

CBT Skill Acquisition: The Change Companies®’ Keep it Direct & Simple Series

Background

Interactive Journaling® is an evidence-based process that is rooted in a cognitive-behavioral approach. Though several theories exist to describe why people improve as a result of participating in a cognitive-behavioral therapy-based (CBT) 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®’ Keep It Direct & Simple Series is intended to help adolescents in addiction and behavioral health programs develop more effective coping skills and strategies.

Description

The CBTSA: Keep It Direct & Simple Series instrument is a 50-item, self-report questionnaire that measures current CBT skills use among participants using *Interactive Journaling*®. It is designed to be completed by participants at two time points: prior to orientation and following completion of the Keep It Direct & Simple curriculum. 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 Keep It Direct & Simple Objectives: 34 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

Keep It Direct & Simple Series Objectives = 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50

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.

Keep It Direct & Simple factor scores range from 0 to 170, with higher scores indicating greater understanding of Journal content.

Journal-specific scores can be calculated in the following way:

Questions 17-21 Why Am I Here? Journal

Questions 22-24 My Substance Use Journal

Questions 25-29 My Twelve-Step Program Journal

Questions 30-32 My Feelings Journal
Questions 33-35 My Family Journal
Questions 36-38 Relationships & Communication Skills Journal
Questions 39-41 How We Think Journal
Questions 42-44 How We Change Journal
Questions 45-47 Building Strong Values Journal
Questions 48-50 Moving Forward Journal

A total score can be calculated by summing the BA, CR and Keep It Direct & Simple factor scores.

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 Keep It Direct & Simple Series curriculum.

We recommend you store participant summary data at an item level (i.e., with all 50 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

A paired-samples t-test was conducted to compare pre- and post-test scores for (n=xx) people participating in our program that used The Change Companies[®]' Keep It Direct & Simple Series curriculum. There was a (significant/not a significant) difference in pre-test 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.