

# ***THE LIFE SKILLS PROFILE***

## **Background, Items and Scoring for the LSP–39, LSP–20 and the LSP–16**

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The Life Skills Profile(LSP) was developed as a measure of those aspects of functioning (“life skills”) which affected how successfully people with schizophrenia lived in the community or hospital (Rosen *et al.* [1989]). As many of the skills are relevant in other major psychiatric disorders and in some organic conditions the LSP has been applied to a broad range of diagnoses.

## Versions of the LSP

A number of versions of the LSP have been published or variously reported.

On the basis of psychometric analyses Trauer (1995) suggested some minor re-labelling of the dimensions and a re-arrangement of the items defining them.

The LSP-39 has proved too lengthy for some peoples’ needs and so two shortened versions have been described.

**LSP-20.** This version comprises 20 items and retains the five original dimensions (as re-labelled in Trauer [1995]). It was suggested by Trauer and its properties reported in Rosen *et al.* (2001).

**LSP-16.** This version with 16 items was constructed by the original authors for an Australian casemix research project — *Mental Health Classification and Service Costs Project* (see <http://www.mhnocc.org>).

This version does not have the “communication” subscale which was assessed by other means in the casemix study.

## Dimensions of the LSP and their scoring

The philosophy of the LSP was to try and emphasize a person’s “life skills” rather than their “lack of life skills.” This was seen as being both positive for the person as well as encouraging carers and others to focus on what the person can do, rather than on what they cannot. This philosophy was expressed in the scoring of the items and in the labelling of the subscales.

**Scoring of items.** Hence the items were meant originally to be scored so that high scores indicate high levels of life skills, just as, for example, high scores on the GAF mean higher levels of functioning. Nevertheless, some users of the LSP have scored items or transformed totals so that high scores indicate low levels of skills (or high levels of deficits), just as, for example, high scores on the HoNOS mean lower levels of functioning.

**Labelling of items.** Similarly, the subscales had positive labels, such as *self-care*, *non-turbulence* and *social contact*. The emphasis on deficits is seen in labels such as *anti-social* and *withdrawal*.

Subscale	LSP-39	LSP-20	LSP-16
1	Self-care	Self-care	Self-care
2	Non-turbulence	Anti-social	Anti-social
3	Social contact	Withdrawal	Withdrawal
4	Communication	Bizarre	—
5	Responsibility	Compliance	Compliance

The following table shows the items in the three versions and which subscales they form.

Item	Item Descriptor	Subscales of Version		
		LSP-39	LSP-20	LSP-16
1	Does this person generally have any difficulty with initiating and responding to conversation?	Communication	Withdrawal	Withdrawal
2	Does this person generally intrude or burst in on others' conversation (e.g. interrupts you when you are talking)?	Communication	Anti-social	
3	Does this person generally withdraw from social contact?	Social contact	Withdrawal	Withdrawal
4	Does this person generally show warmth to others?	Social contact	Withdrawal	Withdrawal
5	Is this person generally angry or prickly towards others?	Non-turbulence	Anti-social	
6	Does this person generally take offence readily?	Non-turbulence	Anti-social	
7	Does this person generally make eye contact with others when in conversation?	Communication	Withdrawal	
8	Is it generally difficult to understand this person because of the way he or she speaks (e.g. jumbled, garbled or disordered)?	Communication	Bizarre	
9	Does this person generally talk about odd or strange ideas?	Communication	Bizarre	
10	Is this person generally well groomed (e.g., neatly dressed, hair combed)?	Self-care	Self-care	Self-care
11	Is this person's appearance (facial appearance, gestures) generally appropriate to his or her surroundings?	Communication	Bizarre	
12	Does this person wash himself or herself without reminding?	Self-care	Self-care	
13	Does this person generally have an offensive smell (e.g. due to body, breath or clothes)?	Self-care	Self-care	
14	Does this person wear clean clothes generally, or ensure they are cleaned if dirty?	Self-care	Self-care	Self-care
15	Does this person generally neglect his or her physical health?	Self-care	Self-care	Self-care
16	Does this person generally maintain an adequate diet?	Self-care	Self-care	Self-care
17	Does this person generally look after and take her or his own prescribed medication (or attend for prescribed injections on time) without reminding?	Responsibility	Compliance	Compliance
18	Is this person willing to take psychiatric medication when prescribed by a doctor?	Responsibility	Compliance	Compliance
19	Does this person co-operate with health services (e.g. doctors and/or other health workers)?	Responsibility	Compliance	Compliance

