

Measuring Outcomes in CfD Opportunities for change

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Context, Issues and Directions ©Joseph, Hayes

- PCE in the NHS
- Evidence based practice
- Minimum data set
- Practice based Evidence

GAD 7

Over the last 2 weeks, how often have you been bothered by any of the following problems?		Not at all			
1	Feeling nervous, anxious or on edge	0			
2	Not being able to stop or control worrying	0			
3	Worrying too much about different things	0			
4	Trouble relaxing	0			
5	Being so restless that it is hard to sit still	0			
6	Becoming easily annoyed or irritable	0			
7	Feeling afraid as if something awful might happen	0			
		GAD7			

PHQ 9

Over the last 2 weeks, how often have you been bothered by any of the following problems?	No			
1 Little interest or pleasure in doing things	0			
2 Feeling down, depressed, or hopeless	0			
3 Trouble falling or staying asleep, or sleeping too much	0			
4 Feeling tired or having little energy	0			
5 Poor appetite or overeating	0			
6 Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0			
7 Trouble concentrating on things, such as reading the newspaper or watching television	0			
8 Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0			
9 Thoughts that you would be better off dead or of hurting yourself in some way	0			
	PH			

Theory Consistent Measurement

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Key reference

Patterson, T., Joseph, S. (2007). Outcome measurement in person-centred practice.
In: Worsley, R., Joseph, S., eds. Person-centred practice: Case studies in positive psychology. PCCS Books, pp. 200-215.

Authenticity Scale

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Please read of the following statements and rate how well each describes you, where 1 = "Does not Describe me at all" and 7 = "Describes me very well".

- 1 I think it is better to be yourself, than to be popular
- 2 I don't know how I really feel inside
- 3 I am strongly influenced by the opinions of others
- 4 I usually do what other people tell me to do
- 5 I always feel I need to do what others expect me to do
- 6 Other people influence me greatly
- 7 I feel as if I don't know myself very well
- 8 I always stand by what I believe in
- 9 I am true to myself in most situations
- 10 I feel out of touch with the 'real me'
- 11 I live according to my values and beliefs
- 12 I feel alienated from myself

Scoring

Scoring: total items 3, 4, 5, 6 for resistance to external influences; 2, 7, 10 and 12 for self alienation; and items 1, 8, 9 and 11 for authentic behaviour.

Rationale

Scale is based on person-centred theory To assess people's inner congruence (self-alienation) and their outer congruence (authentic behaviour).

Reference

Wood, A. M., Linley, P. A., Maltby, J., Baliousis, M., & Joseph, S. (2008). The authentic personality: A theoretical and empirical conceptualization and the development of the authenticity scale. *Journal of Counselling Psychology, 55*, 385-399.

The Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

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I've been feeling optimistic about the future

I've been feeling useful

I've been feeling relaxed

I've been feeling interested in other people

I've had energy to spare

I've been dealing with problems well

I've been thinking clearly

I've been feeling good about myself

I've been feeling close to other people

I've been feeling confident

I've been able to make up my own mind about things

I've been feeling loved

I've been interested in new things

I've been feeling cheerful

Scoring

None of the time = 1, rarely = 2, some of the time = 3, often = 4, always = 5.

Total score for 14 items

Rationale

To assess positive states

Reference

Tennant, R., Hillier, L., Fishwick, R., Platt, S., Joseph, S., Weich, S., Parkinson, J., Secker, J., & Stewart-Brown, S. (2007). The Warwick-Edinburgh Mental Well Being Scale (WEMWBS): Development and UK validation. *Health and Quality of Life Outcomes*, 5, 63.

Depression-Happiness Scale

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A number of statements that people have made to describe how they feel are given below. Please read each one and tick the box which best describes how frequently you felt that way in the past seven days, including today. Some statements describe positive feelings and some describe negative feelings. You may have experienced both positive and negative feelings at different times during the past seven days.

Never	Rarely	Some- times	Often
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1. I felt dissatisfied with my life.
2. I felt happy.
3. I felt cheerless.
4. I felt pleased with the way I am.
5. I felt that life was enjoyable.
6. I felt that life was meaningless.

Scoring

For items 2, 4, and 5: Never = 0, Rarely = 1, Sometimes = 2, Often = 3

For items 1, 3, and 6: Never = 3, Rarely = 2, Sometimes = 1, Often = 0

Add up all the scores. Lowest possible score is 0 and the highest is 18.

Rationale

Assesses well-being as a spectrum ranging from depressed state to a state of high functioning.

Reference

Joseph, S., Linley, P. A., Harwood, J., Lewis, C. A., & McCollam, P. (2004). Rapid assessment of well-being: The short depression-happiness scale (SDHS). *Psychology and Psychotherapy: Theory, Research and Practice*, 77, 463-478.

The Psychological Well-Being – Post Traumatic Changes Questionnaire (PWB_PTCQ)

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Think about how you feel about yourself at the present time.
Please read each of the following statements and rate how you
have changed as a result of the trauma.

