

Instructions for scoring the Santa Barbara Sense of Direction Scale:

1. Reverse score all positively worded items (i.e., “agree” means you think you are good at something).
  - a. These are items 1, 3, 4, 5, 7, 9 and 14.
  - b. Reverse scoring means 1 is recoded to 7, 2 to 6, 3 to 5, 5 to 3, 6 to 2 and 7 to 1.
2. Then compute the average score across the 15 items (using the reverse scores for the positively stated items and the original scores for the other items).
3. The score will be a number between 1 and 7 where 1 means a poor sense of direction and 7 means a good sense of direction.