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SELECTED INSTRUMENTS FOR PSYCHOTHERAPY OUTCOME MEASUREMENT

The Table below is a selected list of instruments that may be used in psychotherapy research. Sources of other instruments include journals, publishing houses, as well as the following publications:

American Psychiatric Association (2000). *Handbook of Psychiatric Measures*. Washington D.C.: APA

*Antony, M., Orsillo, S. & Roemer, L. (2001). *Practitioner's Guide to Empirically Based Measures of Anxiety*. N.Y.: Kluwer Academic/Plenum Pub.

*Conoley, J.D., & Kramer, J.J. (1995). *The Twelfth Mental Measurements Yearbook*. Lincoln, Neb: Buros Institute of Mental Measurement.

*Fischer, J. & Corcoran, K. (2007). *Measures for Clinical Practice & Research*, Vol 1 & 2, N.Y.: Oxford Universities Press.

*Stanford School of Medicine, Research Instruments Developed, Adapted or Used by the Stanford Patient Education Research Center accessed July 21, 2009 <http://patienteducation.stanford.edu/research/>.

<u>Tool</u>	<u>Description</u>	<u>Reliability/Validity</u>	<u>Reference</u>	<u>Available</u>
Beck Depression Inventory (BDI-II)	21 item self-report measure of depressive symptoms	Content, construct & factorial validity; reliability .86-.93	Beck, A., Steer, R., & Garbin, M. (1988). Psychometric properties of the Beck Depression Inventory: Twenty-five years of evaluation. <i>Clinical Psychology Review</i> 8 (1), 77-100.	Purchase from: Harcourt Assessment, Customer Service, P.O. 599700, San Antonio, TX 78259
Brief Depression Rating Scale (BDRS)	8 item therapist rated observation measure of depressive symptoms	Concurrent validity .83; reliability .91-.94	Kellner, R. (1986). The brief depression rating scale, in N. Sartorius & T. bain (eds.), <i>Assessment of Depression</i> , 179-183. N.Y.: Springer-Verlag.	Dr. Robert Kellner, Dept. of Psychiatry, U. Mexico, 2400 Tucker, NE, NM 87131
Brief Resilience Coping Scale (BCRS)	4 items self-report scale on a 5 point likert scale measuring perception of resilient coping	Construct & criterion validity; new tool with minimal reliability .7	Sinclair, V. G., & Wallston, K.A. (2004) The development and psychometric evaluation of the Brief Resilient Coping Scale. <i>Assessment</i> , 11 (1), 94-101.	In public domain but contact Vaughn Sinclair, PhD, Prof of Nursing, Vanderbilt U. vaughn.sinclair@vanderbilt.edu

Client Satisfaction Questionnaire	18 item 4 point likert scale to measure client satisfaction with treatment	Good concurrent validity; reliability .86-.94	Larsen, D. Attkisson, C. & Hargreaves, W. & Nguyen, T. (1979). Assessment of client/patient satisfaction: Development of a general scale, Evaluation & Planning, 2, 197-207.	Dr. C. Attkisson, Prof. of Med. Psychology, Dept. of Psychiatry, box 33-C, UCSF, S.F., CA 94143
Combat Exposure Scale	7 item measure of wartime stressors experienced by combatants	Good discriminate validity; reliability .85-.97	Keane, T., Caddell, J. (1989). Clinical evaluation of a measure to assess combat exposure, Psychological Assessment, 1, 53-55.	Dr. Terrence Keane, PTSD Center (116B), V.A. Med. Ctr., 150 So. Huntington Ave., Boston, MA 02130
Depression Scale (CES-D)	20 item likert self report scale screening test for depression	Validity construct based on DSMIV; reliability .85 internal consistency	Radloff, L.S. (1977) 'The CES-D scale: A self report depression scale for research in the general population'. <i>Applied Psychological Measurement</i> 1: 385-401.	In public domain
Dissociative Experiences Scale (DES)	28 item self report to measure dissociation.	Construct validity; reliability .79-.86	Bernstein, E. & Putnam, F. (1986). Development, reliability, & validity of a dissociation scale. <i>Journal of Nervous and Mental disease</i> , 174, 727-735.	In public domain
Geriatric Depression Scale (GDS)	30 yes/no items self report to rate depression in the elderly.	Concurrent validity .83; reliability .94	Yesavage, J., Brink, T., Rose, T., Leirer, V. (1983). Development and validation of a geriatric depression screening scale. <i>Journal of Psychiatric Research</i> , 17, 37-49.	In public domain
Hamilton Rating Scale for Depression (HAM-D)	Clinician-rated 17 item checklist of depressive symptoms.	Concurrent validity .8-.9; inter-rater reliability .9 and alpha .80-.92	Williams, J. (1988). A Structured Interview Guide for the Hamilton Depression Rating Scale," <i>Archives of General Psychiatry</i> , American Medical Association, 45 (8), pp. 742-747.	In public domain

