

## Exploring the development, validity, and utility of the short-form version of the CHoice of outcome in Cbt for psychosEs: a patient-reported outcome measure of psychological recovery

Article (Supplemental Material)

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## **Supplementary Materials: The Choice Short-Form Measure**

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Permission to use the CHOICE-Short Form (CHOICE-SF) patient reported outcome measure is granted on condition that:

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For additional detail on the instrument development please refer also to: Greenwood KE, Sweeney A, Williams S, Garety P, Kuipers E, Scott J, Peters E. (2010). CHOICE of Outcome In Cbt for psychosEs (CHOICE): The Development of a New Service-User led Outcome Measure of CBT for Psychosis. *Schizophrenia Bulletin* 36(1) 126-135.

**CHOICE –Short Form** - This questionnaire has been developed by asking the opinions of people who have used therapy for distressing difficulties. It has 11 areas and a personal goal that you may want to work on in therapy. You can fill it in on your own or with a therapist. Please read each item and circle a number to show how you've felt about it in **the last week**.

**1. The ability to approach problems in a variety of ways**

How would you rate yourself for this?	0	1	2	3	4	5	6	7	8	9	10
	worst <span style="float: right;">best</span>										

**2. Self-confidence**

How would you rate yourself for this?	0	1	2	3	4	5	6	7	8	9	10
	worst <span style="float: right;">best</span>										

**3. Positive ways of relating to people**

How would you rate yourself for this?	0	1	2	3	4	5	6	7	8	9	10
	worst <span style="float: right;">best</span>										

**4. The ability to question the way I look at things**

How would you rate yourself for this?	0	1	2	3	4	5	6	7	8	9	10
	worst <span style="float: right;">best</span>										

**5. Ways of dealing with everyday life stresses**

How would you rate yourself for this?	0	1	2	3	4	5	6	7	8	9	10
	worst <span style="float: right;">best</span>										

**6. Ways of dealing with a crisis**

How would you rate yourself for this?	0	1	2	3	4	5	6	7	8	9	10
	worst <span style="float: right;">best</span>										

**7. Facing my own upsetting thoughts and feelings**

How would you rate yourself for this?	0	1	2	3	4	5	6	7	8	9	10
	worst <span style="float: right;">best</span>										

**8. Peace of Mind**

How would you rate yourself for this?	0	1	2	3	4	5	6	7	8	9	10
	worst <span style="float: right;">best</span>										

**9. Understanding myself and my past**

How would you rate yourself for this?	0	1	2	3	4	5	6	7	8	9	10
	worst <span style="float: right;">best</span>										

**10. Understanding my experiences (e.g. beliefs, thoughts, voices, and related feelings)**

How would you rate yourself for this?	0	1	2	3	4	5	6	7	8	9	10
	worst <span style="float: right;">best</span>										

**11. Positive ways of thinking**

How would you rate yourself for this?	0	1	2	3	4	5	6	7	8	9	10
	worst <span style="float: right;">best</span>										

**12. This is space to write a personal goal that you would like to achieve in therapy.**

**Personal Goal**.....

How would you rate yourself for this?	0	1	2	3	4	5	6	7	8	9	10
	worst <span style="float: right;">best</span>										

