



HOPING-WAITING FOR RESCUE SCALE (H-WR)

When we are upset or distressed, we can try to help ourselves, but at other times we want other people to come and to help us feel better and to 'rescue us'. This questionnaire explores the degree to which you feel you want to help yourself or feel you are waiting and wanting others to help or rescue you when distressed. There are no right and wrong answers, just what you personally feel.

Look at each item carefully and circle the number that best describes how 'like you' you feel about the statement.

SCALE

Please use the scale below:

1	2	3	4	5
Not at all like me	A little bit like me	Moderately like me	Quite a bit like me	Extremely like me

When I am feeling down, stressed or distressed:

1. I prefer to help myself rather than wait for others to help me	1	2	3	4	5
2. I am waiting for others to help me feel better	1	2	3	4	5
3. I feel unable to help myself	1	2	3	4	5
4. I feel detached as if I am waiting for something or someone	1	2	3	4	5
5. I feel I need someone to come and 'find me'	1	2	3	4	5
6. I am better relying on myself rather than others	1	2	3	4	5
7. I yearn for someone to come and help me	1	2	3	4	5
8. I feel I'm waiting for someone to come and care for me	1	2	3	4	5
9. I feel someone out there could help me, I just have to wait for them	1	2	3	4	5
10. I prefer working on myself rather than seeking help	1	2	3	4	5
11. I feel I need to be rescued in some way	1	2	3	4	5
12. I feel I am waiting for someone to take control and sort things out	1	2	3	4	5
13. I work hard to try to help myself	1	2	3	4	5
14. I daydream about someone coming to help me	1	2	3	4	5
15. I like to keep my problems private and sort them out myself	1	2	3	4	5
16. I tend to wait until I just get over it on my own	1	2	3	4	5

SCORING

Add together the scores for each subscale.

Hoping-waiting for rescue items: 2, 3, 4, 5, 7, 8, 9, 11, 12 and 14

Self-reliance items: 1, 6, 10, 13, 15 and 16

DESCRIPTION

The Hoping-Waiting for Rescue Scale comprises two subscales measuring the extent to which people hope and wait for others to rescue them from their distress and, conversely, levels of self-reliance. The scale uses a 5-point Likert format ranging from 1 “not at all like me” to 5 “extremely like me”.

The original scale included 18 items. Exploratory factor analysis (EFA) revealed that two items showed low communalities values and factor loadings, therefore these items were removed. The final factor structure included two factors (10 hoping-waiting for rescue items and 6 self-reliance items) which explained 64.72% of the variance. This factor structure was confirmed using confirmatory factor analysis (CFA) in a separate sample.

Both subscales showed good to excellent reliability with Cronbach's alphas of .93 (H-FR) and .87 (self-reliance). Test-retest reliability was established in two separate samples with an interval of 2-3 weeks and 6-7 weeks between administrations (intraclass correlation coefficients of 0.88 for H-WR and 0.75-0.83 for self-reliance). T-tests comparing scores between males and females showed no significant differences.

REFERENCE

Gilbert, P., Basran, J., Plowright, P., Morter, K., Schofield, M. B., & Gilbert, J. (2025). Hoping and waiting for rescue: Concepts, scale development and process. *Psychology and Psychotherapy: Theory, Research and Practice*, 98(3), 799-820. <https://doi.org/10.1111/papt.12588>