

The TAQ 36-2 Questionnaire is made publicly and free of charge for research and clinical practice, provided that the source is quoted:

Mostowik J. (2022). *Dynamika i uwarunkowania przymierza terapeutycznego a efekty psychoterapii grupowej pacjentów z zaburzeniami nerwicowymi i osobowości*. [Dynamics and determinants of the therapeutic alliance and outcome of group psychotherapy among patients with neurotic and personality disorders] [Unpublished doctoral dissertation]. Jagiellonian University.

**Therapeutic Alliance 36-2 GROUP Questionnaire
(TAQ 36-2 GROUP)**

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The questionnaire contains statements about your experiences related to your treatment and the relationship with psychotherapists. Read each statement carefully and assess how each of them applies to your relationship with psychotherapists during the treatment you attend. There are no right or wrong answers in the test.

PLEASE NOTE: Starting from question 27, provide separate answers for each therapist leading the group. Please be consistent: all your responses about "therapist A" should apply to one of the therapists and responses about "therapist B" to the other one. For example, if Adam and Barbara are leading the group and you defined Adam as therapist A and Barbara as therapist B, all answers in section "therapist A" should consistently refer to Adam and in section "therapist B" - to Barbara.

The information assessed in the questionnaire is confidential and, as a rule, is not provided to persons leading psychotherapy. They may, however, be discussed with psychotherapist only as a request of the person participating in the study.

1. To what extent do the following statements apply to you? Use the following scale:

1 2 3 4 5 6 7
|_| |_| |_| |_| |_| |_| |_|
never always

1 never 2 very rarely 3 rarely 4 sometimes 5 often 6 usually 7 always

1. I believe that the way we work on my issues is helpful to me	1	2	3	4	5	6	7
2. What we discuss in therapy is important to me	1	2	3	4	5	6	7
3. When an important thought comes to my mind, I do not say it aloud	1	2	3	4	5	6	7
4. I feel that the changes I want to achieve are possible because of therapy	1	2	3	4	5	6	7
5. I have clarity about my role in therapy	1	2	3	4	5	6	7
6. I put a lot of time and effort into working on myself outside of therapy sessions	1	2	3	4	5	6	7
7. I allow myself to feel difficult emotions during therapy sessions	1	2	3	4	5	6	7
8. It seems to me that therapy should go in a different direction to what we had agreed	1	2	3	4	5	6	7
9. During sessions, I can speak about positive emotions I experience	1	2	3	4	5	6	7
10. I notice that during sessions I avoid talking about certain subjects	1	2	3	4	5	6	7

11. Despite some concerns, I share what I feel at the sessions	1 2 3 4 5 6 7
12. I have a feeling that I am “stuck” in therapy	1 2 3 4 5 6 7
13. Sometimes I have doubts whether what happens in therapy brings me closer to the changes I expect to happen after therapy	1 2 3 4 5 6 7
14. I try not to think about therapy outside of sessions	1 2 3 4 5 6 7
15. When I feel anger, I talk about it at therapy	1 2 3 4 5 6 7
16. I have a feeling that what happens in the sessions brings me closer to the effects I would like to achieve	1 2 3 4 5 6 7
17. During sessions, I talk about the difficult, negative emotions I feel	1 2 3 4 5 6 7
18. In everyday situations, I return to the topics discussed in the sessions and try to really change something in my functioning	1 2 3 4 5 6 7
19. Outside of sessions, I reflect on issues discussed in therapy	1 2 3 4 5 6 7
20. When I feel anxiety, I talk about it at therapy	1 2 3 4 5 6 7
21. It seems to me that what we have been discussing recently is not relevant to my treatment	1 2 3 4 5 6 7
22. I feel that as a result of therapy I would like to achieve something other than what we had agreed on with the therapists	1 2 3 4 5 6 7
23. During sessions, I talk about topics that are important to my treatment	1 2 3 4 5 6 7
24. I talk about what I feel even if it is embarrassing	1 2 3 4 5 6 7
25. My therapists and I agree as to what I should work on in therapy	1 2 3 4 5 6 7
26. I can see the benefits of therapy in my life	1 2 3 4 5 6 7

PLEASE NOTE: For the following questions provide separate answers for each therapist leading the group
THERAPIST A:

27. I believe the therapist can help me	1 2 3 4 5 6 7
28. I feel that the therapist understands me	1 2 3 4 5 6 7
29. The therapist seems unapproachable	1 2 3 4 5 6 7
30. I feel that the therapist does not appreciate the effort I invest in working on myself	1 2 3 4 5 6 7
31. The therapist expects changes from me before I am ready	1 2 3 4 5 6 7
32. The therapist and I understand each other	1 2 3 4 5 6 7
33. I trust the therapist	1 2 3 4 5 6 7
34. I feel that the relationship with the therapist is very important to me	1 2 3 4 5 6 7
35. I am afraid of being rejected by the therapist	1 2 3 4 5 6 7
36. I miss the presence of the therapist when the session does not take place	1 2 3 4 5 6 7

THERAPIST B:

27. I believe the therapist can help me	1 2 3 4 5 6 7
28. I feel that the therapist understands me	1 2 3 4 5 6 7
29. The therapist seems unapproachable	1 2 3 4 5 6 7
30. I feel that the therapist does not appreciate the effort I invest in working on myself	1 2 3 4 5 6 7

31. The therapist expects changes from me before I am ready	1	2	3	4	5	6	7
32. The therapist and I understand each other	1	2	3	4	5	6	7
33. I trust the therapist	1	2	3	4	5	6	7
34. I feel that the relationship with the therapist is very important to me	1	2	3	4	5	6	7
35. I am afraid of being rejected by the therapist	1	2	3	4	5	6	7
36. I miss the presence of the therapist when the session does not take place	1	2	3	4	5	6	7

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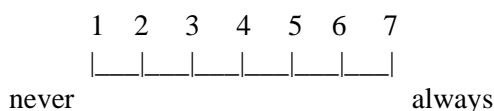
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**Therapeutic Alliance 36-2 INDIVIDUAL Questionnaire
(TAQ 36-2 INDIVIDUAL)
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The questionnaire contains statements about your experiences related to your treatment and the relationship with psychotherapists. Read each statement carefully and assess how each of them applies to your relationship with psychotherapists during the treatment you attend. There are no right or wrong answers in the test.

The information assessed in the questionnaire is confidential and, as a rule, is not provided to persons leading psychotherapy. They may, however, be discussed with psychotherapist only as a request of the person participating in the study.

2. To what extent do the following statements apply to you? Use the following scale:



1	2	3	4	5	6	7
never	very rarely	rarely	sometimes	often	usually	always

37. I believe that the way we work on my issues is helpful to me	1 2 3 4 5 6 7
38. What we discuss in therapy is important to me	1 2 3 4 5 6 7
39. When an important thought comes to my mind, I do not say it aloud	1 2 3 4 5 6 7
40. I feel that the changes I want to achieve are possible because of therapy	1 2 3 4 5 6 7
41. I have clarity about my role in therapy	1 2 3 4 5 6 7
42. I put a lot of time and effort into working on myself outside of therapy sessions	1 2 3 4 5 6 7
43. I allow myself to feel difficult emotions during therapy sessions	1 2 3 4 5 6 7
44. It seems to me that therapy should go in a different direction to what we had agreed	1 2 3 4 5 6 7
45. During sessions, I can speak about positive emotions I experience	1 2 3 4 5 6 7
46. I notice that during sessions I avoid talking about certain subjects	1 2 3 4 5 6 7
47. Despite some concerns, I share what I feel at the sessions	1 2 3 4 5 6 7
48. I have a feeling that I am “stuck” in therapy	1 2 3 4 5 6 7
49. Sometimes I have doubts whether what happens in therapy brings me closer to the changes I expect to happen after therapy	1 2 3 4 5 6 7
50. I try not to think about therapy outside of sessions	1 2 3 4 5 6 7

51. When I feel anger, I talk about it at therapy	1 2 3 4 5 6 7
52. I have a feeling that what happens in the sessions brings me closer to the effects I would like to achieve	1 2 3 4 5 6 7
53. During sessions, I talk about the difficult, negative emotions I feel	1 2 3 4 5 6 7
54. In everyday situations, I return to the topics discussed in the sessions and try to really change something in my functioning	1 2 3 4 5 6 7
55. Outside of sessions, I reflect on issues discussed in therapy	1 2 3 4 5 6 7
56. When I feel anxiety, I talk about it at therapy	1 2 3 4 5 6 7
57. It seems to me that what we have been discussing recently is not relevant to my treatment	1 2 3 4 5 6 7
58. I feel that as a result of therapy I would like to achieve something other than what we had agreed on with the therapists	1 2 3 4 5 6 7
59. During sessions, I talk about topics that are important to my treatment	1 2 3 4 5 6 7
60. I talk about what I feel even if it is embarrassing	1 2 3 4 5 6 7
61. My therapists and I agree as to what I should work on in therapy	1 2 3 4 5 6 7
62. I can see the benefits of therapy in my life	1 2 3 4 5 6 7
63. I believe the therapist can help me	1 2 3 4 5 6 7
64. I feel that the therapist understands me	1 2 3 4 5 6 7
65. The therapist seems unapproachable	1 2 3 4 5 6 7
66. I feel that the therapist does not appreciate the effort I invest in working on myself	1 2 3 4 5 6 7
67. The therapist expects changes from me before I am ready	1 2 3 4 5 6 7
68. The therapist and I understand each other	1 2 3 4 5 6 7
69. I trust the therapist	1 2 3 4 5 6 7
70. I feel that the relationship with the therapist is very important to me	1 2 3 4 5 6 7
71. I am afraid of being rejected by the therapist	1 2 3 4 5 6 7
72. I miss the presence of the therapist when the session does not take place	1 2 3 4 5 6 7

