

Body Psychotherapy Adherence Scale (BPT-AS)

The BPT-AS is composed of 10 items and has been developed in order to test adherence to protocol and treatment distinctiveness. Each of the 10 items is rated on a 0 to 2 point scale (0 = no evidence, 1= limited evidence, 2=definite evidence).

Most BPT-AS items assess therapist behaviours specific to BPT in chronic schizophrenia (BPT-CS), e.g. movement interventions, bodily self-awareness exercises; the first three items relate to aspects of the therapy practice that BPT shares with other group therapies (e.g. group cohesion, therapeutic environment, provision of therapy rationale, conveying core themes).

(Please circle each score as appropriate)

1. THERAPEUTIC ENVIRONMENT

Is there evidence that the therapist has created an appropriate therapeutic environment that enables a positive therapeutic relationship/alliance?

0 =No Evidence

1 = limited evidence

2 = clear evidence

2. GROUP COHESION:

Is there evidence that therapist's actions facilitate the cohesiveness and shared identity of the treatment group?

0 =No Evidence

1 = limited evidence

2 = clear evidence

3. PROVISION OF BPT RATIONALE:

Does the therapist provide patients with an explanation for why the performance of specific BPT tasks/interventions will help them to address specific symptoms of their illness?

0 =No Evidence

1 = limited evidence

2 = clear evidence

4. PROGRESSING THERAPY THROUGH FIVE SECTIONS:

Is the therapist following the 5-section structure format of the session?

0 =No Evidence

1 = limited evidence

2 = clear evidence

5. EXTENDED BODY-SELF-AWARENESS EXERCISES/INTERVENTIONS:

To what extent does the therapist use self-awareness exercises (e.g. body check-in/ body exploration)?

0 =No Evidence

1 = limited evidence

2 = clear evidence

6. MOVEMENT-BASED SELF-EXPRESSION EXERCISES/INTERVENTIONS:

To what extent does the therapist use movement exercises to foster self-expression and/or express and communicate emotions?

0 =No Evidence

1 = limited evidence

2 = clear evidence.

7. MOVEMENT BASED SOCIAL INTERACTION EXERCISES:

To what extent does the therapist use movement exercises to encourage social interaction?

0 =No Evidence

1 = limited evidence

2 = clear evidence

8. USE OF TOOLS / OBJECTS IN THERAPY:

To what extent does the therapist use a range of different tools/objects in therapy?

0 =No Evidence

1 = limited evidence

2 = clear evidence

9. CONSISTENCY OF PRACTICE REVIEW:

Does the therapist appropriately review the session at the end of the group?

0 =No Evidence

1 = limited evidence

2 = clear evidence

10. BODILY COPING STRATEGIES IN RELATION TO SPECIFIC NEGATIVE SYMPTOMS:

Does the therapist introduce and/or relate to different body based coping strategies for responding to negative symptoms?

0 =No Evidence

1 = limited evidence

2 = clear evidence

Any observations, comments or reflections: