

# 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)

3.9

I-----I

**Socially**  
(Work, school, friendships)

I-----I

**Overall**  
(General sense of well-being)

I-----I

The Heart and Soul of Change Project  
<https://heartandsoulofchange.com>  
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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

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- 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 psychological assessment tools:

- CORE-OM:** A screen showing the logo and instructions in Spanish. It asks users to rate statements over the past week.
- BDI-2:** A green-themed screen with the title "BDI-2 BECK Depression Inventory". It includes a rating scale from 0 to 3.
- DASS21:** A white-themed screen with the title "DASS21". It includes a rating scale from 0 to 3 and a section for "Name:" and "Date:".

**CORE-OM Instructions (Spanish):**

IMPORTANTE. POR FAVOR RESPONDA A LAS PREGUNTAS SIGUIENTES EN BASE A SU EXPERIENCIA EN LOS ÚLTIMOS SIETE DÍAS. NO HAY RESPUESTAS CORRECTAS O INCORRECTAS. NO PASE DEMASIADO TIEMPO EN CUALQUIER PREGUNTA.

**BDI-2 Rating Scale:**

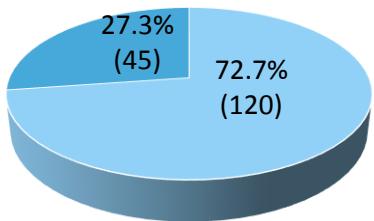
The rating scale is as follows:  
0 Did not apply to me at all  
1 Applied to me to some degree, or some of the time  
2 Applied to me to a considerable degree, or a good part of the time  
3 Applied to me very much, or most of the time

**DASS21 Rating Scale:**

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

# 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

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**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

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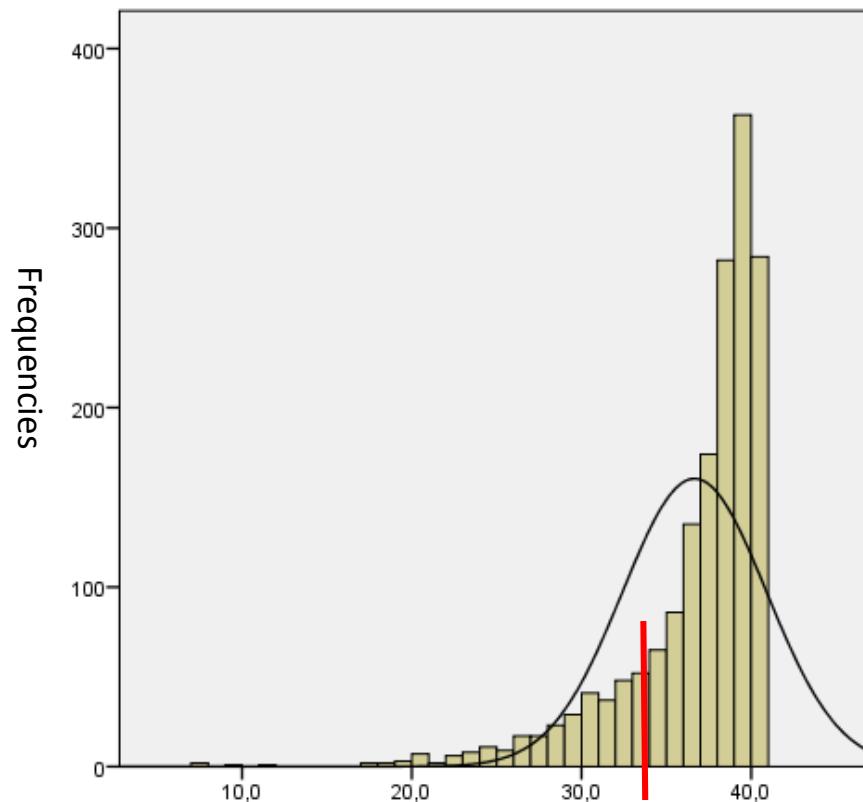
**Sensitivity to Change.** Pre-post change for ORS and CORE (first and last session)

	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 Non-risk items		1.69; 2.05								
	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

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**Convergent validity.** Coefficients of correlation between SRS 3.0 and WATOCI

	WATOCI	WATOCI	WATOCI	WATOCI	WATOCI
	Task	Goal	Bond	Theroy of change	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 ( $p < .05$ ,  $R^2 = .040$ ,  $\beta_0 = 2.06$ ,  $\beta_1 = -.20$ ) and CORE-SFB non risk items ( $p < .05$ ,  $R^2 = .041$ ,  $\beta_0 = 2.30$ ,  $\beta_1 = -.20$ ).

# Discussion

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- **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.

