

A THERAPIST RATING SCALE FOR DETERMINING TREATMENT-INDUCED CHANGE

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Introduction

- ◎ Why the need for a therapist rated scale?
- ◎ Can it work/aren't therapists bad at it?
- ◎ The Therapist Rating Scale
- ◎ Examples
- ◎ Preliminary Results

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Existing Methods and their Problems

- ◎ Unstructured clinical judgement
 - AUCs typically either not statistically different than chance or significantly lower than risk instrument measures
- ◎ Pre and post treatment testing
 - Paper and pencil tests
 - PPG, Abel Screen, Polygraph
- ◎ Risk assessment measures
 - Static measures
 - Dynamic measures

Some of the Problems with Pre & Post Testing

- ◎ Fake good/fake bad
- ◎ Lack of normative means
- ◎ Costs of measures
- ◎ Lack of psychometric validation reports on measures (esp. peer reviewed)
- ◎ Treatment may induce more honest responding
- ◎ Are motivationally negative (focus is on deficits)
- ◎ Time consuming to complete, score, and report on
- ◎ Interpretation of scores/changes

Why a Therapist Rated Scale

- Other have reported some success
 - Hogue's Goal Attainment Scale
 - Langton
 - Anderson, Gibeau, & D'Amora
- However there are limitations to these findings – for a review see Beggs (2010)
Aggression & Violent Behavior
- Therapist has extensive experience with client over a long period of time over a range of topics and behaviours

Outcome for Rockwood Sexual Offender Program - 2009

| Reoffence | Treated* (<u>N</u> = 535) | Expected** |
|-----------|-------------------------------|------------|
| Sexual | 5.6% | 23.8% |
| Violent | 8.4% | 34.8% |

*Mean follow-up = 8.4 years
**Based on Static-99 (revised 2003)

Predictors of Recidivism from 2009 outcome evaluation

Total N = 535; Recidivists N = 30

- Age: AUC = .37
- Sentence length: AUC = .43
- STATIC-99: AUC = .47
- PCL-R: AUC = .62 (N=197)
- **Therapist post-treatment rating: AUC = .64***
(5-point scale: low, low-moderate, moderate, moderate-high, high)

*Statistically significant at $p < .05$

Initial Therapist Rating Scale

Good Parts:

- ◎ 17 topics, 2 dimensions (Intellectual Understanding, Acceptance/Demonstration)
- ◎ Scoring on a 4-point scale with 3 being “normative” functioning
- ◎ Good inter-rater reliability
- ◎ Extensive manual with examples of each level and descriptors

Bad Parts:

- ◎ Too long to score and interpret (feedback from therapists)
- ◎ Many therapists/sites dropped it, report it to be too labour intensive

New Therapist Rating Scale TRS-2

INSTRUCTIONS FOR THERAPIST RATINGS

10 topics

- Rated on each of the two categories
 - intellectual understanding
 - acceptance/demonstration
- Ratings are based on your considered opinion of how well he is functioning on each topic

Rating Levels

- Level 4 = Optimal Functioning
 - Significantly better than average
- Level 3 = Normative
 - Average functioning
 - mostly achieves target of treatment
- Level 2 = Approaching Normative
 - Approaching average functioning
 - may achieve level 3 post-treatment
- Level 1 = Unsatisfactory
 - Needs to redo treatment component

Information for Rating

- Levels should vary across topics
- Levels should vary between categories
- Avoid “halo” and opposite effect
- When learning to use, have therapists complete separately and then discuss differences – aiming for inter-rater agreement 8-9 times out of 10 (i.e., does not have to be perfect agreement)

| Targets – 1-5 of 10 | | Intellectual Understanding | Acceptance/ Demonstration |
|---------------------|---|----------------------------|------------------------------|
| 1 | Sense of Agency <ul style="list-style-type: none"> • Believes in ability to control own life • Takes responsibility for making life changes • Can identify steps to achieve goals | | |
| 2 | General Empathy <ul style="list-style-type: none"> • Can perceive the emotions of others • Is able to put self in other's shoes • Responds with appropriate emotion to other's emotions • Attempts to comfort others - when possible and appropriate | | |
| 3 | Prosocial Attitudes <ul style="list-style-type: none"> • Espouses pro-social attitudes • Cooperates with supervisor/supervision | | |
| 4 | Adequate Coping Skills/Styles <ul style="list-style-type: none"> • Responds to stressors with appropriate emotionality • Faces problematic issues • Is able to problem solve | | |
| 5 | Adequate Intimacy Skills <ul style="list-style-type: none"> • Values others • Appropriately self-discloses • Able to make friends with others • Has realistic beliefs about relationships | | |

