

# CBT Skill Acquisition: Getting it Right

## Background

*Interactive Journaling*<sup>®</sup> is an evidence-based process rooted in a cognitive-behavioral approach. Though several theories exist to describe why people improve as a result of participating in a CBT-based program, the acquisition of particular skills related to cognitive restructuring and behavioral activation scores are two factors that consistently predict behavior change.

With a foundation in cognitive-behavioral therapy, The Change Companies<sup>®</sup> *Getting it Right* series is intended for participants preparing to leave the criminal justice system. Participants learn positive, strength-based strategies to help promote successful reentry to the community.

## Description

The CBTSA: Getting it Right instrument is a 41-item, self-report questionnaire that measures current CBT skills use among participants using *Interactive Journaling*<sup>®</sup>. It is designed to be completed by participants at two time points: prior to orientation and following completion of the *Getting it Right* curriculum. It is estimated that it will take approximately 10 minutes for people to complete this paper-pencil measure.

This measure is a modified version of the Cognitive-Behavioral Therapy Skills Questionnaire (CBTSQ), an instrument with sound psychometric properties, including good overall internal consistency (overall:  $\alpha = .91$ ; BA:  $\alpha = .85$ ; CR:  $\alpha = .88$ ). A validation study (Jacob, Christopher and Neuhaus, 2011) reported expected correlations with a variety of constructs among a large sample of patients receiving intensive CBT in a partial hospital setting.

There are three factors measured by this instrument: Behavioral Activation (BA: 7 items), Cognitive Restructuring (CR: 9 items) and Getting it Right Objectives (GIR: 25 items).

## Scoring

Sum the responses for each factor to compute a factor score:

Behavioral Activation items = 1 4 5 9 10 11 13

Cognitive Restructuring items = 2 3 6 7 8 12 14 15 16

Getting it Right Objectives: 17-41(sequential)

Scoring can be further broken down by the nine different skills to create subscales of the Getting it Right Objectives:

Personal Growth (items 17-21)

Change Plan (items 22-26)

Responsible Thinking (items 27-31)

Managing My Life (items 32-36)

Maintaining Positive Change (items 37-41)

BA factor scores range from 0 to 35, and higher scores indicate greater use of BA skills.

CR factor scores range from 0 to 45, and higher scores indicate greater use of CR skills.

GIR factor scores range from 0 to 25, with higher scores indicating greater understanding of Journal content.

# CBT Skill Acquisition: Getting it Right Version

## Data Entry and Analysis

To understand changes in scores in participants completing the program, the appropriate statistical test is a paired t-test. A paired t-test measures whether means from a within-subjects test group vary prior to and after being exposed to the *Getting it Right* curriculum.

We recommend you store participant summary data at an item level (i.e., with all 41 items individually entered to allow computation of factor scores, Journal specific scores and total scores) in an electronic spreadsheet, assigning participants a unique ID and storing data without identifying information for HIPAA compliance reasons. Note that in order to complete this analysis you must have matched data, meaning the same identifier must be used for participants at each time point.

Train for Change Inc.<sup>®</sup> offers comprehensive evaluation and reporting packages. Please contact us for further information.

## Reporting Scores Sample

A paired-samples t-test was conducted to compare pre and post test scores for (n=xx) people participating in our (post release reentry) program that utilized The Change Companies<sup>®</sup>' *Getting it Right* curriculum. There was a significant/not a significant) difference in pretest scores (M=\_\_\_, SD=\_\_\_) and post-test scores (M=\_\_\_, SD=\_\_\_);  $t(\_) = \_$ ,  $p = \_$ .

## References

Jacob, K. S., Christopher, M. S., & Neuhaus, E. C. (2011). Development and validation of the Cognitive Behavioral Therapy Skills Questionnaire (CBTSQ). *Behavior Modification*, 35, 595-611.