

Psychometric Properties of the Outcome Rating Scale (ORS) and Session Rating Scale 3.0 (SRS 3.0) in a Spanish Clinical Sample

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The ORS and SRS 3.0

Outcome Rating Scale (ORS)

Name _____ Age (Yrs): _____ Sex: M / F
Session # _____ Date: _____
Who is filling out this form? Please check one: Self _____ Other _____
If other, what is your relationship to this person? _____

Looking back over the last week, including today, help us understand how you have been feeling by rating how well you have been doing in the following areas of your life, where marks to the left represent low levels and marks to the right indicate high levels. *If you are filling out this form for another person, please fill out according to how you think he or she is doing.*

Individually
(Personal well-being)

I I

0 1 2 3 4 5 6 7 8 9 10

3.9

Socially
(Work, school, friendships)

I I

Overall
(General sense of well-being)

I I

The Heart and Soul of Change Project
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Session Rating Scale (SRS V.3.0)

Name _____ Age (Yrs): _____
ID# _____ Sex: M / F
Session # _____ Date: _____

Please rate today's session by placing a hash mark on the line nearest to the description that best fits your experience.

Relationship:

I did not feel heard, understood, and respected. | | I felt heard, understood, and respected.

Goals and Topics:

We did not work on or talk about what I wanted to work on and talk about. | | We worked on and talked about what I wanted to work on and talk about.

Approach or Method:

The therapist's approach is not a good fit for me. | | The therapist's approach is a good fit for me.

Overall:

There was something missing in the session today. | | Overall, today's session was right for me.

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The Study

- N = 165 adults participants from primary care centres of Barcelona.
- They received a maximum of 16 sessions of psychotherapy (one or two weeks spaced) provided by therapists of the Master of Cognitive Social Therapy of the University of Barcelona.
- **Inclusion criteria:** To present a mental health problem from mild to moderate, legal age, being able to communicate in Spanish or Catalan.
- **Exclusion criteria:** To be received by another psychological treatment at the moment of intake, presence of psychotic symptoms, maniac or hypomanic episodes, alcohol or drug abuse, suicidal ideation.
- Psychotherapy approach: Cognitive-constructivist and Systemic.



The Study Instruments

Pre

- ORS, CORE-OM, BDI-II, DASS-21

Sessions
1-16

- ORS, CORE-SFB
- SRS 3.0, WATOCI

Post

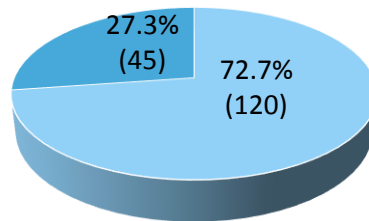
- ORS, CORE-OM, BDI-II, DASS-21

The image displays three overlapping forms used in the study. The top form is the CORE-OM (Current Outcome Measure), featuring a logo with three green arches and a purple circle. The middle form is the BDI-2 (Beck Depression Inventory-2), with a large green 'B' and the text 'BDI-2 BECK Depression Inventory®'. The bottom form is the DASS-21 (Dutch Anxiety and Stress Scales-21), showing a list of 19 statements and a rating scale from 0 to 3. The DASS-21 form includes the following statements and their corresponding rating scales:

Statement	0	1	2	3
1 I found it hard to wind down				
2 I was aware of dryness of my mouth				
3 I couldn't seem to experience any positive feeling at all				
4 I experienced breathing difficulty (e.g., excessively rapid breathing, breathlessness in the absence of physical exertion)				
5 I found it difficult to work up the initiative to do things				
6 I tended to over-react to situations				
7 I experienced trembling (e.g., in the hands)				
8 I felt that I was using a lot of nervous energy				
9 I was worried about situations in which I might panic and make a fool of myself				
10 I felt that I had nothing to look forward to				
11 I found myself getting agitated				
12 I found it difficult to relax				
13 I felt down-hearted and blue				
14 I was intolerant of anything that kept me from getting on with what I was doing				
15 I felt I was close to panic				
16 I was unable to become enthusiastic about anything				
17 I felt I wasn't worth much as a person				
18 I felt that I was rather touchy				
19 I was aware of the action of my heart in the absence of physical exertion (e.g., sense of heart rate increase, heart-miraculous a beat)				

The Study

Characteristics of the Sample



- N = 165 ■ Women ■ Men
- Age: 18 – 81 (\bar{X} = 43.57; SD = 13.3)
- Two participants did not start the treatment after intake.
- \bar{X} Sessions = 12.19 (SD = 5.03)
- 62 therapists (\bar{X} = 3 clients each; SD = 1.5)

Clinical characteristics of the sample

	Frequency (%)	
Somatoform disorders	1	(.6)
Eating disorders	3	(1.8)
Substance abuse	3	(1.8)
Psychological problems due to medical conditions	6	(3.6)
Personality disorders	9	(5.5)
Adjustment disorder	13	(7.9)
Life distress	36	(21.8)
Mood disorders	40	(24.2)
Anxiety disorders	54	(32.7)

Psychometric Properties of the ORS

- Cronbach's alpha [95% CI] for the first administration (n = 147) and all administrations in the sample (n = 1875). results in $\alpha = .91$ [.88. .93] for the first case, and $\alpha = .96$ [.96. .97] for the second.

Test- Retest correlations

	1st- 2nd	2nd- 3rd	3rd- 4th
ORS	.61	.77	.84
CORE-SFB All items	.81	.84	.83
CORE-SFB Non-risk items	.81	.84	.85

Notes: Rho Spearman correlation

Convergent validity. Coefficients of correlation between ORS items. DASS-21 subscales. and BDI-II

	DASS-21 Depression	DASS-21 Anxiety	DASS-21 Stress	BDI-II
ORS individual	-.37	-.23	-.48	-.52
ORS interpersonal	-.32	-.30	-.35	-.44
ORS social role	-.41	-.24	-.40	-.49
ORS overall	-.45	-.34	-.52	-.49
ORS total	-.43	-.32	-.49	-.57

Notes: Rho Spearman correlation

Psychometric Properties of the ORS

Convergent validity. Coefficients of correlation between ORS items and CORE-OM subscales ($n = 165$)

	CORE-OM Subjective well-being	CORE-OM Problem/Symptoms	CORE-OM Functioning	CORE-OM Risk	CORE-OM Non-risk items	CORE-OM All items
ORS individual	-.63	-.60	-.59	-.42	-.64	-.63
ORS interpersonal	-.48	-.45	-.58	-.34	-.53	-.55
ORS social role	-.53	-.51	-.65	-.36	-.63	-.61
ORS overall	-.64	-.63	-.57	-.32	-.66	-.65
ORS total	-.64	-.63	-.68	-.40	-.70	-.70

Notes: Rho Spearman correlation

Convergent validity. Coefficients of correlation between ORS items and CORE-SFB subscales ($n = 1875$)

	CORE-SFB Subjective well-being	CORE-SFB Problem/Symptoms	CORE-SFB Functioning	CORE-SFB Risk	CORE-SFB Non-risk items	CORE-SFB All items
ORS individual	-.74	-.66	-.68	-.22	-.75	-.75
ORS interpersonal	-.67	-.61	-.68	-.19	-.70	-.70
ORS social role	-.66	-.60	-.67	-.16	-.70	-.70
ORS overall	-.73	-.67	-.69	-.24	-.75	-.75
ORS total	-.73	-.66	-.71	-.21	-.76	-.76

