PEPS

PSYCHO-EDUCATION
THERAPIST RATING OF TREATMENT ADHERENCE

The checklists below guide you to rating fidelity to the psycho-education session 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.

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

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

Goal Attainment	Rating (0 – 6)	Comments
1. Rapport: *Rate the degree to which the relationship between you and the client was easy, interactive (i.e., client spoke freely; you 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 *Stop & Think!* group: *Rate the degree to which the client appears to be motivated to participate in forthcoming group work.*	☐	