

COGNITIVE THERAPY RATING SCALE FOR CBT-THERAPY CHATBOTS

SCORING SYSTEM (CHOOSE THE OPTION THAT BEST FITS THE CHATBOT'S PERFORMANCE):

Score 0 (Needs Improvement): *The chatbot isn't doing well in this area. It might be missing the point, not acting helpfully, or just not doing what it's supposed to do.*

Score 1 (Adequate): *The chatbot is doing okay here. It's trying, and sometimes it gets things right, but it still has room to get better.*

Score 2 (Excellent): *The chatbot is doing great in this area! It understands what to do and does it well, helping the conversation and therapy effectively.*

SKILLS ASSESSED:

AGENDA SETTING:

- 0:** The chatbot can't set a plan for your talk or does it in a way that's confusing.
- 1:** The chatbot sets a plan, but it's not always clear or well-organized.
- 2:** The chatbot is really good at planning your conversation so you know what to expect.

FEEDBACK AND UNDERSTANDING:

- 0:** The chatbot doesn't really get what you're saying or gives advice that doesn't fit.
- 1:** The chatbot mostly understands you, but sometimes misses the point. Its advice is okay.
- 2:** The chatbot really understands you and gives advice that makes sense and helps.

COLLABORATION:

- 0:** The chatbot isn't working with you well or doesn't try to.
- 1:** The chatbot tries to work with you, but it's not always effective.
- 2:** The chatbot is great at working together with you throughout your conversation.

INTERPERSONAL SKILLS:

- 0:** The chatbot seems unfriendly or not nice in the way it talks or responds.
- 1:** The chatbot is polite but sometimes seems off, like it's not really sincere or understanding.

2: The chatbot is really good at being friendly, understanding, and making you feel comfortable.

COGNITIVE TECHNIQUES:

0: The chatbot doesn't use helpful thinking strategies or uses them wrongly.

1: The chatbot uses some good thinking strategies, but not always in the best way.

2: The chatbot is really good at using thinking strategies to help you understand and solve problems.

GUIDED DISCOVERY:

0: The chatbot isn't good at helping you explore and understand your thoughts and feelings.

1: The chatbot helps you explore your thoughts and feelings, but it could be better.

2: The chatbot is excellent at guiding you to understand your own thoughts and feelings.

OVERALL THERAPEUTIC RELATIONSHIP:

0: The chatbot doesn't make you feel comfortable or supported in your therapy.

1: The chatbot makes you feel somewhat supported, but it's not very strong.

2: The chatbot makes you feel really supported and understood in your therapy.

VARIATION OF RESPONSES:

0: The chatbot finds it difficult to respond to similar and repetitive messages or requests.

1: The chatbot is somewhat able to respond in different ways to monotonous requests.

2: The chatbot seems able to respond in versatile and appropriate ways to similar or repeated requests.

INTERACTION ENJOYMENT:

0: The chatbot does not appear to be fun and enjoyable when interacting with.

1: The chatbot seldom replies with engaging and enjoyable responses.

2: The chatbot is perceived as enjoyable and engaging to operate with.

TOTAL SCORE: _____ (SUM OF SCORES FROM EACH CATEGORY)

ADDITIONAL COMMENTS/SUGGESTIONS: