

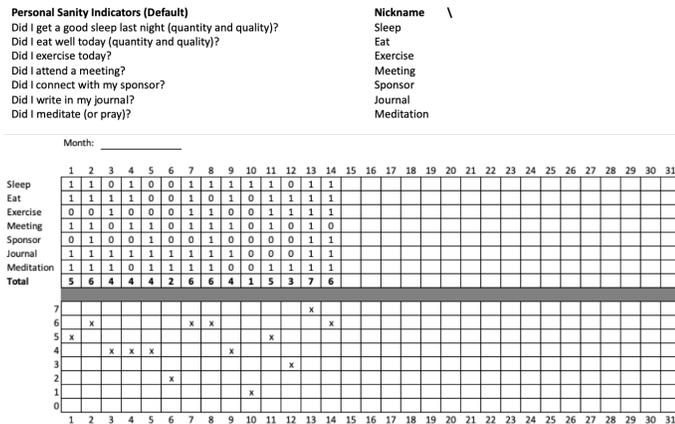
# The Personal Sanity Index: A Behavioral Tool for Sobriety Maintenance

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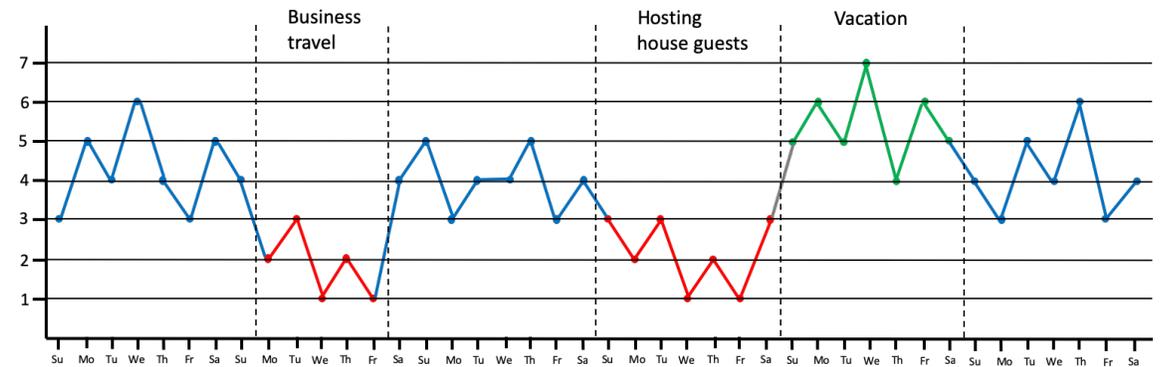
The PSI is a behavioral management and monitoring tool. It was designed by and for individuals in recovery, though it may also have applications beyond the addiction recovery community.

## Principles:

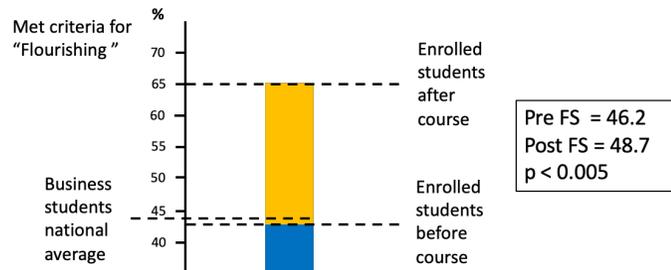
- 1. Simplicity:** All items are designed to elicit Y/N responses to minimize response time and eliminate qualitative assessments. For example, one might include "I attended a meeting today" (Y/N) rather than "On a scale of 1 to X, how well did you attend to your program today?"
- 2. Breadth:** While there is no limit to how many items, and aspects of health/wellness/recovery, can be included in an Index, it is recommended that at least 3 domains be included with no less than seven items. All users are encouraged to include the "Core Four" - sleep, nutrition, exercise, and personal connection. These are considered to be foundational and provide a first line of defense against HALT conditions - Hungry, Angry, Lonely and Tired. Additional items can be aligned with recovery-oriented behaviors such as attending 12-step meetings or connecting with one's sponsor.
- 3. Visual:** Like process control charts in manufacturing, PSI charts enable users to quickly and easily identify trends and unusual data points. For example, downward trends can be spotted on a chart, enabling individuals (and/or care providers) with information that can aid in the recovery process.
- 4. Daily:** Using the checklist and chart on a daily basis can promote the habits of self-assessment and self-care. Just as pilots perform daily pre-flight checks to ensure passenger safety, daily checks of an individual's well-being can detect minor issues before they become major issues.



App Screenshot  
(Beta Version)



Annotated PSI Chart



Exploratory testing on the efficacy of the tool was carried out on a small population of university students at the University of Michigan. The students were from the general population, not drawn from a subset associated with addiction or recovery. Prior research by the Healthy Minds Network (<https://healthymindsnetwork.org>) indicated the national median score for business school students on the Flourishing Scale was 45% (i.e., the percentage of respondents meeting the threshold of 48/56 points on the Flourishing Scale (Diener & Biswas-Diener, 2009)). Students participating in a six-week course featuring the Personal Sanity Index methodology had scores consistent with the national sample (43% at or above the Flourishing threshold). The same group of students, evaluated at the conclusion of the course had increased to 65%. Scores on the 56-point scale increased from 46.2 to 48.7 (n=46, p<0.005). Though much more extensive evaluation is required, especially within members of the recovery community, this initial finding is encouraging.