
PROGRESS FORM

Progress for (name): _____

The question asked:

(This must be exactly the same question asked by the same person in the same context each time. See overleaf.)
Either write your tailor-made question here or simply choose from the list overleaf. