

MBT Adherence and Competence Scale – Scoring Template - Addendum

FREQUENCY (F)						
= Amount of time and attention devoted by the clinician to a particular technical or stylistic intervention						
⇒ Scored for each item/intervention						
1	2	3	4	5	6	7
Not at all	A little	Infrequently	Somewhat	Quite a bit	Considerable	Extensively

EXTENSIVENESS (E)						
= Number of items within the domain; variance in use of the range of items						
⇒ Scored within the domain						
1	2	3	4	5	6	7
Not at all	A little	Infrequently	Somewhat	Quite a bit	Considerable	Extensively

UNADJUSTED DOMAIN SCORE						
= (single) composite raw domain score; overall judgment based on F & E						
⇒ Starting point = 4: Practitioner is “adequate” until proven otherwise (“good enough” therapist)						
⇒ Adjust above or below the bar based on F & E						
9	Not done at all / not rateable					
1	2	3	4	5	6	7
Very poor	poor	acceptable	adequate	good	very good	excellent

QUALITY HOW SCORE				
= How intervention is delivered, taking into account frequency, extensiveness, appropriateness, timing and context				
!!! Quality/skill level ≠ effectiveness of intervention				
-1	-0.5	0	+0.5	+1
Harm/poor	poor	acceptable/adequate	good	excellent

ADJUSTED DOMAIN SCORE						
= unadjusted domain score +/- quality how score						
9	Not done at all / not rateable					
1	2	3	4	5	6	7
Very poor	poor	acceptable	adequate	good	very good	excellent

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QUALITY ABSENCE SCORE

Absence = Interventions/domain not delivered when expected / should be according to the model/manual

⇒ Added/subtracted when calculating final score (Exception: non-mentalizing modes)

-1	-0.5	0	+0.5
Harm	Poor	Acceptable	Marked, active, appropriate avoidance

ADHERENCE SCORE

= Domain total score (sum of scores rateable domains) / number of rateable domains

FINAL SCORE

= Adherence score +/- quality absence score

⇒ An adherence rating of 3.5-4.5 is adherent and competent

1	2	3	4	5	6	7
Very poor	poor	acceptable	adequate	good	very good	excellent