**Treatment Expectations and Beliefs Scale**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**INSTRUCTIONS:** This brief form will help us better understand your impressions about the symptoms you are having and your expectations about getting treatment. For each item, please place an “X” in the appropriate box.

**Section 1:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Please indicate the strength to which you disagree or agree with the following statements:** | **Strongly Disagree** | **Disagree** | **Unsure** | **Agree** | **Strongly Agree** |
| 1. **I am tired of having these symptoms and/or problems.** | **◯** | **◯** | **◯** | **◯** | **◯** |
| 1. **My symptoms are making my life much harder than it should be.** | **◯** | **◯** | **◯** | **◯** | **◯** |
| 1. **My symptoms have been causing problems in my personal life.** | **◯** | **◯** | **◯** | **◯** | **◯** |
| 1. **My symptoms have been causing problems at work.** | **◯** | **◯** | **◯** | **◯** | **◯** |
| 1. **I am open to trying a “talk therapy.”** | **◯** | **◯** | **◯** | **◯** | **◯** |
| 1. **I am willing to try therapies that require homework.** | **◯** | **◯** | **◯** | **◯** | **◯** |
| 1. **I am willing to consider a group therapy.** | **◯** | **◯** | **◯** | **◯** | **◯** |
| 1. **I am open to trying a medication.** | **◯** | **◯** | **◯** | **◯** | **◯** |
| 1. **I think treatment will help me.** | **◯** | **◯** | **◯** | **◯** | **◯** |
| 1. **My problems are too big to be solved.** | **◯** | **◯** | **◯** | **◯** | **◯** |
| 1. **Getting treatment is the best thing for me now.** | **◯** | **◯** | **◯** | **◯** | **◯** |
| 1. **I feel pressured by others to come in for treatment.** | **◯** | **◯** | **◯** | **◯** | **◯** |
| 1. **I may be too busy to actually come in regularly for treatment at this time.** | **◯** | **◯** | **◯** | **◯** | **◯** |
| 1. **I am worried that getting treatment may affect my career.** | **◯** | **◯** | **◯** | **◯** | **◯** |

**Non-active duty patients may stop here.**

**Active Duty and activated National Guard and Reserve Service members should complete Section 2 on the next page.**

**Section 2:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Please rate your level of satisfaction with each of the following:** | **Highly Unsatisfied** | **Somewhat Unsatisfied** | **Neutral/Not Applicable** | **Somewhat Satisfied** | **Highly Satisfied** |
| * Your job (MOS/NEC/AFSC) | **◯** | **◯** | **◯** | **◯** | **◯** |
| * Your Chain of Command | **◯** | **◯** | **◯** | **◯** | **◯** |
| * Your duty station | **◯** | **◯** | **◯** | **◯** | **◯** |
| * Your unit’s OPTEMPO | **◯** | **◯** | **◯** | **◯** | **◯** |
| * Your fellow Service members | **◯** | **◯** | **◯** | **◯** | **◯** |
| * Military service overall | **◯** | **◯** | **◯** | **◯** | **◯** |
|  | | | | | |
| **Please rate what you think is the level of satisfaction the following people have with you being in the military:** | **Highly Unsatisfied** | **Somewhat Unsatisfied** | **Neutral/Not Applicable** | **Somewhat Satisfied** | **Highly Satisfied** |
| * Your spouse/significant other | **◯** | **◯** | **◯** | **◯** | **◯** |
| * Your children/stepchildren | **◯** | **◯** | **◯** | **◯** | **◯** |
| * Your parents | **◯** | **◯** | **◯** | **◯** | **◯** |
| * Your friends | **◯** | **◯** | **◯** | **◯** | **◯** |

The majority of active duty Service members who receive behavioral health care in the military get better and return to duty, but a small percentage have a condition that does not resolve or may even get worse. These Service members sometimes leave the military under a medical board or administrative separation. We’d like to know how you feel about this possibility. **Please rate how you feel about the potential for leaving the Service due to a psychological health condition.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Please check only one box:** | | | | |
| Strongly believe I should **STAY** in the military | Somewhat sure I should **STAY** in the military | Unsure | Somewhat sure I should **LEAVE** the military | Strongly believe I should **LEAVE** the military |
| **◯** | **◯** | **◯** | **◯** | **◯** |

**SCORING:**

**Section 1:**

Motivation for Treatment Score: Each item in Section 1 is scored on a 1-5 range so that the lowest and highest possible scores are 14 and 70, respectively. Items 10, 12, 13, and 14 are reverse scored. To reverse score an item, change 1 to 5, 2 to 4, 4 to 2, and 5 to 1. To obtain a total motivation score, simply add all the items (after reverse scoring the items indicated above).

The following areas are covered by the indicated statements:

* General distress and symptoms (1-4)
* Openness to treatment modalities (5-8)
* Beliefs about effectiveness (9-11)
* Potential barriers (12-14)

**Section 2:**

Military Satisfaction: Self and Significant Others: The items in this section are scored using the chart below and then summed for a total score. The range for the total score is (-20 to 20).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Highly Unsatisfied | Somewhat Unsatisfied | Neutral/Not Applicable | Somewhat Satisfied | Highly Satisfied |
| -2 | -1 | 0 | +1 | +2 |

Potential to Leave the Service: This item is scored using the chart below. The range for the total score is (-2 to 2).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly believe I should STAY in the military | Somewhat sure I should STAY in the military | Unsure | Somewhat sure I should LEAVE the military | Strongly believe I should LEAVE the military |
| +2 | +1 | 0 | -1 | -2 |

**INTERPRETATION:**

**Section 1:**

Motivation for Treatment Score: Higher scores represent more openness to treatment while lower scores reflect barriers or less openness to treatment.

**Section 2:**

Military Satisfaction: Self and Significant Others: Higher scores represent greater satisfaction with military service, and conversely, lower scores reflect less satisfaction.

Potential to Leave the Service: Higher scores represent greater desire to continue with military service, and conversely, lower scores reflect less desire for retention.