| Targets – 6-10 of 10 | | Intellectual Understanding | Acceptance/ Demonstration |
|----------------------|--|----------------------------|------------------------------|
| 6 | Positive Self-Esteem <ul style="list-style-type: none"> • Has a realistic belief in own abilities • Engages in positive self-talk • Does not use either self-deprecating or derogatory humour | | |
| 7 | Good General Self-Regulation <ul style="list-style-type: none"> • Can adapt to changing circumstances • Not impulsive or overly negative • Sees value of, and has the capacity for some degree of stability in life | | |
| 8 | Good Sexual Self-Regulation <ul style="list-style-type: none"> • Doesn't use sex to cope • Is not preoccupied with sex • Has normative sexual interests | | |
| 9 | Understands Risk Factors <ul style="list-style-type: none"> • Has an awareness of actual and possible risk factors and situations • Able to take feedback from others | | |
| 10 | Quality of Future Plans <ul style="list-style-type: none"> • Has realistic plans for future • Has adequate community supports • Engages in and recognizes the value of leisure activities • Has employable skills or is financially independent | | |

TRS-2 Results

Inter-rater reliability

- Scale Total – Intraclass Correlation Coefficient
 - Intellectual Understanding - .90
 - Acceptance Demonstration - .96
 - Total Scale - .95

| Interrater Results – Targets | | Intellectual Understanding | Acceptance/ Demonstration |
|------------------------------|--------------------------------------|----------------------------|------------------------------|
| 1 | Sense of Agency | .84 | .73 |
| 2 | General Empathy | .74 | .85 |
| 3 | Prosocial Attitudes | .83 | .77 |
| 4 | Adequate Coping Skills/Styles | .83 | .82 |
| 5 | Adequate Intimacy Skills | .66 | .73 |

| Interrater Results - Targets | | Intellectual Understanding | Acceptance/ Demonstration |
|------------------------------|-------------------------------------|----------------------------|------------------------------|
| 6 | Positive Self-Esteem | .65 | .65 |
| 7 | Good General Self-Regulation | .59 | .64 |
| 8 | Good Sexual Self-regulation | .86 | .88 |
| 9 | Understands Risk Factors | .67 | .87 |
| 10 | Quality of Future Plans | .73 | .91 |

Psychometrics - Internal Consistency

| | Mean | SD | Range | Alpha |
|----------------------------|-------|-------|-------|-------|
| Intellectual Understanding | 23.00 | 5.78 | 11-32 | .96 |
| Acceptance / Demonstration | 19.20 | 6.11 | 10-30 | .95 |
| Total Scale | 42.20 | 11.69 | 21-61 | .97 |

Predictive Validity

- Retrospective study – TRS-2 scored from treatment reports by rater blind to results
- Randomly selected 150 of 535 sexual offenders released for an average of 8.4 years:

| | Actual (Predicted) |
|--------------------------|--------------------|
| – Revocation | 4.9% |
| – Non-sexual non-violent | 9.5% |
| – Violent recidivism | 8.4% (34.8%) |
| – sexual recidivism | 5.6% (23.8%) |

Predictive Validity - AUCs

| | Intellectual Understanding | Acceptance / Demonstration | Total |
|------------------------|----------------------------|----------------------------|-------|
| Revocation | .60 | .66 | .63 |
| Non-sexual non-violent | .45 | .48 | .46 |
| Violent | .61 | .74* | .73* |
| Sexual | .63 | .68 | .65 |

Summary

- ◎ TRS-2 easier to use than previous version (therapist reports)
- ◎ Inter-rater reliability good
- ◎ Internal consistency good
- ◎ Predictive validity particularly good for predicting violent reoffending by sexual offenders
- ◎ Acceptance/Demonstration dimension important
- ◎ More research needed and is ongoing

Copy of TRS-2 and Data

● For a copy of the TRS-2 email:

data@rockwoodpsyc.com

● Please send data to data@rockwoodpsyc.com

● Or fax to 011 613 530-2895

● Or land mail to

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