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** (psychosis)

This questionnaire has been developed by asking the opinions of people who have used Cognitive Behaviour Therapy (CBT) to help with their unusual distressing experiences. It looks at the sorts of things that you may want to work on in CBT. It should take 8-10 minutes to complete.

The questionnaire is made up of 21 statements. You can either fill it in on your own, or we can go through it together.

For each statement, please begin by reading it carefully. You will then be asked to answer the same 2 questions about each statement. Please put a cross on the line for each question to show how you have felt about it **over the last week**. For each statement the questions will be:

(a) How would you rate		0	1	2	3	4	5	6	7	8	9	10	
yourself for this?	worst												best
(b) How satisfied are		0	1	2	3	4	5	6	7	8	9	10	
you with this?	not at a	all sa	atisfi	ed							ver	y sati	sfied

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

(a) How would you rate	0	1	2	3	4	5	6	7	8	9	10
yourself for this?	worst										best
(b) How satisfied are you	0	1	2	3	4	5	6	7	8	9	10
with this?	Not at a	all sa	tisfie	d						vei	ry satisfied

#### 2. Self-confidence

(a) How would you rate	0	1	2	3	4	5	6	7	8	9	10	
yourself for this?	worst										best	
(b) How satisfied are you	0	1	2	3	4	5	6	7	8	9	10	
with this?	Not at a	all sa	tisfie	b						very	satisfied	

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

(a) How would you rate	0	1	2	3	4	5	6	7	8	9	10	
yourself for this?	worst										best	
(b) How satisfied are you	0	1	2	3	4	5	6	7	8	9	10	
with this?	Not at	all sa	tisfie	d						very	satisfied	

#### 4. The effect of unpleasant experiences (e.g. beliefs, thoughts, voices, feelings) on my life

(a) How would you rate	0	1	2	3	4	5	6	7	8	9	10
yourself for this?	worst										best
(b) How satisfied are you	0	1	2	3	4	5	6	7	8	9	10
with this?	Not at a	all sa	tisfie	b						very	satisfied

#### 5. Feeling overwhelmed by negative feelings (e.g. fear, depression, anger)

(a) How would you rate	0	1	2	3	4	5	6	7	8	9	10	
yourself for this?	worst										best	
(b) How satisfied are you	0	1	2	3	4	5	6	7	8	9	10	
with this?	Not at a	all sa	tisfie	b						very	satisfied	

#### 6. Knowing I am not the only person who has unusual experiences

(a) How would you rate	0	1	2	3	4	5	6	7	8	9	10	
yourself for this?	worst										best	
(b) How satisfied are you	0	1	2	3	4	5	6	7	8	9	10	
with this?	Not at a	all sa	tisfie	d						very	satisfied	

#### 7. The ability to question the way I look at things

(a) How would you rate yourself for this?	0 worst	1	2	3	4	5	6	7	8	9	10 best	
(b) How satisfied are you	0	1	2	3	4	5	6	7	8	9	10	
with this?	Not at	all sa	tisfie	d						very	satisfied	

#### 8. The ability to relax

(a) How would you rate	0	1	2	3	4	5	6	7	8	9	10	
yourself for this?	worst										best	
(b) How satisfied are you	0	1	2	3	4	5	6	7	8	9	10	
with this?	Not at a	all sa	tisfie	b						very	satisfied	

#### 9. Coping:

## (i) Ways of dealing with everyday life stresses

(a) How would you rate	0	1	2	3	4	5	6	7	8	9	10
yourself for this?	worst										best
(b) How satisfied are you	0	1	2	3	4	5	6	7	8	9	10
with this?	Not at a	all sa	tisfie	b						very	satisfied

## (ii) Ways of dealing with distressing experiences (e.g. beliefs, thoughts, voices)

(a) How would you rate	0	1	2	3	4	5	6	7	8	9	10	
yourself for this?	worst										best	
(b) How satisfied are you	0	1	2	3	4	5	6	7	8	9	10	
with this?	Not at a	all sa	tisfie	d						very	satisfied	

# (iii) Ways of dealing with unpleasant feelings and emotions (e.g. depression, worry, anger)

(a) How would you rate	0	1	2	3	4	5	6	7	8	9	10
yourself for this?	worst										best
(b) How satisfied are you	0	1	2	3	4	5	6	7	8	9	10
with this?	Not at a	all sa	tisfie	b						very	satisfied

