

PST THERAPIST ADHERENCE SCALE

PST Session #1

Therapist ID Code: _____ Therapist Site: _____

Patient ID Code: _____ Session #: _____ Date of Session: ___/___/___

Rating Therapist ID Code: _____ Date of Rating: ___/___/___

For each item, assess the therapist on a scale of 0-5 and record the rating on the line next to the item number.

0	1	2	3	4	5
Very Poor	Poor	Borderline	Satisfactory	Good	Very Good

Notes:

___ **1. Psychoeducation**

- Reviewed depression symptoms
- Linked depression to problems
- Discussed PST
- Highlighted collaboration

___ **2. Problem-Solving**

___ **a. Defining the Problem**

- Specific, feasible problem chosen
- Described in objective terms
- Problem explored, clarified

___ **b. Establishing a Realistic Goal**

- Goal is objective
- Described in behavioral terms
- Goal is achievable
- Follows directly from problem statement

___ **c. Generating Solutions**

- Prime for Brainstorming
- Brainstorming facilitated
- Solutions from patient
- Withhold judgment

____ d. **Implementing Decision-Making Guidelines and Choosing the Solution(s)**

Cue for major themes at start
Consider “Pros” and “Cons” for self/others
Identify themes and compare solutions
Solution(s) satisfies the Goals
Negative impact is limited

____ e. **Implementing the Preferred Solution(s)**

Specific tasks identified
Realistic behavior requirements
Plan Pleasant Activities for the week

____ 4. **Process Tasks**

Clear demarcation of PST-PC stages
Cue and Review for Stages
Summarize process at end of session
Facilitate independence in guiding PST process

____ 5 **Communication and Interpersonal Effectiveness**

Facilitates communication (supportive vocalizations / non-verbals)
Use of patient's own language and phrases
Warm / Confident / Professional
Tactful limiting of peripheral and unproductive discussion

____ 6. **Global Rating**

How would you rate the problem solving therapist overall in this session? (does not need to approach a mathematical average of previous eight items)

COMMENTS AND SUGGESTIONS FOR THE THERAPIST'S IMPROVEMENT:

PST Session # (circle one) 2 3 4 5 6 7 8 9 10 11 12

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Notes:

___ **1. Review Client Progress**

- Review of all current tasks
- Praise success
- Exploration of failure
- Rate Satisfaction and Mood
- Reinforce PST-PC Model
- Review previous problem areas

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