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Exploring the development, validity, and utility of the short-form version of the CHoice of outcome in Cbt for psychosEs: a patient-reported outcome measure of psychological recovery

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Supplementary Materials: The Choice Short-Form Measure

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Permission to use the CHOICE-Short Form (CHOICE-SF) patient reported outcome measure is granted on condition that:

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For additional detail on the instrument development please refer also to: Greenwood KE, Sweeney A, Williams S, Garety P, Kuipers E, Scott J, Peters E. (2010). CHoice of Outcome In Cbt for psychosEs (CHOICE): The Development of a New Service-User led Outcome Measure of CBT for Psychosis. *Schizophrenia Bulletin* 36(1) 126-135.

CHOICE —**Short Form** - This questionnaire has been developed by asking the opinions of people who have used therapy for distressing difficulties. It has 11 areas and a personal goal that you may want to work on in therapy. You can fill it in on your own or with a therapist. Please read each item and circle a number to show how you've felt about it in **the last week**.

1. The ability to approac	h proble	ems	in a v	/ariet	y of	ways	;				
How would you rate	0	1	2	3	4	5	6	7	8	9	10
yourself for this?	worst										best
-											
2. Self-confidence											
How would you rate	0	1	2	3	4	5	6	7	8	9	10
yourself for this?	worst										best
3. Positive ways of relat	ina to n	oonle	•								
How would you rate	0	1	2	3	4	5	6	7	8	9	10
yourself for this?	worst	•	_	3	4	J	O	,	O	9	best
yoursell for this:	WOISt										Dest
4. The ability to question	n the wa	y I Ic	ok a	t thin	gs						
How would you rate	0	1	2	3	4	5	6	7	8	9	10
yourself for this?	worst										best
5. Ways of dealing with	ovorvda	v life	str <u>o</u>	ee6e							
How would you rate	0 (1	2	3	4	5	6	7	8	9	10
yourself for this?	worst	'	_	3	7	3	U	'	U	5	best
yearean for this.	Wordt										2001
6. Ways of dealing with a	crisis										
How would you rate	0	1	2	3	4	5	6	7	8	9	10
yourself for this?	worst										best
7. Facing my own upset	ting tho	ught	s and	d feel	ings						
How would you rate	0	1	2	3	4	5	6	7	8	9	10
yourself for this?	worst										best
8. Peace of Mind	•										
How would you rate	0	1	2	3	4	5	6	7	8	9	10
yourself for this?	worst										best
9. Understanding mysel	f and my	v nas	st								
How would you rate	0	1	2	3	4	5	6	7	8	9	10
yourself for this?	worst	•	_		•	Ū		-		Ū	best
, , , , , , , , , , , , , , , , , , , ,	110.01										
10. Understanding my e											
How would you rate		1	2	3	4	5	6	7	8	9	.10
yourself for this?	worst										best
11. Positive ways of thir	nkina										
How would you rate	0	1	2	3	4	5	6	7	8	9	10
yourself for this?	worst	•	_	-	•	-	-	-	-	-	best
12. This is space to	write a p	erso	onal g	goal t	hat y	ou w	vould	l like	to a	chie	ve in therapy.

12. This is space to	write a	pers	onal	goal	that	you v	vould	l like	to a	chiev	e in th	nerapy.	
Personal Goal				- 									
How would you rate	0	1	٠	2	1		6	7	0	0	10		Ξ

How would you rate	0	1	2	3	4	5	6	7	8	9	10	
yourself for this?	worst										best	