SCORING MANUAL

Therapeutic Alliance Questionnaire TAQ 36-2 GROUP/ TAQ 36-2 INDIVIDUAL

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The questionnaire was developed to measure the patients' perceptions of the therapeutic alliance. The TAQ 36-2 is used to measure the quality of the alliance assessed by the patient. It consists of four scales: (1) a shared sense of goals and tasks, (2) the emotional bond between the patient and the therapist, (3) patient attitude and commitment, and (4) patient therapy working capacity.

Shared sense of goals and tasks (the cognitive component):

The scale is related to the agreement between the patient and the therapist on goals and tasks necessary to achieve desired results. The patient and the therapist collaborate to achieve their goals. The shared sense of goals means that the therapist truly knows what the patient wants to obtain in psychotherapy and aims to achieve it. The patient understands the psychotherapy methods and challenges.

Emotional bond (the affective component):

It encapsulates the quality of the therapeutic relationship between the patient and the therapist. It measures to the level of mutual trust, acceptance, and understanding, which presents in open, honest expression of emotions by patient. The patient is open to express positive as well as negative emotions present in the relationship with therapist. The therapist is open to container negative emotions of the patient. The scale is completed twice - by each therapist (when the group is run by two leaders).

Patient attitude and commitment (the emotional and motivational component):

The attitude and commitment to psychotherapy is manifested by an active posture of the patient to be observed in and between the sessions. It implies high levels of confidence and belief that therapy will be a helpful form of treatment and that it will be successful. The patient who has confidence in the therapy perceives it as an formative experience and wants to participate in it despite the emotional, physical, and organizational effort.

Patient therapy working capacity (the behavioral component):

Patient therapy working capacity denotes the active and purposeful participation of the patient in psychotherapy. The patient attempts to reveal his or her experience, undertake self-reflection, and explore his or her contribution to the problem without avoiding key topics. This component covers the patient's observable behavior in and between the sessions. It is an external manifestation of the patient's declared level of compliance to and cooperation with the therapist.

KEY:

1. Shared sense of goals and tasks (15 items)

1, 2, 4, 5, 8*, 12*, 13*, 16, 21*, 22*, 25, 26

2. Emotional bond (trust, acceptance, and understanding) (10 items)

27, 28, 29*, 30*, 31*, 32, 33, 34, 35*, 36

3. Patient attitude and commitment (4 items)

6, 14*, 18, 19

4. Patient therapy working capacity (12 items)

3*, 7, 9, 10*, 11, 15, 17, 20, 23, 24

* items reversed

Scoring:

The total score is obtained by summing up the results of all subscales according to the given score (1 - 7). Special care should be taken with the 12 items (marked above with *), scored inversely.

Assessing TAQ 36-2 GROUP, if the emotional bond scale was assessed twice (for the two therapists), each assessment should be added to the total score.

Interpretation:

The higher the total score and subscale score, the better the quality of the therapeutic alliance.

RELIABILITY:

Internal consistency:

Scale	Cronbach's alpha
Total score	0.92
Shared sense of goals and tasks	0.87
Emotional bond	0.82
Patient attitude and commitment	0.71
Patient therapy working capacity	0.84

Test – retest reliability

Scale	3-week test–retest	5-week test–retest
	r	r
Total Score	0.81	0.65
Shared sense of goals and tasks	0.78	0.64
Emotional bond	0.61	0.7
Patient attitude and commitment	0.56	0.56
Patient therapy working capacity	0.74	0.65

EXTERNAL VALIDITY

TAQ 36-2 total score	WAI-SR total score 0.608-696*		
	WAI-SR goals	WAI-SR tasks	WAI-SR bond
TAQ 36-2 goals and tasks	0.393-.508*	0.596-.728*	0.370-.481*
TAQ 36-2 attitude and commitment	0.311-.385*	0.543-.637*	0.291-.372*
TAQ 36-2 capacity	0.331-.375*	0.459-.515*	0.301-.382*
TAQ 36-2 bond	0.422-.713*	0.352-.746*	0.444-.640*