

Helping Alliance Questionnaire - patient

The following statements reflect how a person may feel or behave with a doctor. Consider carefully your experience with your doctor and then mark each statement according to how strongly you agree or disagree. Please mark every item.

- 1) I feel I can depend upon this doctor.
 - Strongly disagree
 - Disagree
 - Slightly disagree
 - Slightly agree
 - Agree
 - Strongly agree
- 2) I feel this doctor understands me.
 - Strongly disagree
 - Disagree
 - Slightly disagree
 - Slightly agree
 - Agree
 - Strongly agree
- 3) I feel this doctor wants me to achieve my goals.
 - Strongly disagree
 - Disagree
 - Slightly disagree
 - Slightly agree
 - Agree
 - Strongly agree
- 4) At times I distrust this doctor's judgement.
 - Strongly disagree
 - Disagree
 - Slightly disagree
 - Slightly agree
 - Agree
 - Strongly agree
- 5) I feel I am working together with this doctor in a joint effort.
 - Strongly disagree
 - Disagree
 - Slightly disagree
 - Slightly agree
 - Agree
 - Strongly agree
- 6) I believe this doctor and I have similar ideas about the nature of my problems.
 - Strongly disagree
 - Disagree
 - Slightly disagree
 - Slightly agree
 - Agree
 - Strongly agree
- 7) I generally respect this doctor's views about me.
 - Strongly disagree
 - Disagree
 - Slightly disagree
 - Slightly agree
 - Agree
 - Strongly agree
- 8) The procedures used in this medical care are not well suited to my needs.
 - Strongly disagree
 - Disagree
 - Slightly disagree
 - Slightly agree
 - Agree
 - Strongly agree

- 9) I like this doctor as a person.
- Strongly disagree
 Disagree
 Slightly disagree
 Slightly agree
 Agree
 Strongly agree
- 10) In most sessions this doctor and I find a way to work on my problems together.
- Strongly disagree
 Disagree
 Slightly disagree
 Slightly agree
 Agree
 Strongly agree
- 11) This doctor related to me in ways that slow up the progress of the therapy.
- Strongly disagree
 Disagree
 Slightly disagree
 Slightly agree
 Agree
 Strongly agree
- 12) A good relationship has formed with this doctor.
- Strongly disagree
 Disagree
 Slightly disagree
 Slightly agree
 Agree
 Strongly agree
- 13) This doctor appears to be experienced in helping people.
- Strongly disagree
 Disagree
 Slightly disagree
 Slightly agree
 Agree
 Strongly agree
- 14) I want very much to work out my problems.
- Strongly disagree
 Disagree
 Slightly disagree
 Slightly agree
 Agree
 Strongly agree
- 15) This doctor and I have meaningful exchanges.
- Strongly disagree
 Disagree
 Slightly disagree
 Slightly agree
 Agree
 Strongly agree
- 16) This doctor and I sometimes have unprofitable exchanges.
- Strongly disagree
 Disagree
 Slightly disagree
 Slightly agree
 Agree
 Strongly agree
- 17) From time to time we both talk about the same important events in the past.
- Strongly disagree
 Disagree
 Slightly disagree
 Slightly agree
 Agree
 Strongly agree

18) I believe this doctor likes me as a person.

- Strongly disagree
- Disagree
- Slightly disagree
- Slightly agree
- Agree
- Strongly agree

19) At times this doctor seems distant.

- Strongly disagree
- Disagree
- Slightly disagree
- Slightly agree
- Agree
- Strongly agree