

## BIPPOS: Batterer Intervention Proximal Program Outcomes Survey

Eric S. Mankowski, Courtenay S. Silvergleid, William R. Patrick, & Daniel Wilson  
Portland State University

**Scoring Instructions:** Subscales are scored in the direction that indicates positive program outcome effectiveness. First, reverse score the items that are marked below (i.e., 1=6, 2=5, 3=4, 4=3, 5=2, 6=1). Second, sum the items in each subscale (e.g., for Personal Responsibility, sum items #1, 2, 7, 13, 23, 25, 30, 36, 39 and 42). Third, compute the average score for each subscale by taking the sum of items for each subscale and dividing by the number of items in each subscale (e.g., divide the sum of the 10 Personal Responsibility items by 10).

<b>Strongly Disagree</b> <b>1</b>	<b>Disagree</b> <b>2</b>	<b>Slightly Disagree</b> <b>3</b>	<b>Slightly Agree</b> <b>4</b>	<b>Agree</b> <b>5</b>	<b>Strongly Agree</b> <b>6</b>
--------------------------------------	-----------------------------	--------------------------------------	-----------------------------------	--------------------------	-----------------------------------

### **PERSONAL RESPONSIBILITY**

1. I have control over whether I am abusive.
2. I am responsible for my abusive behavior.
7. My partner's behavior forces me to act abusively. (reverse score)
13. I am in control of how I respond to my partner.
23. I am responsible for the effects my abusive behavior has on others.
25. The only person I can control is me.
30. I have a choice about whether I am abusive or not
36. The main reason I'm in this group is because I have to be. (reverse score)
39. I am not responsible for my actions when I get in a rage. (reverse score)
42. I would come to this program even if I was not required to.

### **POWER AND CONTROL BELIEFS**

3. If I'm upset, I usually take it out on my partner. (reverse score)
4. In a conflict with my partner, I usually get what I want. (reverse score)
8. I feel powerless during conflicts with my partner. (reverse score)
16. When I don't have the final say in discussions with my partner, I feel out of control. (reverse score)
32. I use violence to help me get what I want from my partner. (reverse score)
34. I feel better about my relationship with my partner when I'm the one in control. (reverse score)

### **UNDERSTANDING THE EFFECTS OF ABUSE**

5. My abusive behavior has caused my family members to trust me less.
11. People in my life have been strongly affected by my abusive behavior.

14. I have lost relationships due to my abusive behavior.
17. My abusive behavior has had long lasting effects on my family members.
28. My abusive behavior has caused my family members to feel bad about themselves.
31. My abusive behavior has hurt me.

### **DEPENDENCY ON PARTNER**

6. I am dependent on my partner. (reverse score)
12. I worry that my partner is going to leave me. (reverse score)
18. I don't know what I would do without my partner. (reverse score)
22. I worry about losing my relationship with my partner. (reverse score)
26. When my partner disagrees with me, I feel alone. (reverse score)
27. I'm responsible for my own happiness.
29. I feel jealous when my partner spends too much time with other people. (reverse score)
33. When my partner does something without me, I feel left out. (reverse score)
37. My happiness typically depends on my partner. (reverse score)
40. I need my partner to make me happy. (reverse score)

### **ANGER CONTROL AND MANAGEMENT**

9. When I am abusive, I feel that I am not under control of myself. (reverse score)
10. Taking a break helps me manage my anger.
15. I can control my anger during conflicts with my partner.
19. When I feel good about myself, I'm less likely to get into arguments.
20. I can express my anger without becoming abusive.
21. Thinking positively about myself helps me avoid becoming abusive.
24. When I am becoming angry, I can feel it in my body.
35. I know when I'm about to explode.
38. When I have a bad day, I take it out on people at home. (reverse score)
41. I know when I'm getting angry.

Requests for permission to use the items and scales in this instrument should be sent to Dr. Eric Mankowski, Department of Psychology, Portland State University, PO Box 751, Portland, OR 97207-0751 or by email: [mankowskie@pdx.edu](mailto:mankowskie@pdx.edu)