.

Score 1 for (b), 2 for (a) and 3 for (c)

Mother					Father				
Baseline	1st	2nd	3rd	4th	Baseline	1st	2nd	3rd	4th
<input type="checkbox"/>									

5. Please choose the option from the following, which best describes your family related to the aspect of health and fitness.

- () a) Family members do fall sick sometimes, however, they try to remain well and healthy.
- () b) Family members are health and fitness conscious, so much so that they regularly do exercises and rarely fall sick?
- () c) Most of the family members remain unwell and sick most of the time. For example, high blood pressure, diabetes, mental illness, or any other illness which has restricted the functioning of the family member(s) on long term basis.

Score 1 for (c), 2 for (a) and 3 for (b)

Mother					Father				
Baseline	1st	2nd	3rd	4th	Baseline	1st	2nd	3rd	4th
<input type="checkbox"/>									

6. Every family will have its share of good times and bad times. What happens when your family is in distress? Which among the following statements is true for your family.

- () a) Family members spontaneously come to help and have complete faith and trust in each other that they would help in times of distress?
- () b) Family members rarely come to help, most of the times one cannot depend on the family. Family members struggle alone.

- () c) Family members do help sometimes, one can depend on them on few occasions, while in some occasions one has to resolve the problem by self.

Score 1 for (b), 2 for (c) and 3 for (a)

Mother					Father					
Baseline	1st	2nd	3rd	4th	Baseline	1st	2nd	3rd	4th	
<input type="checkbox"/>										

- 7. How does your family accept and support in times of need. Which out of the following three situations is true for your family.**

- () a) On certain occasions family does provide full acceptance and support and sometimes the family is unconcerned.
- () b) The family gives unrestrained love, affection, acceptance and understanding so much so that every family member is given an important place in the family. Family takes care of family members in whatever situation they are in.
- () c) Family members are not sure at all, whether they will get support from the family, such as unrestrained love, affection, and important place in the family. Family members feel like outsider and the family remains unconcerned.

Score 1 for (c), 2 for (a) and 3 for (b)

Mother					Father					
Baseline	1st	2nd	3rd	4th	Baseline	1st	2nd	3rd	4th	
<input type="checkbox"/>										

- 8. What happens in your family when there is a crisis situation, such as loss in business, failure of crops, or sudden sickness, or failure in examinations or unexpected calamity? From the following options which is more like your family.**

- () a) In all situations the family gets together and face the challenge jointly, by helping each other.

- () b) On certain situations the family will come together and face the challenge jointly, while on certain occasions the family leaves to face the situation themselves?
- () c) The family falls apart. or blames each other and do not help each other at all.

Score 1 for (c), 2 for (b) and 3 for (a)

Mother					Father					
Baseline	1st	2nd	3rd	4th	Baseline	1st	2nd	3rd	4th	
<input type="checkbox"/>										

9. How about support from friends and neighbours to your family. Which of the following three situations is like your family.

- () a) Friends and neighbours are not at all helpful and the family cannot rely on them.
- () b) Sometimes friends and neighbours do provide help or come to the rescue of the family, however, sometimes the family member has to fend for self.
- () c) Friends and neighbours help always and stand by the family in need .

Score 1 for (a), 2 for (b) and 3 for (c)

Mother					Father					
Baseline	1st	2nd	3rd	4th	Baseline	1st	2nd	3rd	4th	
<input type="checkbox"/>										

10. How about communication within your family. Given below are three statements. Which of them is more like your family.

- () a) Family members share their experiences and concerns with each other. They talk to each other freely.

- () b) Most members in the family do not talk to each other freely. They do not share their experiences, views or concerns.
- () c) Family members have limited communication with each other. They talk to each other only when, it is absolutely necessary.

Score 1 for (b), 2 for (c) and 3 for (a)

Mother				
Baseline	1st	2nd	3rd	4th
<input type="checkbox"/>				

Father				
Baseline	1st	2nd	3rd	4th
<input type="checkbox"/>				

11. **Every family has its own rules as to who will do what. In some families the roles and responsibilities are clearly defined, in the sense that everybody knows what is expected of him or her. But in the times of difficulty, the roles and responsibilities become flexible. The family members adapt themselves to new roles or take over the duties of other members as the situation demands. What happens in your family in times of difficulty?**

- () a) Family members are unable to take over the roles and duties, as nobody has the time, or nobody wants to help.
- () b) Family members offer help to some extent only. They take over the duties for a short while. After that other solutions have to be found, you cannot depend upon them forever.
- () c) Family members rise to the occasion in the times of difficulty, and take over the roles and duties if so required.

