CBT Skill Acquisition: MAT

Background

Interactive Journaling® is an evidence-based process 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®' *MAT (Medication Assisted Treatment)* Journal is intended to help support people who have decided to take medications as part of their treatment and support skill building in key areas that will help people on their path to recovery.

Description

The CBTSA: MAT instrument is a 40-item, self-report questionnaire that measures current CBT skills use among people participating in MAT. It is designed to be completed by participants at two time points: prior to beginning the program (i.e., prior to initiation of medication) and following completion of the program (i.e., 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 version 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), MAT Objectives (MAT: 24 items).

Note: Regardless of whether you are having participants complete the entire Journal or specific parts of the journal, the CBTSQ items 1-16 should be included in the pre- or post-test you administer.

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
MAT Objectives = 17-40 (sequential)

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.
MAT objectives scores range from 0 to 120, with higher scores indicating greater understanding and application 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 *MAT* curriculum.

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We recommend you store participant summary data at an item level (i.e., with all 40 items individually entered to allow computation of factor scores, Journal specific scores and total scores) in an electronic spreadsheet, assigning participants 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 participants at each time point.

Train for Change Inc.® offers comprehensive evaluation and reporting packages. Please contact us for further information.

Reporting Scores Sample

A paired-samples t-test was conducted to compare pre- and post-test scores for (n=xx) people participating in our program that utilized The Change Companies®' *MAT* curriculum. There was a significant/not a significant) difference in pretest 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.