Notes: Rho Spearman correlation

Psychometric Properties of the ORS

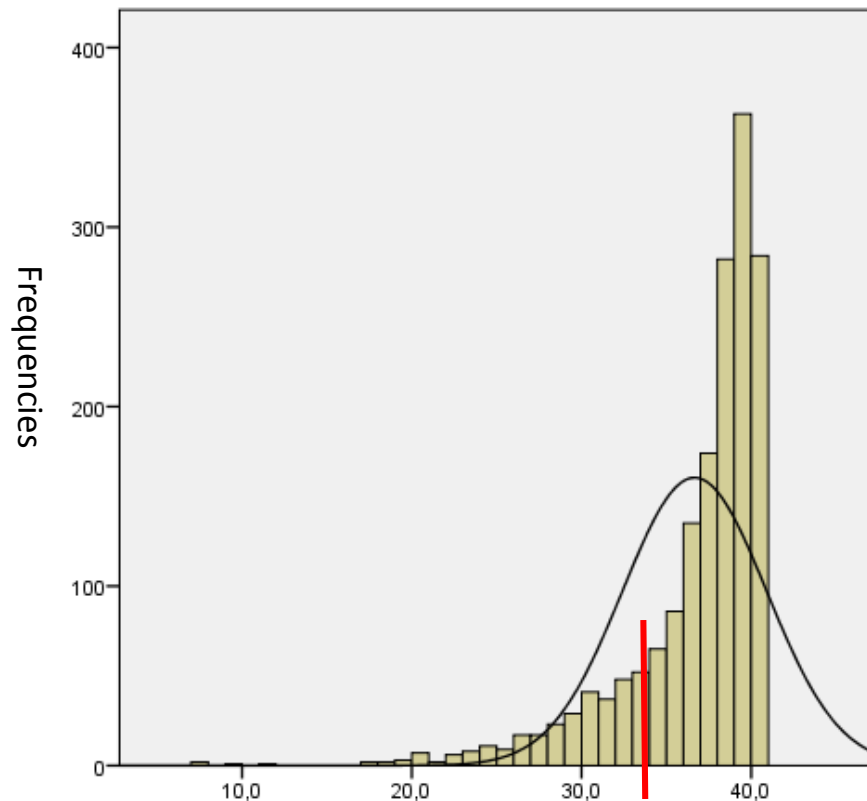
Sensitivity to Change. Pre-post change for ORS and CORE (first and last session)

	Mean Pre-test (SD)	95% CI	Mean Post-test (SD)	95% CI	Mean Difference	df	t	95% CI	p-value	Effect Size
ORS	18.18 (9.91)	17.15; 22.04	26.30 (10.70)	24.03; 27.55	-8.12	148	-8.71	-9.96; -6.28	.00	.71
CORE-SFB		1.42; 1.79								
All item	1.68 (.74)		1.18 (.68)	1.05; 1.28	.50	73	5.88	.33; .67	.00	-.68
CORE-SFB		1.69; 2.05								
Non-risk items	1.87 (.83)		1.31 (.76)	1.18; 1.42	.56	73	5.95	.37; .75	.00	-.69

Abbreviation: SD. standard deviation. CI. confidence interval. *df.* degrees of freedom.

Psychometric Properties of the SRS 3.0

- Cronbach's alpha [95% CI] for the first administration ($n = 77$) results in $\alpha = .83$ [.76. .87]; and $\alpha = .94$ [.93. .94] for all sample administrations ($n = 1705$).



P(25) = 35.5

Test- Retest correlations

	1st-2nd	2nd-3rd	3rd-4th
SRS 3.0 Total	.64	.78	.81
WATOCI Total	.74	.86	.83

Notes: Rho Spearman correlation

Psychometric Properties of the SRS 3.0

Convergent validity. Coefficients of correlation between SRS 3.0 and WATOCI

	WATOCI Task	WATOCI Goal	WATOCI Bond	WATOCI Theroy of change	WATOCI Total
SRS 3.0 Relationship	.55	.51	.45	.49	.53
SRS 3.0 Goals and Topics	.59	.55	.48	.54	.58
SRS 3.0 Approach or Method	.60	.55	.50	.53	.58
SRS 3.0 Overall	.59	.54	.48	.52	.57
SRS 3.0 Total	.62	.58	.51	.56	.60

Notes: Rho Spearman correlation

Predictive validity. SRS 3.0 total score at third session predicts outcome at last session CORE-SFB total score ($p < .05$, $R^2 = .040$, $\theta_0 = 2.06$, $\theta_1 = -.20$) and CORE-SFB non risk items ($p < .05$, $R^2 = .041$, $\theta_0 = 2.30$, $\theta_1 = -.20$).

Discussion

- **Similar results than found in other countries:** strong internal consistency, with a high homogeneity and cohesion of their items. Similar results for convergent validity and test-retest correlations.
- **ORS test-retest correlations:** CORE might be capturing more stable aspects of people's distress than ORS. ORS seem to be slightly more sensitive to change than CORE.
- **ORS and CORE** → Well-being vs. Psychological distress. Different constructs?
- **SRS 3.0** show the distribution of typical measures of alliance, and was able to predict outcome.
- **SRS 3.0 and WATOCI** → Different aspects of alliance?
- **Limitations:** No-comparison group, sample size, translation was done in US.