5 = Much more so now, 4 = A bit more so now, 3 = I feel the same
about this as before, 2 = A bit less so now, 1 = Much less so now

- ___1. I like myself
- ___2. I have confidence in my opinions
- ___3. I have a sense of purpose in life
- ___4. I have strong and close relationships in my life
- ___5. I feel I am in control of my life
- ___6. I am open to new experiences that challenge me
- ___7. I accept who I am, with both my strengths and
limitations
- ___8. I don't worry what other people think of me
- ___9. My life has meaning
- ___10. I am a compassionate and giving person
- ___11. I handle my responsibilities in life well
- ___12. I am always seeking to learn about myself
- ___13. I respect myself
- ___14. I know what is important to me and will stand my
ground, even if others disagree
- ___15. I feel that my life is worthwhile and that I play a valuable
role in things
- ___16. I am grateful to have people in my life who care for me
- ___17. I am able to cope with what life throws at me
- ___18. I am hopeful about my future and look forward to new
possibilities

Scoring

Total items. Subscales of self-acceptance, autonomy, purpose, relations, sense of mastery, and personal-growth

Rationale

Scale is based on the notion that trauma can be a springboard to positive changes in:

Reference

Joseph, S., Maltby, J., Wood, A.M., Stockton, H., Hunt, N., and Regel, S., (2012). The Psychological Well-Being – Post –Traumatic changes Questionnaire (PWB_PTCQ): Reliability and Validity. *Psychological Trauma: Theory, Research, Practice and Policy*, 4, 420-428.

Unconditional positive self-regard

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I really value myself.
I have a lot of respect for myself.
I truly like myself.
I feel that I appreciate myself as a person.
I feel deep affection for myself
I treat myself in a warm and friendly way.
Whether other people are openly appreciative or openly critical of me, it does not really change how I feel about myself.
Whether other people criticise me or praise me makes no real difference to the way I feel about myself.
I don't think that anything I say or do really changes the way I feel about myself.
How I feel towards myself is not dependent on how others feel towards me.
Some things I do make me feel good about myself whereas other things I do cause me to be critical of myself.
There are certain things I like about myself and there are other things I don't like.

Scoring

5-point Likert scale ranging from *strongly agree* to *strongly disagree*.
2 subscales of unconditionality and self-regard

Rationale

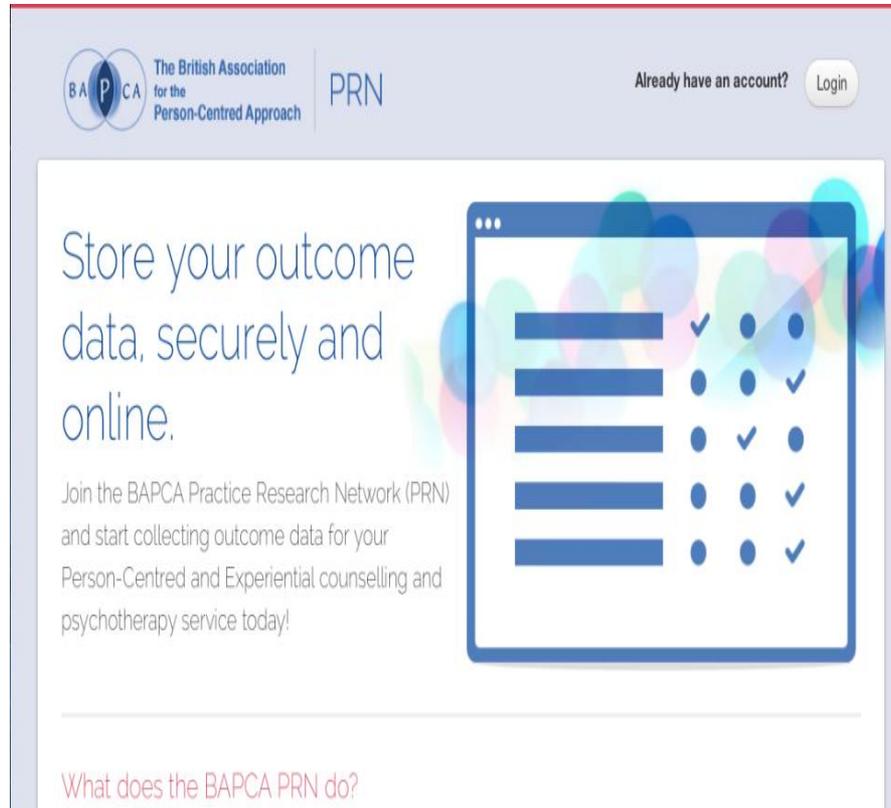
Based on person-centred theory that self-regard that is unconditional rather than conditional is healthiest.

Reference

Patterson, T., & Joseph, S. (2006). Development of a self-report measure of unconditional positive self-regard. *Psychology and Psychotherapy: Theory, Research, and Practice*, 79, 557-570.

Practitioner Research Network

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The screenshot shows the homepage of the BAPCA Practice Research Network (PRN). At the top left is the BAPCA logo with the text 'The British Association for the Person-Centred Approach' and 'PRN'. To the right is a 'Login' button with the text 'Already have an account?'. The main content area features the headline 'Store your outcome data, securely and online.' followed by a sub-headline: 'Join the BAPCA Practice Research Network (PRN) and start collecting outcome data for your Person-Centred and Experiential counselling and psychotherapy service today!'. To the right of the text is a graphic of a computer window displaying a table with five rows of data. The table has three columns: a blue bar representing a value, a checkmark, and a circle. The checkmarks and circles are arranged in a pattern that suggests data collection or verification. At the bottom left, there is a link that says 'What does the BAPCA PRN do?'.

Set up by BAPCA in 2011

Google group
Research @bapca.org.uk

Over to you

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- Would collecting theory consistent measures help clients?
- How can you affect the way data is collected?
- Do you know the name of the person who decides what data you collect?

Contact

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