

ASSESSING CLIENTS' PROGRESS OUTCOME STUDIES

Changing behaviors are the most easily measurable goals. However goals can also be geared to change thoughts (cognition), feeling (affect), or identity, to name a few. It should also include a general time frame during which the goals are to be achieved. Use numbers when possible (No anxiety attacks for ___ days) or percentages (Reduce physically manifested stress symptoms by ___% over the last ___ weeks)

DEVELOPING AN OUTCOME STUDY FORM

There is no model for an outcome study in the DSM-V
Left to agencies and individuals to develop their own
A requirement for an Outcome Study, most likely, is coming

SAMPLE OUTCOME STUDY

CAVEAT: For use in your own setting, forms must be personalized to reflect your state's relevant laws and your own actual policies.

Measures the following:

- Noted DECREASE in maladaptive coping
- Noted INCREASE in adaptive coping, such as:
 - Mindfulness skills
 - Stress tolerance skills
 - Emotional regulation skills
 - Radical acceptance skills
 - Interpersonal relationship skills
- Noted changes in SYNTONIC vs. DYSTONIC
- Noted ADVANCE in the STAGES OF CHANGE
 - Pre-contemplation
 - Contemplation
 - Action
 - Relapse
 - 31-40 – major impairment
 - 41-50 - serious symptoms
 - 51-60 – moderate symptoms
 - 61-70 – mild symptoms or impairment
 - 71-80 – slight symptoms
 - 81-90 – minimal symptoms
 - 91-100 – optimal mental health

ASSIGNMENT (Self-reflection and/or Group Discussion)

Outcome Study Sample

What would you change? Delete? Add?