

## OUTCOMES AND PROCESS MEASURES USED IN THIS PSYCHOTHERAPY TREATMENT

### 1. OUTCOME RATING SCALE (ORS) (Miller & Duncan, 2000)

A simple, four-item visual analog scale designed to assess areas of life functioning known to change as a result of therapeutic intervention.

**1<sup>st</sup> session ORS:** considered as *baseline* score for this individual.

**Reliable Change Index (RCI): 5 pts or more** (i.e. if this patient/client improves by >5pts, this may indicate progress/improvement).

**Clinical Cutoff: 25 & above** (i.e. non-clinical population are usually above 25 pts. Clinical cutoffs for 13-18 = 28; age 6-12 = 32)

#### **Main Purpose of ORS:**

- i. To track improvement, or the lack of, in therapy.
- ii. To invite patient/client into the process of collaborative decision making to find a best fit of types of therapy, regardless of modalities, for the each client.
- iii. Ongoing, real-time monitoring progress increases success rates by 65% on average, as well as the cost effectiveness (reduces cancellations, no shows, length of stay, etc) of provided services.

#### **Background:**

- ORS adopted from Outcome Questionnaire-45 (Gold Standard in psychotherapy outcome measures)
- Ample Normative Data (over 300, 000 administration)
- Reliability: coefficient alpha between 4 items (.87 and .96), correlated at .93 w OQ.
- Concurrent Validity: ORS & OQ (.59) moderate
- Construct Validity: sensitive to change in those receiving psychotherapy and relatively stable for those not receiving therapy (Miller, Duncan, Brown, Sparkss, & Claud, in press)
- Feasibility: 25% OQ, 89% ORS

### 2. SESSION RATING SCALE 3.0 (SRS) (Miller, Duncan & Johnson, 2002)

A simple, 4-item pencil and paper visual analog scale designed to assess key dimensions of effective therapeutic relationships.

**Clinical Cutoff:** 36 & above

#### **Main Purpose of SRS:**

- i. To have a formal platform to elicit client's/patient's feedback of the therapeutic process
- ii. To invite them into the collaborative process of finding their best fit of a therapeutic alliance (i.e. agreement on goals for therapy, means/approaches, emotional engagement).

#### **Background:**

- Reliability: high estimates (.88).
- Concurrent Validity: with Helping Alliance Questionnaire (HAQ) .48; moderate
- Feasibility: Working Alliance Inventory (WAI) (12 item) 29%, SRS 96% utilization.

### 3. ORS/SRS GRAPH

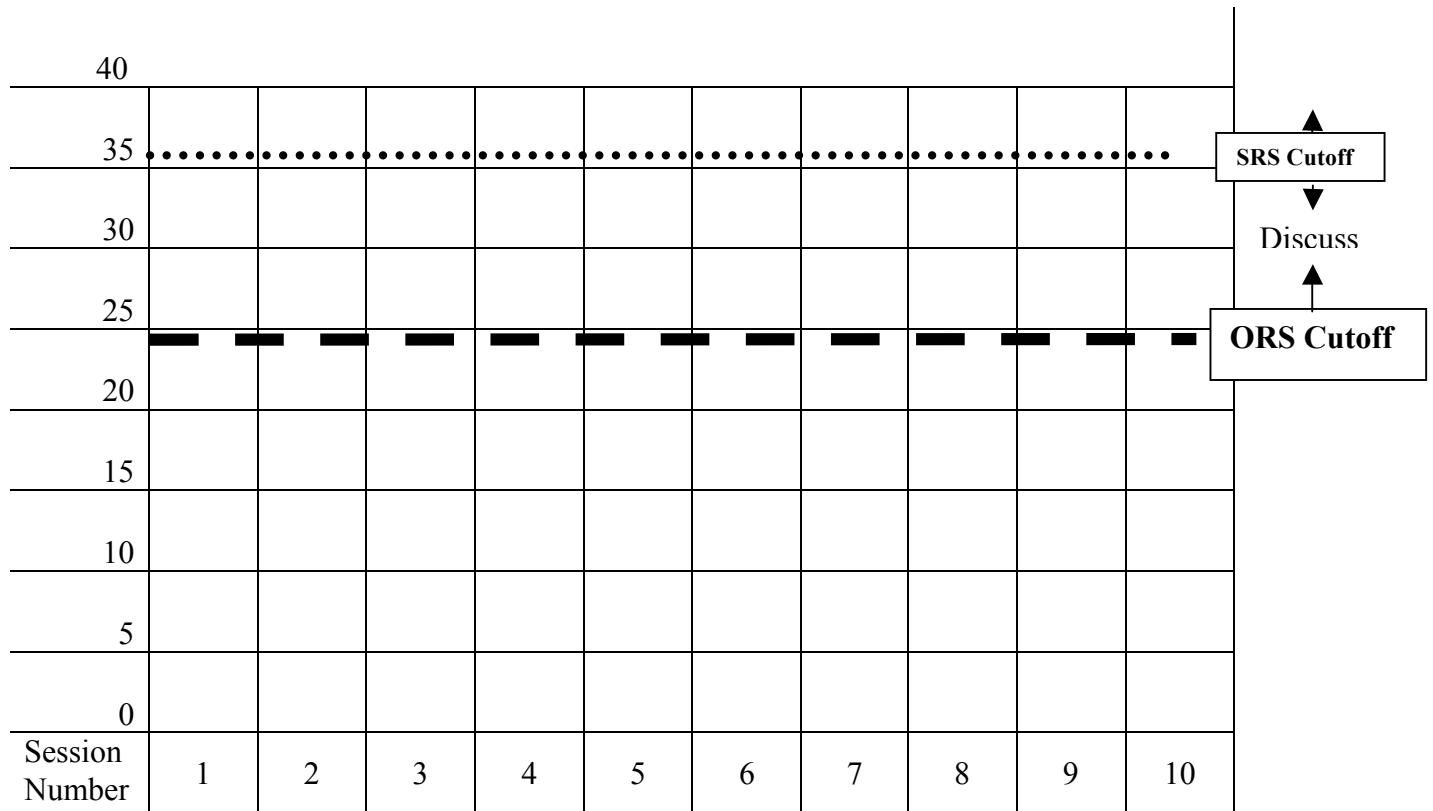
A graph indicating the trajectory of change of ORS/SRS across the sessions is used to openly share, feedback and discuss the progress of therapy with the patient/client.

