

# Helping Alliance Questionnaire - physician

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

- 1) The patient feels he/she can depend on me.
  - Strongly disagree
  - Disagree
  - Slightly disagree
  - Slightly agree
  - Agree
  - Strongly agree
- 2) He/she feels I understand him/her.
  - Strongly disagree
  - Disagree
  - Slightly disagree
  - Slightly agree
  - Agree
  - Strongly agree
- 3) The patient feels I want him/her to achieve his/her goals.
  - Strongly disagree
  - Disagree
  - Slightly disagree
  - Slightly agree
  - Agree
  - Strongly agree
- 4) At times the patient distrusts my judgement.
  - Strongly disagree
  - Disagree
  - Slightly disagree
  - Slightly agree
  - Agree
  - Strongly agree
- 5) The patient feels he/she is working together with me in a joint effort.
  - Strongly disagree
  - Disagree
  - Slightly disagree
  - Slightly agree
  - Agree
  - Strongly agree
- 6) I believe we have similar ideas about the nature of his/her problems.
  - Strongly disagree
  - Disagree
  - Slightly disagree
  - Slightly agree
  - Agree
  - Strongly agree
- 7) The patient generally respects my views about him/her.
  - Strongly disagree
  - Disagree
  - Slightly disagree
  - Slightly agree
  - Agree
  - Strongly agree
- 8) The patient believes the procedures used in his/her therapy are not well suited to his/her needs..
  - Strongly disagree
  - Disagree
  - Slightly disagree
  - Slightly agree
  - Agree
  - Strongly agree

- 9) The patient likes me as a person.
- Strongly disagree  
 Disagree  
 Slightly disagree  
 Slightly agree  
 Agree  
 Strongly agree
- 10) In most sessions we find a way to work on his/her problems together.
- Strongly disagree  
 Disagree  
 Slightly disagree  
 Slightly agree  
 Agree  
 Strongly agree
- 11) The patient believes I relate to him/her in ways that slow up the progress of the therapy.
- Strongly disagree  
 Disagree  
 Slightly disagree  
 Slightly agree  
 Agree  
 Strongly agree
- 12) The patient believes a good relationship has formed between us.
- Strongly disagree  
 Disagree  
 Slightly disagree  
 Slightly agree  
 Agree  
 Strongly agree
- 13) The patient believes I am experienced in helping people.
- Strongly disagree  
 Disagree  
 Slightly disagree  
 Slightly agree  
 Agree  
 Strongly agree
- 14) I want very much for the patient to work out his/her problems.
- Strongly disagree  
 Disagree  
 Slightly disagree  
 Slightly agree  
 Agree  
 Strongly agree
- 15) This patient and I have meaningful exchanges.
- Strongly disagree  
 Disagree  
 Slightly disagree  
 Slightly agree  
 Agree  
 Strongly agree
- 16) This patient 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 his/her past.
- Strongly disagree  
 Disagree  
 Slightly disagree  
 Slightly agree  
 Agree  
 Strongly agree

18) The patient believes I like him/her as a person.

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

19) At times the patient sees me as distant.

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