

CBT Skill Acquisition: Strategies for Change

Background

Interactive Journaling® 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®' *Strategies for Change* series is intended for people who want to make changes in important life areas and offers opportunities to learn, practice and reinforce skills and behaviors for living a positive, healthy life.

Description

The CBTSQA: Strategies for Change instrument is a 49-item, self-report questionnaire that measures current CBT skills use among people participating in a nonresidential drug treatment program. It is designed to be completed by participants at two time points: prior to beginning the program and following completion of the program. It is estimated that it will take approximately 15 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 Strategies for Change objectives (SC: 33 items).

Note: Regardless of whether you are using one or all of the Journals in this series, the CBTSQ items should be included with each pre- or post-test you administer, along with the questions that correspond to the Journal(s) you are using.

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

Strategies for Change objectives = 17-49 (sequential)

Scoring can be further broken down by the 11 Journals comprising the Strategies for Change Series to create subscales of specific Journal objectives:

Group Journal: 17-19

Personal Journal: 20-22

Maintaining My Recovery: 23-25

Living a Prosocial Lifestyle: 26-28

Preventing Violence: 29-31

Developing Empathy for Victims: 32-34

Strengthening My Parenting Skills: 35-37

Focusing on Personal Health: 38-40

Building Healthy Relationships: 41-43

Improving my Mental Health: 44-46

Practicing Gratitude: 47-49

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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.

SC Series objectives scores range from 0 to 165, with higher scores indicating greater understanding and application of Journal content.

Strategies for Change Journal-specific subscale scores range from 0 to 15, with higher scores indicating greater understanding and application of specific Journal content.

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 *Strategies for Change* curriculum.

We recommend you store participant summary data at an item level (i.e., with all 49 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.[®] 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 program that utilized The Change Companies[®]' *Strategies for Change* 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.