



LIFE INNOVATIONS, Inc.®

HOW TO Series: **Revised Individual (REV) and the Positive Couple Agreement (PCA) Scores**

For more on this topic, review your Counselor's Manual –pages 33-36.

Revised Individual (REV) Scores vs. Couple (PCA) Scores:

The PREPARE/ENRICH Inventories are unique because they utilize two different types of scores for each content area, individual and couple scores. The individual scores indicate “his” and “her” satisfaction in that category and the couple score indicates the level of couple positive agreement and compatibility on each category.

The Revised Individual (REV) score and the Couple Positive Agreement (PCA) score are two different perspectives on the couple relationship. The *Revised Individual (REV) Score* is based on how each *individual* perceives the content area. The *Positive Couple Agreement (PCA) Score* is based on the number of responses on which partners agree in each content area.

You will benefit by having both partners' views, as well as how much they agree with each other in each content area.

What is the Revised Individual (REV) Score?

The Revised Individual (REV) Score depicts how satisfied an *individual* is in the content area. It was designed to describe how the *individual* perceives that aspect of their couple relationship. *The higher the score, the more they are satisfied with the area (category).*

To create a Revised Individual (REV) score, their individual percentile score is adjusted downward based on their Idealistic Distortion score. The size of the adjusted is based on the person's Idealistic Distortion Score (for more information on Idealistic Distortion, please see *HOW TO Series: Understanding Idealistic Distortion*).

Why Do His and Her Individual Scores Often Differ?

His and Her individual scores often differ, which means that each person has different levels of satisfaction about that aspect (category) of their relationship. This is a common characteristic of most couples, indicating that they view their relationship very differently in that area.

POSITIVE COUPLE AGREEMENT:

In creating both a Positive Couple Agreement item and percentage score, the individual responses to an item from two people are compared and classified into four types of items: *Positive Couple Agreement*, *Special Focus*, *Indecision & Disagreement*.

What is a Positive Couple Agreement Item?

A Positive Couple Agreement item indicates that both people agree that the item is a positive aspect or strength in their relationship. It occurs when both people agree with a positive item or disagree with a negative item.

For example, a PCA item occurs when a couple agrees with a positive (+) item: “*I like the personality of my partner.*” Or a couple disagrees with a negative item: “*I am concerned about my partner’s temper.*”

How is PCA Item different from a Special Focus Item:

The **opposite** of a Positive Couple Agreement (PCA) item is a *Special Focus item*, which is when *both* partners agree with a negative item or disagree with a positive item. Special Focus means that both people are saying that this issue is a problem for them—hence it is important to give “special focus” to this issue.

For example, a SF item occurs when a couple agrees with a negative (-) item: “*My partner has difficulty sharing feelings.*” Or a couple disagrees with a positive item: “*My partner is very loving and caring.*”

What is the PCA Score?

The Positive Couple Agreement (PCA) Score is a percentage score ranging from 0-100% based on the number of Positive Agreement Items a couple agrees on in each of the content areas. For example, since each content area has 10 items, positive agreement on 7 items would give a PCA Score of 70%.

How does the PCA Score relate to Couple Strengths?

The PCA Score determines the level at which each content area will be scored. The four levels are: ***Strength Area***, ***Possible Strength Area***, ***Possible Growth Area*** and ***Growth Area***. High PCA scores are indicative of a Strength Area. On the other hand, low PCA Scores are indicative of a Growth Area.

<u>Interpretation</u>	<u>PCA Score</u>
Strength Area.....	80—100%
Possible Strength.....	50—70%
Possible Growth Area.....	30—40%
Growth Area.....	0---20%

For more details, see your Computer Report—bottom of page 5.

Relationship between the Revised Individual (REV) & the Positive Couple Agreement (PCA) Scores:

The REV and PCA scores are two different scores and are created independently of each other. Although the two scores are created in different ways to measure individual versus couple characteristics, the two scores are related.

For example, a high PCA score can only occur when both partners have a high REV score. A moderate PCA score often occurs when one or both partners have moderate REV scores. A low PCA Score may occur if one partner has a high or moderate REV score and the other partner has a low REV score, or if both partners have a low REV score.

Relationship between Couple & Individual Scores	
Couple Score (PCA)	Revised Individual Score (REV)
High PCA (70—100%)	Both partners have high individual scores (70-100%)
Moderate PCA (40-60%)	One or Both partners have moderate individual scores (typically 40—70%)
Low PCA (0—30%)	Both have low individual scores (40% or less) or one person has a high or moderate and the other has a low score

In summary, the value of having both the individual and couple scores is that the individual scores enables you to see “his” and “her” level of the satisfaction with each content area, while the couple score enables you to see how much agreement and compatibility they have in each content area.. No other couple inventory provides you with such in-depth individual and couple perspectives.

How to Understand the Revised Individual (REV) and the
Positive Couple Agreement (PCA) Score

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