



Maryland Assessment of Recovery Scale — MARS-12

This scale contains a list of statements about your attitudes and beliefs about your health and wellness. There are no right or wrong answers. Read each statement and then decide how much you agree with it, from **Not at All (1)** to **Very Much (5)**. Make your selection in the column that best reflects how much you agree with each statement and add up your scores. The MARS-12 can be used to help you track your own recovery.

How much do you agree with the statement?

| | Not at all 1 | A little bit 2 | Somewhat 3 | Quite a bit 4 | Very much 5 |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1. I am hopeful about the future | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2. I believe I make good choices in my life | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3. I am able to set my own goals in life | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4. When I have a relapse, I am sure that I can get back on track | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5. I am confident that I can make positive changes in my life | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6. I feel accepted as who I am | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7. I believe that I am a strong person | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 8. I feel good about myself even when others look down on my illness | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 9. I can have a fulfilling and satisfying life | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 10. I am optimistic that I can solve problems that I will face in the future | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 11. I can make changes in my life even though I have a behavioral health issue | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 12. I am responsible for making changes in my life | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Great job tracking your movement toward recovery and building resilience. This score needs to be compared with an earlier score. If this is your first time filling out this tool, please return in a month and take the survey again and compare your score.

Whether your score went up, stayed the same or went down, the Personal Empowerment Kits has several strategies and tools available to you to help supercharge your wellness. To access the Personal Empowerment Kits, go to www.liveandworkwell.com. On the right hand side, under Hot Topics, click on Personal Empowerment Kits.

Reference: Drapalski, Amy L., et al. "Assessing recovery of people with serious mental illness: Development of a new scale." *Psychiatric Services* 63.1 (2012): 48-53. The MARS was modified in collaboration and with permission from the developers. The MARS is in the public domain and Optum has full permission to use the MARS and MARS-12. Unpublished psychometric analysis of the short form MARS-12 was conducted by Deborah Medoff, Ph.D. Psychiatry Department, University of Maryland School of Medicine and is available upon request. 1/17/2014

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