Score 1 for (a), 2 for (b) and 3 for (c)

Mother				
Baseline	1st	2nd	3rd	4th
<input type="checkbox"/>				

Father				
Baseline	1st	2nd	3rd	4th
<input type="checkbox"/>				

12. Some families support and encourage their family members to grow to fullest potential. Which of the following statements truly describe your family.

- () a) Somewhat optimism is maintained, only to some extent family members encourage each other.
- () b) Members of our family think positively. Encourage each other to maintain positive outlook and hope for the best.
- () c) Rather than encouraging, our family members criticise or blame each other, can't think positively.

Score 1 for (c), 2 for (a) and 3 for (b)

Mother					Father				
Baseline	1st	2nd	3rd	4th	Baseline	1st	2nd	3rd	4th
<input type="checkbox"/>									

13. Every family has to take important decisions, such as marriage, business partnership, or buying a house or other major issues. Please tell me how important decisions are taken in your family.

- () a) Juniors in the family are consulted, but the decision is taken only by the elders.
- () b) Elders in the family take decisions keeping in view the best interest of the entire family.
- () c) Family members are given an opportunity to discuss the matter with each other. Majority opinion is given due respect. This way all family members contribute in arriving at the decision.

Score 1 for (b), 2 for (a) and 3 for (c)

Mother					Father				
Baseline	1st	2nd	3rd	4th	Baseline	1st	2nd	3rd	4th
<input type="checkbox"/>									

14. How much time your family members are able to spend with each other. Which of the following three situations describe your family most appropriately.

- () a) We spend lot of time together. We always find time for each other, no matter how busy we are.
- () b) Everybody is so busy. Nobody, has time to spend with each other.
- () c) Occasionally whenever it is possible we spend time with each other.

Score 1 for (b), 2 for (c) and 3 for (a)

Mother				
Baseline	1st	2nd	3rd	4th
<input type="checkbox"/>				

Father				
Baseline	1st	2nd	3rd	4th
<input type="checkbox"/>				

15. Some families think it is necessary to provide independence to family members so that they can achieve optimally to the best of their talents and abilities in areas such as studies, vocation, hobbies, etc. which of the following three statements represents your family.

- () a) There are lot of restrictions by the family on the individual to do things what the family members consider is best for them.
- () b) In certain areas complete liberty is given to family members while in some areas restriction placed by the family.
- () c) Family members are given full liberty to achieve what they consider is best for them.

Score 3 for (c), 1 for (a) and 2 for (b)

Mother				
Baseline	1st	2nd	3rd	4th
<input type="checkbox"/>				

Father				
Baseline	1st	2nd	3rd	4th
<input type="checkbox"/>				

NIMH FAMILY EFFICACY SCALE (NIMH - FES)

PROFILE SHEET

Client's Name :
(person with mental retardation)

Family No:

Mother's Name :

AREAS	Baseline	1st Assessment	2nd Assessment	3rd Assessment	4th Assessment
	Obtained score				
1. SACRIFICE					
2. FAITH IN GOD					
3. FINANCIAL					
4. VALUES					
5. HEALTH					
6. TRUST					
7. ACCEPTANCE					
8. CRISIS					
9. SOCIAL SUPPORT					
10. COMMUNICATION					
11. ROLES & RESPONSIBILITIES					
12. OPTIMISM					
13. DECISIONS					
14. TIME					
15. INDEPENDENCE					
GRAND TOTAL					

NIMH FAMILY EFFICACY SCALE (NIMH - FES)

PROFILE SHEET

Client's Name :
(person with mental retardation)

Family No:

Father's Name :

AREAS	Baseline	1st Assessment	2nd Assessment	3rd Assessment	4th Assessment
	Obtained score				
1. SACRIFICE					
2. FAITH IN GOD					
3. FINANCIAL					
4. VALUES					
5. HEALTH					
6. TRUST					
7. ACCEPTANCE					
8. CRISIS					
9. SOCIAL SUPPORT					
10. COMMUNICATION					
11. ROLES & RESPONSIBILITIES					
12. OPTIMISM					
13. DECISIONS					
14. TIME					
15. INDEPENDENCE					
GRAND TOTAL					