
Appendix C: Adherence Scale

Adherence Scale for Group Drug Counseling

Counselor: _____ Rater: _____

Treatment Site: _____

Session No: _____ Phase No: _____

Session Date: _____ Date Rated: _____

Please rate the helpfulness and appropriateness of the counselor's interventions during the group session using the 7-point rating scale below. Mark your rating in the blank to the immediate left of each item.

1	2	3	4	5	6	7
Not at All		Some		Considerably		Very Much

QUALITY

SUPPORTS RECOVERY

- | | |
|-------|--|
| _____ | 1. Encourages clients to discuss episodes of use, near use, or cravings for substances. |
| _____ | 2. Encourages abstinence. |
| _____ | 3. Encourages continued treatment attendance. |
| _____ | 4. Encourages clients to share problems and concerns regarding addiction and recovery. |
| _____ | 5. Gives clients feedback regarding progress in recovery. |
| _____ | 6. Encourages clients to state a concrete plan for dealing with cravings or other drug-related problems. |

QUALITY ENCOURAGES 12-STEP PARTICIPATION

- _____ 1. Encourages attendance at 12-step groups.
- _____ 2. Expresses positive opinions about the 12-Step approach and support groups.
- _____ 3. Recites the Serenity Prayer aloud with group members.
- _____ 4. Encourages clients to get and use their sponsor.

QUALITY FACILITATES GROUP PARTICIPATION

- _____ 1. Encourages members to participate.
- _____ 2. Encourages clients to give each other constructive, reality-based feedback.
- _____ 3. Models and provides constructive feedback and positive reinforcement.
- _____ 4. Creates an atmosphere of trust and confidentiality.
- _____ 5. Facilitates group closing to create a sense of fellowship.

QUALITY IN PHASE I GROUP

- _____ 1. Passes out materials for session topic.
- _____ 2. Educates group members about session topic.
- _____ 3. Discusses major points identified in session outline.
- _____ 4. Relates these points to clients' lives.

QUALITY IN PHASE II GROUP

- _____ 1. Helps clients identify and prioritize personal problems or concerns for discussion.
- _____ 2. Facilitates discussion among clients.
- _____ 3. Helps clients resolve problems in recovery.
- _____ 4. Keeps discussion on the topics identified by clients.