

adapted credibility/expectancy questionnaire

Please indicate on the three scales below how much you believe that the therapy you are receiving will help the symptoms that you most want to see improve? Belief usually has two aspects to it: (a.) what one *thinks* will happen, and (b.) what one *feels* will happen. Sometimes these are similar; sometimes they are different. Please answer the questions below. For the first, answer in terms of what you really *think*. For the second and third, answer in terms of what you really *feel*.

1.) By the end of the therapy, how much improvement in your symptoms do you *think* will occur?

0% 10 20 30 40 50% 60 70 80 90 100%

2.) At this point, how much do you really *feel* that therapy will help you to reduce your symptoms?

0% 10 20 30 40 50% 60 70 80 90 100%

3.) By the end of the therapy, how much improvement in your symptoms do you really *feel* will occur?

0% 10 20 30 40 50% 60 70 80 90 100%

adapted from: Devilly, G. J. and T. D. Borkovec (2000).

"Psychometric properties of the credibility/expectancy questionnaire." J Behav Ther Exp Psychiatry 31(2): 73-86.