#### (iv) Ways of dealing with a crisis

(a) How would you rate	0	1	2	3	4	5	6	7	8	9	10
yourself for this?	worst										best
(b) How satisfied are you	0	1	2	3	4	5	6	7	8	9	10
with this?	Not at a	all sa	tisfie	b						very	satisfied

#### (v) Ways of dealing with group situations

(a) How would you rate	0	1	2	3	4	5	6	7	8	9	10
yourself for this?	worst										best
(b) How satisfied are you	0	1	2	3	4	5	6	7	8	9	10
with this?	Not at a	all sa	tisfie	b						very	satisfied

#### 10. Feeling that there is someone who understands and listens to me

(a) How would you rate	0	1	2	3	4	5	6	7	8	9	10	
yourself for this?	worst										best	
(b) How satisfied are you	0	1	2	3	4	5	6	7	8	9	10	
with this?	Not at	all sa	tisfie	d						very	satisfied	t

#### 11. The ability to see things from another point of view

(a) How would you rate	0	1	2	3	4	5	6	7	8	9	10	
yourself for this?	worst										best	
(b) How satisfied are you	0	1	2	3	4	5	6	7	8	9	10	
with this?	Not at a	all sa	tisfie	d						very	satisfied	

## 12. Feeling safe and secure

(a) How would you rate	0	1	2	3	4	5	6	7	8	9	10	
yourself for this?	worst										best	
(b) How satisfied are you	0	1	2	3	4	5	6	7	8	9	10	
with this?	Not at a	all sa	tisfie	d						very	satisfied	

## 13. Facing my own upsetting thoughts and feelings

(a) How would you rate	0	1	2	3	4	5	6	7	8	9	10	
yourself for this?	worst										best	
(b) How satisfied are you	0	1	2	3	4	5	6	7	8	9	10	
with this?	Not at a	all sa	tisfie	d						verv	satisfied	

#### 14. Peace of Mind

(a) How would you rate	0	1	2	3	4	5	6	7	8	9	10
yourself for this?	worst										best
(b) How satisfied are you	0	1	2	3	4	5	6	7	8	9	10
with this?	Not at a	all sa	tisfie	b						very	satisfied

#### 15. Feeling happy

(a) How would you rate	0	1	2	3	4	5	6	7	8	9	10	
yourself for this?	worst										best	
(b) How satisfied are you	0	1	2	3	4	5	6	7	8	9	10	
with this?	Not at	all sa	tisfie	d						verv	satisfied	

## 16. Understanding myself and my past

(a) How would you rate	0	1	2	3	4	5	6	7	8	9	10	
yourself for this?	worst										best	
(b) How satisfied are you	0	1	2	3	4	5	6	7	8	9	10	
with this?	Not at a	all sa	tisfie	b						very	satisfied	

## 17. Understanding my experiences (e.g. beliefs, thoughts, voices, and related feelings)

(a) How would you rate	0	1	2	3	4	5	6	7	8	9	10	
yourself for this?	worst										best	
(b) How satisfied are you	0	1	2	3	4	5	6	7	8	9	10	
with this?	Not at a	all sa	tisfie	d						very	satisfied	

#### 18. Positive ways of thinking

(a) How would you rate	0	1	2	3	4	5	6	7	8	9	10	
yourself for this?	worst										best	
(b) How satisfied are you	0	1	2	3	4	5	6	7	8	9	10	
with this?	Not at a	all sa	tisfie	d						very	satisfied	

## 19. A positive purpose and direction in life

(a) How would you rate	0	1	2	3	4	5	6	7	8	9	10	
yourself for this?	worst										best	
(b) How satisfied are you	0	1	2	3	4	5	6	7	8	9	10	
with this?	Not at a	all sa	tisfie	b						very	satisfied	

## 20. A sense of being in control of my life

(a) How would you rate	0	1	2	3	4	5	6	7	8	9	10
yourself for this?	worst										best
(b) How satisfied are you	0	1	2	3	4	5	6	7	8	9	10
with this?	Not at all satisfied									very	satisfied

# 21. This is a space to write one or two other important goals that you would like to achieve through therapy.

Issue 1
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(a) How would you rate	0	1	2	3	4	5	6	7	8	9	10
yourself for this?	worst										best
(b) How satisfied are you	0	1	2	3	4	5	6	7	8	9	10
with this?	Not at all satisfied									very	satisfied

## Issue 2 \_\_\_\_\_

(a) How would you rate	0	1	2	3	4	5	6	7	8	9	10
yourself for this?	worst										best
(b) How satisfied are you	0	1	2	3	4	5	6	7	8	9	10
with this?	Not at all satisfied									very	satisfied