

QUALITY OF HEALTHY ACTIVITY PROGRAM

Counsellor's Name:	Rater's Name:	Trial ID:
Date of Session:	Date of Rating:	Supervision session #: _____ Session #: _____
Who is completing this form : () Treatment provider () Peer () Expert () Fidelity Assessor		
[If fidelity assessor]:		
<ul style="list-style-type: none"> • <u>indicate the provider ID which this rating has been completed for: -----</u> • <u>Indicate the participant ID which this rating has been completed for:-----</u> 		
() Audiotape = 1	() Live = 2	() Written Transcript = 3
() Group Session = 1	() Individual Session = 2	

Scoring Legend

0 = Not at all; skill not performed

1 = Poor; inappropriate performance with major problems evident; skill delivery is not useful in session

2 = Adequate; skill performed adequately with some problems and/or inconsistencies

3 = Good; Skill performed appropriately; minimal problems and/or inconsistencies; well-timed

4 = Excellent; Skill is highly developed; helpful to patient even in the face of patient difficulties; well-timed and consistently well- performed

Treatment-Specific Skills (ALL SESSIONS)

Item	Description	Rating					
		0	1	2	3	4	N/A
1. Establishes and Follows an Agenda	Works collaboratively w/pt to make and follow a specific agenda to structure the session and maintain focus on activation	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
2. Reviews and/or Assigns Homework	Reviews and/or makes use of previously assigned homework w/pt. Develops an action plan for the pt to engage in between sessions.	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
3. Elicits a commitment	Collaborative in setting the agenda and making action plans. Constantly provides encouragement and emphasizes working together as a team. Communicates own commitment to supporting pt.	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
4. Uses Mapping	Utilizes the mapping worksheet (or its components). Discusses specific events, corresponding emotions/sensations, and actions taken. After each component, validates pt's experiences and identifies the downward spiral. Refers to the map in other activities when needed.	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
5. Uses Tracking	Uses mood ladder/tracking worksheet. Explains activities and discusses with the pt to settle on the variation that works best for her. Emphasizes learning and sets realistic tracking practice in-between sessions.	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
6. Activity Selecting, Structuring and Scheduling	Uses the activity structuring worksheet. Incorporates mapping and tracking activities. Activities are feasible, clear, concrete, and observable. Emphasizes one-step at a time.	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
7. Refers to Concentric Circles	Explains and uses the circle of connection to identify patient's support(s) system and individuals that the pt can talk to.	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
8. Provides skills teaching and applies problem-solving and communication skills	Focuses on what is important to the pt and shares COPE (Clarify, Options, Perform, and Evaluate) and communication skills appropriately. Utilizes worksheets and role-play to practice and build pt's skills.	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
9. Manages barriers during the session	Deals with other challenges that arise in the session (e.g., lack of privacy, interruptions/distractions during the session, patient or baby crying excessively).	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
10. Suicide Risk Assessment	Assesses the degree of risk and taking appropriate steps based on the assessment.	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable

Total Score:

Mean Score: Total Number/(10-N/As) =

General Skills

Item	Description	Rating					
11. Non-Judgmental	Is non-judgemental and matter-of-fact in communication with patient. Does NOT blame or criticize the mother for her problems	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
12. Authentic	Displays natural and genuine tone in their delivery of BA with pt. Does not try to sound like somebody else or put their needs above pt's.	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
13. Expresses Warmth/Compassion	Displays warmth and care during the session and appears natural and genuine in interactions with pt	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
14. Validates or Acknowledges pt's experience	Shows that he/she understood pt's experiences and communicates that these experiences make sense	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
15. Empathy	Demonstrates accurate understanding of pt's point of view; normalizes pt's experiences without getting overwhelmed or personally distressed.	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
16. Collaboration	Conveys words/actions that therapy is collaborative (vs. counsellor being in charge) where pt is an active participant	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
17. Summarizes	Reinforces what has been said, shows that he/she has been listening carefully and prepares pt to move on	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
18. Open-ended Questions	Uses open-ended questions (beyond yes/no responses)	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
19. Active Listening	Demonstrates effective listening through non-verbal behaviour (e.g. maintaining eye contact) and verbal behaviour (e.g. reflection)	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
20. Reflection	Mirrors back either thought or content to convey understanding of what the patient says/feels	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
Total Score:		Mean Score: Total Number/(10-N/As) =					

Total Mean Score: $\frac{\text{Mean Tx-specific}}{\text{(Mean Tx-specific)}} + \frac{\text{Mean Generic}}{\text{(Mean Generic)}} = \frac{\text{Total Score}}{\text{(Total Score)}}$

Item	Rating				
How difficult was the patient to work with?	0 Not Difficult	1	2 Moderately Difficult	3	4 Extremely Difficult
How would you rate the quality of the audiotape?	0 Poor	1	2 Adequate	3	4 Excellent
Overall, how would you rate the counsellor?	0 Poor	1	2 Adequate	3	4 Excellent
Total Score: _____ Mean Score: Total Number/(3) = _____					

Comments: