

(PSAT-20) Problem Solving Assessment Tool

Overview

The Problem Solving Assessment Tool (PSAT-20) evaluates an individual's problem-solving abilities across emotional, social, and practical domains. The assessment consists of a series of statements rated on a Likert scale, measuring self-perceived effectiveness in problem-solving scenarios.

Instructions

For each statement, indicate how often you feel that way with the appropriate number:

- 1 = Never
- 2 = Rarely
- 3 = Sometimes
- 4 = Often
- 5 = Always

Assessment Items

1. ___ I feel confident in my ability to identify problems as they arise.
2. ___ I can brainstorm multiple solutions to a problem effectively.
3. ___ When faced with a challenging situation, I find it easy to decide on a course of action.
4. ___ I often consider the pros and cons of each possible solution.
5. ___ I can adapt my problem-solving approach based on the specific situation.
6. ___ I feel comfortable seeking help from others when I cannot solve a problem on my own.
7. ___ I am able to evaluate the outcomes of my chosen solutions.
8. ___ I stay calm and focused when faced with a problem.
9. ___ I can articulate the problems I encounter clearly to others.
10. ___ I find it easy to recognize patterns in past experiences that inform my current problem-solving.
11. ___ I can break down large problems into smaller, manageable parts.
12. ___ I am open to experimenting with different solutions, even if I'm unsure of the outcome.
13. ___ I tend to act quickly when solving problems, rather than overthinking.
14. ___ I regularly reflect on my problem-solving experiences to learn from them.
15. ___ I can effectively communicate my thoughts and feelings about a problem to those involved.
16. ___ I feel comfortable navigating conflicts with others when solving problems.
17. ___ I actively seek feedback on my problem-solving approaches from trusted individuals.
18. ___ I can recognize when a problem requires immediate attention versus when it can wait.
19. ___ I am persistent in pursuing a solution, even when faced with obstacles.
20. ___ I utilize various resources (websites, AI, friends) to enhance my problem-solving abilities.

PSAT-20 Scoring Guide - Client

Calculate Total Score:

Add the scores for each item. The maximum score is 100, and the minimum score is 20.

Score Interpretation:

80-100: Strong Problem-Solving Skills – You demonstrate high confidence and adaptability in problem-solving. Continue to challenge yourself with complex issues and seek opportunities to mentor others.

60-79: Moderate Problem-Solving Skills – You have a solid foundation in problem-solving but may benefit from exploring new strategies. Focus on areas like seeking feedback and refining your decision-making process.

40-59: Developing Problem-Solving Skills – You may struggle with certain aspects of problem-solving. Identifying and breaking down problems into smaller components could help improve your approach.

20-39: Limited Problem-Solving Skills – You might find problem-solving challenging and may feel overwhelmed. Seeking professional support or structured training could be beneficial.

Improvement Suggestions:

For Strong Problem-Solving Skills (80-100):

Keep pushing your boundaries by tackling more complex problems and sharing your strategies with peers.

For Moderate Skills (60-79):

Identify specific strategies you can incorporate into your problem-solving process. Consider feedback from trusted sources.

For Developing Skills (40-59):

Focus on building your confidence through small wins. Break down larger problems into manageable parts.

For Limited Skills (20-39):

Consider seeking support from a therapist or coach to develop your problem-solving skills.

PSAT-20 Scoring Guide - Therapist

Calculate Total Score:

Add the scores for each item. The maximum score is 100, and the minimum score is 20.

Score Interpretation:

80-100: Strong Problem-Solving Skills – Encourage the client to explore advanced problem-solving scenarios and consider peer mentorship roles to reinforce their skills.

60-79: Moderate Problem-Solving Skills – Work collaboratively with the client to identify specific areas for development, such as enhancing their ability to seek assistance or evaluate outcomes.

40-59: Developing Problem-Solving Skills – Consider engaging the client in structured problem-solving exercises, such as role-playing or scenario analysis, to practice breaking down problems and generating solutions.

20-39: Limited Problem-Solving Skills – Prioritize developing foundational skills, such as effective communication and emotional regulation during problem-solving. Consider using worksheets or guided discussions to support learning.

Improvement Suggestions:

For Strong Problem-Solving Skills (80-100):

Facilitate discussions around advanced problem-solving scenarios and encourage the client to consider teaching others or leading group problem-solving sessions.

For Moderate Skills (60-79):

Work together to set specific, measurable goals for improvement. Suggest techniques such as journaling or problem-solving group exercises to enhance skills.

For Developing Skills (40-59):

Use structured exercises to practice breaking down problems. Encourage the client to reflect on their problem-solving experiences to build awareness of their thought processes.

For Limited Skills (20-39):

Provide resources and strategies to build foundational skills. Engage in skill-building exercises, emphasizing emotional regulation, seeking support, and effective communication during problem-solving.