Adherence and Skill Checklist

Adherence Checklist

- 1. Preparing the child for the exposure
 - a. Feeling Frightened/Somatic Symptoms of Anxiety
 - i. Did the therapist help the child identify what physical feelings they might experience during the exposure (e.g. stomach ache)?

Yes No

- b. Expecting Bad Things to Happen/Anxious Cognitions
 - i. Did the therapist help the child identify what anxious thoughts they might have during the exposure (e.g., I might make a mistake)?

Yes No

- c. Attitudes and Actions that can Help
 - i. Did the therapist mention or have the child practice deep breathing and/or progressive muscle relaxation to cope with anxious bodily feelings (e.g., belly breathing, squeezing lemons)?

Yes No

ii. Did the therapist help the child generate a coping thought as a way to cope with anxious thoughts (e.g., I can do it, Even if I make a mistake, I can get through it)?

Yes No

iii. Did the therapist walk the child through problem-solving possible problems that may come up during the exposure (e.g., what to do if you make a mistake – walk away, ask the question again)?

Yes No

- d. Rewards
 - i. Did the therapist plan a reward with the child for facing their fear (e.g., special time with therapist, ice cream)?

Yes No

Core Adherence: /6

2. Other general considerations

		pist ask the child umber, fear ratin	•	ating (e.g., SUDS	S rating) at a	ny point (e.g.,
			Yes	No		
b. Did the therapist use cognitive restructuring techniques to help the child come up with a coping thought (e.g., How likely is it that you will mess up? Has that ever happened to anyone you know before? What is the worst that can happen)?						
			Yes	No		
c. Did the therapist have the child imagine engaging in the exposure (e.g., practicing calling the grandmother?)						
			Yes	No		
d. Was the therapist a coping model (i.e., gave an example of when they felt anxious and how they coped?)						
			Yes	No		
Additional Adherence factors: /4						
TOTAL ADHERENCE SCORE (CORE+ADDITIONAL): /10						
			Skill Rat	<u>ings</u>		
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