

This handout is based on information in Finlay, L. (2015). *Relational Integrative Psychotherapy: Process and Theory in Practice*, Chichester, Sussex: Wiley.

Evaluating therapy using Outcome Measures

There are lots of different outcome measures available to evaluate practice and they can be used in research to evaluate the effectiveness of therapy. In particular there are **objective** measures which utilise set criteria and measure behavioural change versus **subjective** feedback forms which focus on emotional responses.

Check out the following well-known *formally published* outcome measures which have been well researched (and used to do research about therapy):

1. **CORE – OM** (see: <http://www.coreims.co.uk/download-pdfs>) - The CORE-OM is a 34-item generic measure of psychological well-being and distress encompassing: i. Well-being (4 items); ii. Symptoms (12 items); iii. Functioning (12 items); Risk (6 items).
2. **Relational Depth Inventory (RDI-R2)** (Wiggins, 2013) – This 26 item scale measures experiences of relational depth in particularly helpful moments or events during therapy e.g. “I felt my therapist understood what it was like for me” or “I felt a kind of magic happened”.
3. **Outcome Rating Scale (ORS)** (Miller & Duncan, 2000) – This copyrighted and licensed tool plots changes on just four items: i. (‘Individually’) personal; ii. (‘Interpersonally’) well-being, family, close relationships; iii. (‘Socially’) work, school, friendships; and (‘Overall’) general sense of well-being.
4. **Session Rating Scale (SRS)** (Miller, Duncan & Johnson, 2002) – Also copyrighted and licensed, this 4 item tool focuses on: Relationship (feeling heard/understood/respected); Goals and topics (extent work was done as planned); Approach or method (therapist approach and fit with client); Overall (whether something was missing or felt right in the session).