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

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Supplementary Materials: The Choice Short-Form Measure

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**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**
   ![Table](image)

2. **Self-confidence**
   ![Table](image)

3. **Positive ways of relating to people**
   ![Table](image)

4. **The ability to question the way I look at things**
   ![Table](image)

5. **Ways of dealing with everyday life stresses**
   ![Table](image)

6. **Ways of dealing with a crisis**
   ![Table](image)

7. **Facing my own upsetting thoughts and feelings**
   ![Table](image)

8. **Peace of Mind**
   ![Table](image)

9. **Understanding myself and my past**
   ![Table](image)

10. **Understanding my experiences (e.g. beliefs, thoughts, voices, and related feelings)**
    ![Table](image)

11. **Positive ways of thinking**
    ![Table](image)

12. **This is space to write a personal goal that you would like to achieve in therapy.**
    ![Table](image)