Item	Item Descriptor	Subscales of Version		
		LSP-39	LSP-20	LSP-16
20	Is this person generally inactive (e.g. spends most of the time sitting or standing around doing nothing)?	Social contact	Withdrawal	
21	Does this person generally have definite interests (e.g. hobbies, sports, activities) in which he or she is involved regularly?	Social contact	Withdrawal	
22	Does this person attend any social organisation (e.g. church, club or interest group but excluding psychiatric therapy groups)?	Social contact	Withdrawal	
23	Can this person generally prepare (if needed) her or his own food/meals?	Self-care	Self-care	
24	Can this person generally budget (if needed) to live within his or her means?	Self-care	Self-care	
25	Does this person generally have problems (e.g. friction, avoidance) living with others in the household?	Non-turbulence	Anti-social	Anti-social
26	What sort of work is this person generally capable of (even if unemployed, retired or doing unpaid domestic duties)?	Self-care	Self-care	Self-care
27	Does this person behave recklessly (e.g. ignoring traffic when crossing the road)?	Non-turbulence	Anti-social	
28	Does this person destroy property?	Non-turbulence	Anti-social	
29	Does this person behave offensively (includes sexual behaviour)?	Non-turbulence	Anti-social	Anti-social
30	Does this person have habits or behaviours that most people find unsociable (e.g. spitting, leaving lighted cigarette butts around, messing up the toilet, messy eating)?	Self-care	Anti-social	
31	Does this person lose personal property?	Responsibility	Self-care	
32	Does this person invade others' space (rooms, personal belongings)?	Non-turbulence	Anti-social	
33	Does this person take things which are not his or hers?	Responsibility	Anti-social	
34	Is this person violent to others?	Non-turbulence	Anti-social	Anti-social
35	Is this person violent to him or her self?	Non-turbulence	Anti-social	
36	Does this person get into trouble with the police?	Non-turbulence	Anti-social	
37	Does this person abuse alcohol or drugs?	Non-turbulence	Anti-social	
38	Does this person behave irresponsibly?	Non-turbulence	Anti-social	Anti-social
39	Does this person generally make and/or keep up friendships?	Social contact	Withdrawal	Withdrawal

## Further Information

Questions regarding the LSP may be sent to

- Dr. Alan Rosen ([arosen@nsccha.health.nsw.gov.au](mailto:arosen@nsccha.health.nsw.gov.au)),
- Professor Gordon Parker ([G.Parker@unsw.edu.au](mailto:G.Parker@unsw.edu.au)) or
- Associate Professor Tom Trauer ([Tom.Trauer@med.monash.edu.au](mailto:Tom.Trauer@med.monash.edu.au)).

There is also material on the LSP at <http://www.mhnocc.org>. In particular, there is a link to a Forum which includes discussion of the LSP-16. Material might also be found under the link to AMHOCN (Australian Mental Health Outcomes and Classification Network).

Questions regarding this document may be sent to

- Dusan Hadzi-Pavlovic ([D.Hadzi-Pavlovic@unsw.edu.au](mailto:D.Hadzi-Pavlovic@unsw.edu.au)).

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## Appendix A

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## Appendix B

### Items and Scoring of the LSP-39

#### Scoring

The following table shows the items which make up the subscales of the LSP. As originally reported, all items should be scored as 4-3-2-1, running from the leftmost to rightmost anchor points. As noted earlier, users who want high scores to indicate low functioning can score the items as 1-2-3-4, or as suggested for the LSP-20, as 0-1-2-3.

*Items comprising the subscales of the LSP-39.*

Self-care	Non-turbulence	Social contact	Communication	Responsibility
10	5	3	1	17
12	6	4	2	18
13	25	20	7	19
14	27	21	8	31
15	28	22	9	33
16	29	39	11	
23	32			
24	34			
26	35			
30	36			
	37			
	38			

#### Instructions

The following are the original recommended instructions for answering the LSP.