*Prepared by Daryl Chow, PhD*

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Personal Chart: \_\_\_\_\_

Psychologist: \_\_\_\_\_



Dates:

Other Assessment Measures Used (if any):

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Legend:

**ORS: OUTCOME RATING SCALE (in black)**

**SRS: SESSION RATING SCALE (in blue)**

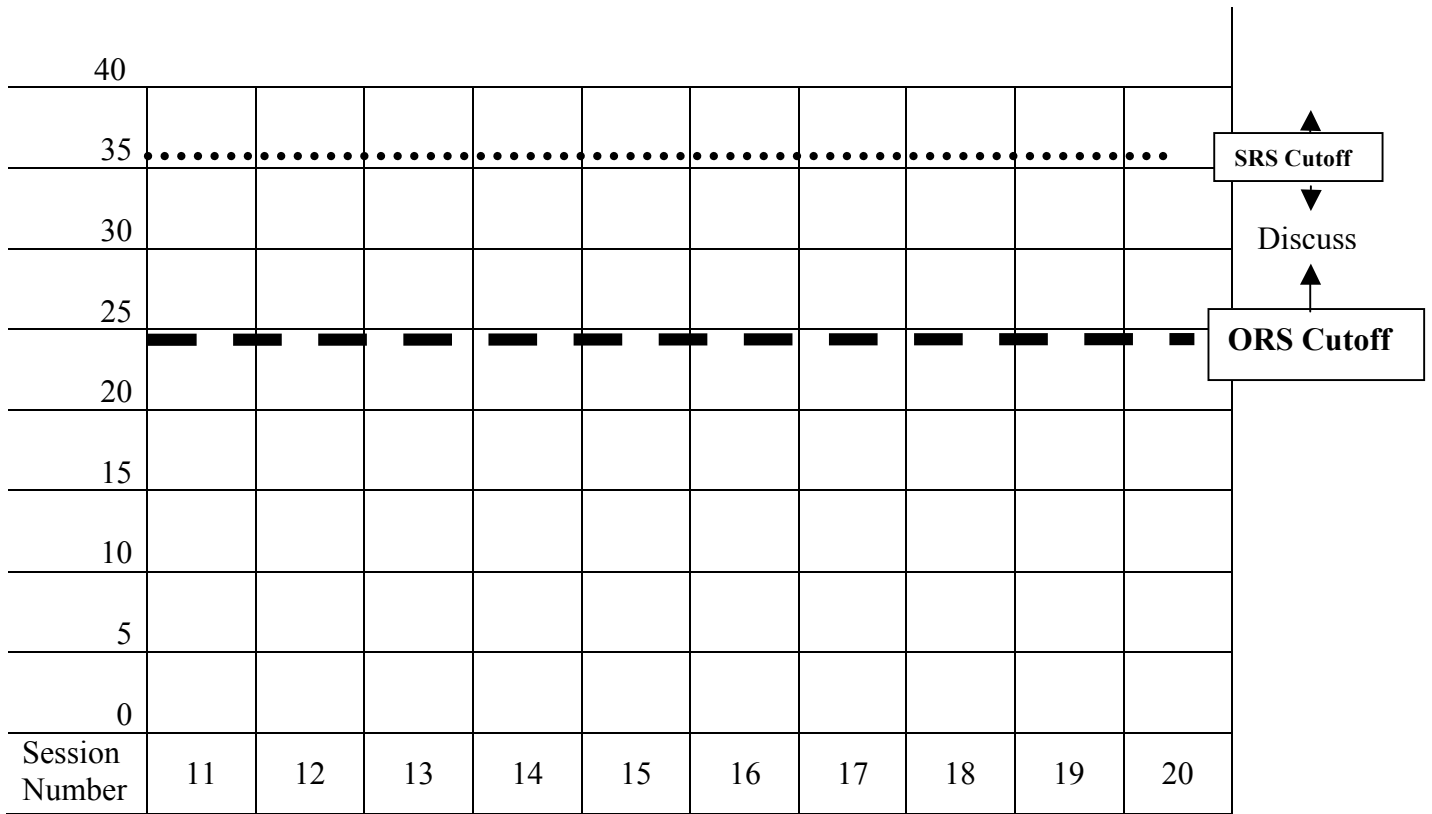
*(note: See behind for an explanation of the measurement tools used to track progress and alliance factors)*

(cont.)

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Legend:

ORS: OUTCOME RATING SCALE (in black)

SRS: SESSION RATING SCALE (in blue)