



Caring Scale (GBC-10)

(Altawil, 2020)

The caring scale is used to examine the level of caring system mainly for adults.

It is made up of 10 phrases, each phrase has four choices as described below:

- (3) It happens often and always to me (>%80),
- (2) It happens sometimes (between %50 - %80),
- (1) It happens a little bit (<%50),
- (0) It does not happen at all.

In the last four weeks to this point, how much do you commit to the following characteristics:

No.	Statement	Level			
1	I eat healthy foods and drink enough water.	3	2	1	0
2	I get enough sleep.	3	2	1	0
3	I regularly exercise sport.	3	2	1	0
4	I am satisfied and accepting of myself, and I feel that God is satisfied of myself.	3	2	1	0
5	I can successfully manage my stress.	3	2	1	0
6	I see friends to build my sense of belonging and I consider joining a support group to make new friends.	3	2	1	0
7	I do something to enjoy myself every day.	3	2	1	0
8	I care for myself first, then I care for others.	3	2	1	0
9	I give care to others to a similar level of care which I receive from them.	3	2	1	0
10	I find ways to relax, like meditation, yoga, taking a bath or walking in the woods.	3	2	1	0
Total score: (/ 30)					

Scoring levels:

Poor Caring
Scores from 1-10



Imbalanced Caring
Scores from 11-20



Good Caring
Scores from 21-25



Great Caring
Scores from 26-30

