CBT Skill Acquisition: *Self-management* Guide

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 CBT-based 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®' *Self-management* Journal is intended to promote psychological wellness through specific strategies to help people change and manage the course of their lives.

Description

The CBTSA: Self-management instrument is a 29-item, self-report questionnaire that measures current CBT skills use among people using *Interactive Journaling®*. It is designed to be completed by participants at two time points: prior to beginning the Journal and following completion of the Journal. It is estimated that it will take approximately 15 minutes for people to complete this paper-pencil measure.

This measure is a modified edition 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 Self-management (SM: 13 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
Self-management items: 17 18 19 20 21 22 23 24 25 26 27 28 29

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.
SM factor scores range from 0 to 65, with higher scores indicating greater understanding of Journal content.

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 *Self-management* curriculum.

We recommend you store patient/offender summary data at an item level (i.e., with all 29 items individually entered to allow computation of factor scores, Journal-specific scores and total scores) in an electronic spreadsheet, assigning patients 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 patients 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 residential/non-residential substance use program that utilized The Change Companies® *Self-management* 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.