---

#### Instruction:

Please complete the form as you assess \_\_\_\_\_'s general functioning (i.e., not during crises when he or she is ill, or becoming ill, but his or her general state over the past three months). Answer all items by circling the appropriate description.

#### Example:

For example, if you consider that the person generally shows a particular behaviour only 'rarely' you would place a circle as below:



**1. Does this person generally have any difficulty with initiating and responding to conversation?**

\_\_\_\_\_

No difficulty with conversation      Slight difficulty with conversation      Moderate difficulty with conversation      Extreme difficulty with conversation

**2. Does this person generally intrude or burst in on others' conversation (e.g. interrupts you when you are talking)?**

\_\_\_\_\_

Not intrusive at all      Slightly intrusive      Moderately intrusive      Extremely intrusive

**3. Does this person generally withdraw from social contact?**

\_\_\_\_\_

Does not withdraw at all      Withdraws slightly      Withdraws moderately      Withdraws totally or near totally

**4. Does this person generally show warmth to others?**

\_\_\_\_\_

Considerable warmth      Moderate warmth      Slight warmth      No warmth at all

**5. Is this person generally angry or prickly towards others?**

\_\_\_\_\_

Not angry at all      Slightly angry      Moderately angry      Extremely angry

**6. Does this person generally take offence readily?**

\_\_\_\_\_

Doesn't take offence      Somewhat ready to take offence      Quite ready to take offence      Extremely ready to take offence

**7. Does this person generally make eye contact with others when in conversation?**

\_\_\_\_\_

Appropriate eye contact      Slightly reduced eye contact      Moderately reduced eye contact      Extremely reduced or no eye contact

**8. Is it generally difficult to understand this person because of the way he or she speaks (e.g. jumbled, garbled or disordered)?**

\_\_\_\_\_

Not at all difficult      Slightly difficult      Moderately difficult      Extremely difficult

**9. Does this person generally talk about odd or strange ideas?**

\_\_\_\_\_

No odd ideas      Slightly odd ideas      Moderately odd ideas      Extremely odd ideas

**10. Is this person generally well groomed (e.g., neatly dressed, hair combed)?**

\_\_\_\_\_

Well groomed      Moderately well groomed      Poorly groomed      Extremely poorly groomed

**11. Is this person's appearance (facial appearance, gestures) generally appropriate to his or her surroundings?**

\_\_\_\_\_

Unremarkable or appropriate      Slightly bizarre or inappropriate      Moderately bizarre or inappropriate      Extremely bizarre or inappropriate

**12. Does this person wash himself or herself without reminding?**

\_\_\_\_\_

Generally      Occasionally      Rarely      Never

**13. Does this person generally have an offensive smell (e.g. due to body, breath or clothes)?**

\_\_\_\_\_

Not at all      Smells slightly      Smells moderately      Smells a lot

**14. Does this person wear clean clothes generally, or ensure they are cleaned if dirty?**

\_\_\_\_\_

Maintains cleanliness of clothes      Moderate cleanliness of clothes      Poor cleanliness of clothes      Very poor cleanliness of clothes

**15. Does this person generally neglect his or her physical health?**

\_\_\_\_\_

No neglect      Slight neglect of physical problems      Moderate neglect of physical problems      Extreme neglect of physical problems

**16. Does this person generally maintain an adequate diet?**

\_\_\_\_\_

No problem      Slight problem      Moderate problem      Extreme problem

**17. Does this person generally look after and take her or his own prescribed medication (or attend for prescribed injections on time) without reminding?**

\_\_\_\_\_

Reliable with medication      Slightly Unreliable      Moderately Unreliable      Extremely Unreliable

**18. Is this person willing to take psychiatric medication when prescribed by a doctor?**

\_\_\_\_\_

Always      Usually      Rarely      Never

**19. Does this person co-operate with health services (e.g. doctors and/or other health workers)?**

\_\_\_\_\_

Always      Usually      Rarely      Never

20. Is this person generally inactive (e.g. spends most of the time sitting or standing around doing nothing)?

Appropriately active	Slightly inactive	Moderately inactive	Extremely inactive

21. Does this person generally have definite interests (e.g. hobbies, sports, activities) in which he or she is involved regularly?

Considerable involvement	Moderate involvement	Some involvement	Not involved at all

22. Does this person attend any social organisation (e.g. church, club or interest group but excluding psychiatric therapy groups)?

Frequently	Occasionally	Rarely	Never

23. Can this person generally prepare (if needed) her or his own food/meals?

Quite capable of preparing food/meals	Slight limitations	Moderate limitations	Totally incapable of preparing food/meals

24. Can this person generally budget (if needed) to live within his or her means?

Quite capable of budgeting	Slight limitations	Moderate limitations	Totally incapable of budgeting

25. Does this person generally have problems (e.g. friction, avoidance) living with others in the household?

No obvious problems	Slight problems	Moderate problems	Extreme problems

26. What sort of work is this person generally capable of (even if unemployed, retired or doing unpaid domestic duties)?

Capable of full-time work	Capable of part-time work	Capable only of sheltered work	Totally incapable of work

27. Does this person behave recklessly (e.g. ignoring traffic when crossing the road)?

Not at all	Rarely	Occasionally	Often

28. Does this person destroy property?

Not at all	Rarely	Occasionally	Often

29. Does this person behave offensively (includes sexual behaviour)?

Not at all	Rarely	Occasionally	Often

30. Does this person have habits or behaviours that most people find unsociable (e.g. spitting, leaving lighted cigarette butts around, messing up the toilet, messy eating)?

Not at all	Rarely	Occasionally	Often

31. Does this person lose personal property?

Not at all	Rarely	Occasionally	Often

32. Does this person invade others' space (rooms, personal belongings)?

Not at all	Rarely	Occasionally	Often

33. Does this person take things which are not his or hers?

Not at all	Rarely	Occasionally	Often

34. Is this person violent to others?

Not at all	Rarely	Occasionally	Often

35. Is this person violent to him or her self?

Not at all	Rarely	Occasionally	Often

36. Does this person get into trouble with the police?

Not at all	Rarely	Occasionally	Often

37. Does this person abuse alcohol or other drugs?

Not at all	Rarely	Occasionally	Often

38. Does this person behave irresponsibly?

Not at all	Rarely	Occasionally	Often

39. Does this person generally make and/or keep up friendships?

Friendships made or kept up well	Friendships made or kept up with slight difficulty	Friendships made or kept up with considerable difficulty	No friendships made or none kept up

## Appendix C

### Items and Scoring of the LSP-20

The following table shows the items which make up the LSP-20; the corresponding item number from the LSP-39; and the subscale to which each item belongs, with the subscales are named as in Rosen *et al* 2001.

LSP-20	LSP-39	LSP-20 subscale	LSP-20	LSP-39	LSP-20 subscale
1	1	Withdrawal	11	17	Compliance
2	3	Withdrawal	12	18	Compliance
3	4	Withdrawal	13	19	Compliance
4	8	Bizzare	14	21	Withdrawal
5	9	Bizzare	15	25	Antisocial
6	10	Self-care	16	26	Self-care
7	11	Bizzare	17	29	Antisocial
8	14	Self-care	18	34	Antisocial
9	15	Self-care	19	38	Antisocial
10	16	Self-care	20	39	Withdrawal

#### Scoring

The authors suggested that those who wish to retain the original approach of scoring strengths should score the items 4-3-2-1 from leftmost to rightmost anchor; while those who favour scoring impairments should use 0-1-2-3.

#### Instructions

The following are the original recommended instructions for answering the LSP.

---

#### Instruction:

Please complete the form as you assess \_\_\_\_\_'s general functioning (i.e., not during crises when he or she is ill, or becoming ill, but his or her general state over the past three months). Answer all items by circling the appropriate description.

