



Using SCORE-15 in systemic therapy

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Overview of SCORE

- The SCORE is an outcome measure designed for family therapy but is of wider interest and appropriate for use with other therapies.
- It is also being found to be useful in indicating the quality of life within the family, and as a tool for use by families and therapists during the therapy itself.

Survey of EFTA therapists

- 88% used it to measure outcomes. But also:
- 75% used SCORE to support the process of therapy. “SCORE helps to verbalise issues and it makes it easier to check with clients what they are talking about, a useful discussion starter.”
- Therapist talk with the family about their answers on the SCORE items.
It is also used to evaluate course of therapy, changes and what is important to bring into focus.

Experiences of using SCORE for therapy

- Pre-treatment information and screening
- Discussing the items that are significant for clients
- Indicating major areas of change, and of no change, between sessions
- A context for discussions of usefulness
- Using the items to alert family members to disregarded aspects
- Checking for difference between therapist and client perceptions

Developments

- Tom Jewell has developed a version for 8-12 year olds
- We have 32 translated versions. Which work.
- A SCORE-15 2021 with reversed scales so that 10 is now most positive.
- E.g. Managing as a family 0 very badly -> 10 very well
- Clinical cutoffs and ethical dilemmas.

AND

- Yang Yang Teh trialed SCORE with a group from the LGBT community and professionals working with them and created a version with wording about 'relationships' to increase acceptability. (JFT 2017)
- **A group is well on the way to creating a version for couples. Watch the AFT SCORE website.**



Relational / Couple SCORE-15

Yang Yang Teh Peter Stratton Santou Carter

New development Couple SCORE-15

- Ongoing working group (N=9) with monthly Zoom meetings since Mar 21
- Developing a couple version to be trialled, to fill gaps of the current relational and family score versions
 - Rewording *At least one of us is good at finding new ways to deal with things that are difficult.* (Q15)
 - New domains such as sex, household chores, money, children/pets issues eg. I think my partner is happy with our sex life, I feel that I have to remind my partner to do their share of the household chores.

What is intimate relationships SCORE-15 (IRS-15)?

- Many countries feed back that people who come as a couple do not see themselves as a family. We need to go from family to intimate paired relationships with an alternative adult version of a systemic self-report measure for 2 people in a relationship.
- After much agonising we have settled on Intimate Relationship SCORE-15.

Qualitative differences

Relational version	Family version
List significant people in your life now	People living in your household; “choose who you want to count as the family you are going to describe”
Most significant role(s) you play in your current significant relationships	Family position
Ethnicity and nationality	Ethnicity
Gender: female/ male/ other, please specify	Gender
Sexual orientation: heterosexual/ lesbian/ gay/ bisexual/ prefer not to say/ other, please specify	None
Relationship status: single/ married or civil-partnership/ prefer not to say/ other, please specify	None

15-items differences (strengths)

	Relational version	Family version
Q1	We talk to each other about things which matter to us	In my family we talk to...
Q3	Each of us gets listened to by the other(s)	... listened to in my family
Q6	[No change]	We trust each other
Q10	When one of us is upset we get looked after by the other(s)	... get looked after within the family
Q15	[No change]	We are good at finding new ways to deal with things that are difficult

15-items differences (difficulties)

Q5	[no change]	We find it hard to deal with everyday problems
Q7	It feels miserable in our relationship(s)	... in our family
Q9	We seem to go from one crisis to another	... to another in my family
Q11	Things always seem to go wrong for us	... go wrong for my family
Q14	We blame each other when things go wrong	In my family we blame each other...

15-items differences (communication)

Q2	We often don't tell each other the truth	People often... truth in my family
Q4	If feels risky to disagree in our relationship(s)	... disagree in our family
Q8	When people get angry we ignore each other on purpose	When people in my family get...
Q12	We are nasty to each other	People in my family are nasty...
Q13	We interfere too much in each other's lives	People in my family interfere...

Let's do it

- If you might be interested to become actively involved in a SCORE development
- Please visit our websites:
- SCORE under Research at <https://www.aft.org.uk/>
- Join our discussions by emailing aftSCORE+subscribe@googlegroups.com
- Please send your ideas to p.m.stratton@ntlworld.com

Some recent SCORE references

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