

Positive and Negative Outcomes of Caring (PANOC-YC20)

The Positive and Negative Outcomes of Caring (PANOC-YC20) is a questionnaire to be completed by young carers (a 20-item self-report measure) that can be used to provide an index (or score) of the subjective cognitive and emotional impact of caring in young people. Research and practice have identified that many young carers are significantly affected by their caring responsibilities both negatively and positively. For this reason, the PANOC-YC20 was designed to provide two scores. One score showing how much caring is experienced negatively and one showing how much caring is experienced positively.

Scoring

The PANOC-YC20 is a 20-item psychometric instrument designed to assess the positive and negative effects of caring activity. Each item is rated on a 3-point scale, 'Never', 'Some of the time', and 'A lot of the time'.

For scoring purposes:

'Never'	= 0
'Some of the time'	= 1
'A lot of the time'	= 2

The PANOC-YC20 consists of two 10-item subscales: (1) positive responses, and (2) negative responses. Scores on both the subscales have a potential range of 0 to 20, with higher scores indicating greater positive and negative responses, respectively.

To calculate the positive response score: sum items 1, 2, 3, 4, 7, 8, 15, 18, 19, and 20.

To calculate the negative response score: sum items 5, 6, 9, 10, 11, 12, 13, 14, 16, & 17.

Interpretation of scores

Statistical analysis indicates that scores of less than 12 on the PANOC-YC20 positive scale and/or greater than 8 on the PANOC-YC20 negative scale may be indicative of concern (see Table 1). For example, this may indicate that the young person is suffering from emotional distress. In such circumstances practitioners will need to follow their usual working practices and procedures in terms of exploring the young person's feelings with them and their family and responding appropriately, perhaps in partnership with appropriate health or children's social care services.

**Table 1: Interpreting scores on the PANOC-YC20
Scores Interpretation**

Positive

0	No positive outcomes reported – potential for concern
1-12	Relatively few positive outcomes, potential for concern
13-20	Relatively high positive outcomes reported

Negative

0	No negative outcomes reported
1-8	Relatively few negative outcomes reported
9-20	Relatively high negative outcomes reported, potential for concern

Of most concern will be those young carers who score less than 12 on the positive scale AND greater than 8 on the negative scale. However, where there are serious concerns we recommend that the PANOC-YC20 be used as part of a fuller assessment process by qualified health and social care professionals.

Young Carer Hilfe

NAME..... DATE.....

Below are some things young carers like you have said about what it feels like to look after someone. Please read each statement and tick the box to show how often this is true for you. There are no right or wrong answers. We are just interested in what life is like for you because of caring. **Thank you.**

N e v e r	S o m e o f t h e t i m e	A l o t o f t h e t i m e
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		0	1	2
1+	Because of caring I feel I am doing something good	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2+	Because of caring I feel that I am helping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3+	Because of caring I feel closer to my family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4+	Because of caring I feel good about myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5-	Because of caring I have to do things that make me upset	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6-	Because of caring I feel stressed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7+	Because of caring I feel that I am learning useful things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8+	Because of caring my parents are proud of the kind of person I am	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9-	Because of caring I feel like running away	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10-	Because of caring I feel very lonely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11-	Because of caring I feel like I can't cope	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12-	Because of caring I can't stop thinking about what I have to do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13-	Because of caring I feel so sad I can hardly stand it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14-	Because of caring I don't think I matter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15+	Because of caring I like who I am	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16-	Because of caring life doesn't seem worth living	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17-	Because of caring I have trouble staying awake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18+	Because of caring I feel I am better able to cope with problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19+	I feel good about helping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20+	Because of caring I feel I am useful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PANOC-YC20

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Die Instrumente inklusive Erklärung sind unter folgendem Link abrufbar <https://professionals.carers.org/young-carer-assessment-tools> (Stand Oktober 2019)