#### Example:

For example, if you consider that the person generally shows a particular behaviour only 'rarely' you would place a circle as below:



**1. Does this person generally have any difficulty with initiating and responding to conversation?**

--	--	--	--

No difficulty with conversation	Slight difficulty with conversation	Moderate difficulty with conversation	Extreme difficulty with conversation
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**2. Does this person generally withdraw from social contact?**

--	--	--	--

Does not withdraw at all	Withdraws slightly	Withdraws moderately	Withdraws totally or near totally
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**3. Does this person generally show warmth to others?**

--	--	--	--

Considerable warmth	Moderate warmth	Slight warmth	No warmth at all
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**4. Is it generally difficult to understand this person because of the way he or she speaks (e.g. jumbled, garbled or disordered)?**

--	--	--	--

Not at all difficult	Slightly difficult	Moderately difficult	Extremely difficult
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**5. Does this person generally talk about odd or strange ideas?**

--	--	--	--

No odd ideas	Slightly odd ideas	Moderately odd ideas	Extremely odd ideas
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**6. Is this person generally well groomed (e.g., neatly dressed, hair combed)?**

--	--	--	--

Well groomed	Moderately well groomed	Poorly groomed	Extremely poorly groomed
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**7. Is this person's appearance (facial appearance, gestures) generally appropriate to his or her surroundings?**

--	--	--	--

Unremarkable or appropriate	Slightly bizarre or inappropriate	Moderately bizarre or inappropriate	Extremely bizarre or inappropriate
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**8. Does this person wear clean clothes generally, or ensure they are cleaned if dirty?**

--	--	--	--

Maintains cleanliness of clothes	Moderate cleanliness of clothes	Poor cleanliness of clothes	Very poor cleanliness of clothes
----------------------------------	---------------------------------	-----------------------------	----------------------------------

**9. Does this person generally neglect his or her physical health?**

--	--	--	--

No neglect	Slight neglect of physical problems	Moderate neglect of physical problems	Extreme neglect of physical problems
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**10. Does this person generally maintain an adequate diet?**

--	--	--	--

No problem	Slight problem	Moderate problem	Extreme problem
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**11. Does this person generally look after and take her or his own prescribed medication (or attend for prescribed injections on time) without reminding?**

--	--	--	--

Reliable with medication	Slightly Unreliable	Moderately Unreliable	Extremely Unreliable
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**12. Is this person willing to take psychiatric medication when prescribed by a doctor?**

--	--	--	--

Always	Usually	Rarely	Never
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**13. Does this person co-operate with health services (e.g. doctors and/or other health workers)?**

--	--	--	--

Always	Usually	Rarely	Never
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**14. Does this person generally have definite interests (e.g. hobbies, sports, activities) in which he or she is involved regularly?**

--	--	--	--

Considerable involvement	Moderate involvement	Some involvement	Not involved at all
--------------------------	----------------------	------------------	---------------------

**15. Does this person generally have problems (e.g. friction, avoidance) living with others in the household?**

--	--	--	--

No obvious problems	Slight problems	Moderate problems	Extreme problems
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**16. What sort of work is this person generally capable of (even if unemployed, retired or doing unpaid domestic duties)?**

--	--	--	--

Capable of full-time work	Capable of part-time work	Capable only of sheltered work	Totally incapable of work
---------------------------	---------------------------	--------------------------------	---------------------------

**17. Does this person behave offensively (includes sexual behaviour)?**

--	--	--	--

Not at all	Rarely	Occasionally	Often
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**18. Is this person violent to others?**

--	--	--	--

Not at all	Rarely	Occasionally	Often
------------	--------	--------------	-------

**19. Does this person behave irresponsibly?**

--	--	--	--

Not at all	Rarely	Occasionally	Often
------------	--------	--------------	-------

**20. Does this person generally make and/or keep up friendships?**

--	--	--	--

Friendships made or kept up well	Friendships made or kept up with slight difficulty	Friendships made or kept up with considerable difficulty	No friendships made or none kept up
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## Appendix D

### Items and Scoring of the LSP-16

The following table shows the items which make up the LSP-16; the corresponding item number from the LSP-39; and the subscale to which each item belongs, with the subscales named as in the *Mental Health Classification and Service Costs Project (MH-CASC)* project. (Note that the item ordering corresponds to the LSP-39 and not the MH-CASC.)

LSP-16	LSP-39	MH-CASC subscale	LSP-16	LSP-39	MH-CASC subscale
1	1	Withdrawal	9	18	Compliance
2	3	Withdrawal	10	19	Compliance
3	4	Withdrawal	11	25	Antisocial
4	10	Self-care	12	26	Self-care
5	14	Self-care	13	29	Antisocial
6	15	Self-care	14	34	Antisocial
7	16	Self-care	15	38	Antisocial
8	17	Compliance	16	39	Withdrawal

#### Scoring

The following table shows the items which make up the subscales of the LSP. The subscales are named as by the *MH-CASC* Project who also adopted the practice of scoring the LSP-16 as 0-1-2-3.