Health Resource Utilization	4 items asking numerical information about frequency of health care visits/use over the past 6 months.	Test-retest reliability .76-.97	Lorig K, Stewart A, Ritter P, González V, Laurent D, & Lynch J, Outcome Measures for Health Education and other Health Care Interventions. Thousand Oaks CA: Sage Publications, 1996, pp.24-25.	In public domain http://patienteducation.stanford.edu/research/utilization.html
Health Survey Short Forms (SF-36 & SF-12)	2 self report forms, one 36 items and the other 12 items, that measure perceived physical & mental health	Excellent concurrent, construct & discriminate validity; reliability .76-.93 with longer form higher	Ware, J., Kosinski, M., & Keller, S. (1994). SF-36 Physical & Mental Health Summary scales: A user's manual. Boston: Medical Outcomes Trust. (same authors) (1996). A 12-item Short-Form Health Survey (SF-12): Construction of scales and preliminary tests of reliability & validity. Medical care, 32, 220-233.	Medical Outcomes Trust, 20 Park Plaza, Suite 1014, Boston, MA 02116 www.outcomes-trust.org
Hope Index	16 item self report measure of hope	Construct & discriminative validity; reliability .78-.85	Staats, S., & Partlo, C. (1992). A brief report on hope in peace & war, and in good times & in bad, Social Indicators Research, 24, 229-243.	In public domain Dr. Staats staats1@osu.edu
Impact of Events Scale (IES)	15 item self report likert scale assessing current subjective distress related to a specific event.	Good criterion, content, and construct validity; reliability .79-.92	Horowitz, M., Wilner, N.J., & Alvarez, w. (1979). Impact of events scale: A measure of subjective stress. Psychosomatic Medicine, 41, 209-218.	In public domain Mardi Horowitz M.S., UCSF, 401 Parnassus Ave. S.F., CA 94143
Inventory of Interpersonal Problems (IIP)	32 item self-report likert scale assessing interpersonal problems	Validity for longer version 127 item adequate; convergent validity with longer scale .90; reliability .88-.89	Alden, L., Wiggins, J., Pincus, A. (1990). Construction of circumplex scales for the Inventory of Interpersonal Problems. Journal of Personality Assessment, 55, 521-536.	Purchase from: The Psychological Corporation 555 Academic Court San Antonio, TX 78204-2498
Interpersonal Relationship Inventory	30 item self-report 5 point likert scale that	Content & construct validity;	Tilden, V., Nelson, C., & May, B. (1990). The	Contact vtilden@unmc.edu

(IPRI)	asks respondents how they feel about personal relationships	reliability >.80	IPR Inventory: Development and psychometric characteristics. Nursing Research, 19 (6), 337-343.	
PTSD Checklist (PCL)	17 item self-report likert scale assessing symptoms of PTSD. There is a civilian, military and specific version with the latter focusing on a particular event.	Convergent & concurrent validity; reliability .96-.97	Weathers, F., Litz, B., Herman, D., Huska, J., & Keane, T. (1993). The PTSD Checklist (PCL): Reliability, validity, and diagnostic utility. Paper presented at the annual meeting of the Int. Soc. for Traumatic Stress studies, San Antonio, TX.	In public domain http://www.ncptsd.va.gov/ncmain/assessment/assessmt_request_form.html
Sense of Belonging Instrument	18 item self-report questionnaire with respondents rating sense of connection to others on a likert scale	Content & construct validity; reliability test-retest .88	Hagerty, B. & Patusky, K. (1995). Developing a measure of sense of belonging. Nursing Research, 4 (1), 9-13.	Contact bmkh@umich.edu
Symptom Checklist-90-Revised (SLC-90-R)	90 item single page self-report likert screening tool designed to measure symptoms of psychopathology	Convergent validity .89 with MMPI; internal consistency reliability .89	Derogatis, L. (1994). SCL-90-R, Brief Symptom Inventory, and matching clinical rating scales, in Psychological Testing, Treatment Planning, and Outcome assessment, edited by Marush, M. N.Y.: Erlbaum.	Purchase from: National Computer Systems P.O. Box 416 Minneapolis, MN 55440 www.ncs.com
State-Trait Anxiety Inventory (STAI)	20 item self report with a 4-point likert scale; 2 forms with STAI-1 for state anxiety & STAI-2 for trait anxiety.	Good convergent validity; reliability	Spielberger, C.D. (1977). State-Trait Anxiety Inventory manual. Palo Alto, CA: Mind Garden	Purchase from: Mind Garden, 855 Oak Grove Ave., Ste 215, Menlo Park, CA 94025