

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 yourself for this?	<p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p> <p>worst <span style="float: right;">best</span></p>
(b) How satisfied are you with this?	<p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p> <p>not at all satisfied <span style="float: right;">very satisfied</span></p>

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

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

### 2. Self-confidence

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

### 3. Positive ways of relating to people

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

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

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

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

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

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

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

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

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

### 8. The ability to relax

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



## 12. Feeling safe and secure

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

## 13. Facing my own upsetting thoughts and feelings

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

## 14. Peace of Mind

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

## 15. Feeling happy

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

## 16. Understanding myself and my past

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

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

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

## 18. Positive ways of thinking

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

## 19. A positive purpose and direction in life

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

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

(a) How would you rate yourself for this?	0	1	2	3	4	5	6	7	8	9	10
	worst										best
(b) How satisfied are you with this?	0	1	2	3	4	5	6	7	8	9	10
	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** \_\_\_\_\_

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

**Issue 2** \_\_\_\_\_

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