

CBT Skill Acquisition: MEE (Motivational-Educational-Experiential) Version

Background

Interactive Journaling® is an evidence-based practice 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®' *MEE (Motivational-Education-Experiential)* series is intended to be a ready-made template for turning treatment planning into action-oriented steps for change.

Description

The CBTSQ: MEE instrument is an 84-item, self-report questionnaire that measures current CBT skills use among participants using *Interactive Journaling*®. It is designed to be completed by participants at two time points: prior to beginning the program and following completion of the program. It is estimated that it will take approximately 15 minutes for participants 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) and MEE Journal Objectives (MEE: 68 items).

Note: Regardless of whether you are using one or all of the Journals in the MEE series, the CBTSQ items should be included with each pre-post test you administer, along with the questions that correlate to the Journal(s) you are using.

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

Journal-specific items:

- *Getting Started*: 17 18 19
- *Substance Using Behaviors*: 20 21 22
- *Denial*: 23 24 25
- *First Step*: 26 27 28
- *Steps to Spirituality*: 29 30 31
- *Looking Within*: 32 33 34
- *Into Action*: 35 36 37
- *Working Your Program*: 38 39 40
- *Feelings*: 41 42 43
- *Anger*: 44 45 46
- *Self-worth*: 47 48 49

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- *Family and Other Relationships*: 50 51 52
- *Life Management*: 53 54 55
- *Relapse Prevention*: 56 57 58
- *Coping Skills*: 59 60 61
- *Successful Living with a Co-occurring Disorder*: 62 63 64
- *The Power of Self-talk*: 65 66 67
- *Recovery Maintenance*: 68 69 70
- *Employment Skills*: 71 72 73

Step Work items (subscale): Step Work 1 2 3 4 5 6 7 8 9 10 11 12

- *Note: Working the twelve steps is predictive of substance use outcomes. Because of this consistent research finding, we offer an additional subscale that captures progress in working the steps. You may find it useful to administer this instrument to assess prescribed behaviors of a 12-step program.*

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.

MEE factor scores range from 0 to 280, with higher scores indicating greater understanding of Journal content.

Step Work scores range from 0 to 48.

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 MEE curriculum.

We recommend you store participant summary data at an item level (i.e., with all 84 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 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 program that utilized The Change Companies[®] MEE 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.