#### Instructions

The following are the original recommended instructions for answering the LSP.

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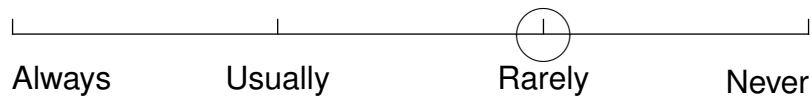
#### Instruction:

Please complete the form as you assess \_\_\_\_\_'s general functioning (i.e., not during crises when he or she is ill, or becoming ill, but his or her general state over the past three months.

Answer all items by circling the appropriate description.

#### Example:

For example, if you consider that the person generally shows a particular behaviour only 'rarely' you would place a circle as below:



**1. Does this person generally have any difficulty with initiating and responding to conversation?**

\_\_\_\_\_

No difficulty with conversation	Slight difficulty with conversation	Moderate difficulty with conversation	Extreme difficulty with conversation
---------------------------------	-------------------------------------	---------------------------------------	--------------------------------------

**2. Does this person generally withdraw from social contact?**

\_\_\_\_\_

Does not withdraw at all	Withdraws slightly	Withdraws moderately	Withdraws totally or near totally
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**3. Does this person generally show warmth to others?**

\_\_\_\_\_

Considerable warmth	Moderate warmth	Slight warmth	No warmth at all
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**4. Is this person generally well groomed (e.g., neatly dressed, hair combed)?**

\_\_\_\_\_

Well groomed	Moderately well groomed	Poorly groomed	Extremely poorly groomed
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**5. Does this person wear clean clothes generally, or ensure they are cleaned if dirty?**

\_\_\_\_\_

Maintains cleanliness of clothes	Moderate cleanliness of clothes	Poor cleanliness of clothes	Very poor cleanliness of clothes
----------------------------------	---------------------------------	-----------------------------	----------------------------------

**6. Does this person generally neglect his or her physical health?**

\_\_\_\_\_

No neglect	Slight neglect of physical problems	Moderate neglect of physical problems	Extreme neglect of physical problems
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**7. Does this person generally maintain an adequate diet?**

\_\_\_\_\_

No problem	Slight problem	Moderate problem	Extreme problem
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**8. Does this person generally look after and take her or his own prescribed medication (or attend for prescribed injections on time) without reminding?**

\_\_\_\_\_

Reliable with medication	Slightly Unreliable	Moderately Unreliable	Extremely Unreliable
--------------------------	---------------------	-----------------------	----------------------

**9. Is this person willing to take psychiatric medication when prescribed by a doctor?**

\_\_\_\_\_

Always	Usually	Rarely	Never
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**10. Does this person co-operate with health services (e.g. doctors and/or other health workers)?**

\_\_\_\_\_

Always	Usually	Rarely	Never
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**11. Does this person generally have problems (e.g. friction, avoidance) living with others in the household?**

\_\_\_\_\_

No obvious problems	Slight problems	Moderate problems	Extreme problems
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**12. What sort of work is this person generally capable of (even if unemployed, retired or doing unpaid domestic duties)?**

\_\_\_\_\_

Capable of full-time work	Capable of part-time work	Capable only of sheltered work	Totally incapable of work
---------------------------	---------------------------	--------------------------------	---------------------------

**13. Does this person behave offensively (includes sexual behaviour)?**

\_\_\_\_\_

Not at all	Rarely	Occasionally	Often
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**14. Is this person violent to others?**

\_\_\_\_\_

Not at all	Rarely	Occasionally	Often
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**15. Does this person behave irresponsibly?**

\_\_\_\_\_

Not at all	Rarely	Occasionally	Often
------------	--------	--------------	-------

**16. Does this person generally make and/or keep up friendships?**

\_\_\_\_\_

Friendships made or kept up well	Friendships made or kept up with slight difficulty	Friendships made or kept up with considerable difficulty	No friendships made or none kept up
----------------------------------	--	--	-------------------------------------