



**Psycho-Education
Adherence & Competence Rating Scale**

Site		Therapist	
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The items below define a good psycho-education programme. In the first section, you rate *if* the therapy tasks were done in sessions (adherence). Adherence is a simple yes/no rating, identifying whether or not the task was done. There is also a section for comment. In the second section, you rate *the degree* to which the therapy goals were evident by the final session.

Adherence

	Task	Adherence Yes/No	Comments
1	Complete the Brief Structured Interview		
2	Discuss the contents of the information sheet, All About Problems and Personality		
3	Support the client in completing the Problems Checklist (Client Version)		
4	Help the client to complete the worksheet- What do I want to change about myself?		
5	Discuss the Problems Checklist (Clinician Version)		
6	Help the client list five things s/he wishes to change		
7	Prepare a personalised booklet for each client		
		Total	

Competence

Now, please rate the degree to which the therapy goals were evident by the final session on a scale of 0 to 6 where:

0 = poor

1= barely adequate

2 = mediocre

3= satisfactory

4 = good

5 = very good

6 = excellent

Task	Competence 0 - 6	Comments
1 Rapport: Rate the degree to which the relationship between the therapist and the client was easy, interactive (i.e., client spoke freely; therapist did not lecture), and positive (i.e., lots of agreements, few confrontations).		
2 Knowledge: Rate the degree to which the client shows an understanding of personality problems and insight into the effect these have on his/her interpersonal functioning.		
3 Optimism about change: Rate the degree to which the client appears to feel optimistic that treatments can help with personality problems and that new skills can be learned to improve interpersonal functioning.		
4 Motivation for <i>Stop & Think!</i> group: Rate the degree to which the client appears to be motivated to participate in forthcoming group work.		
Total		

Acceptable adherence and competence is defined as follows:

Adherence: 7 / 7

Competence: Minimum score of 16, no item below a 3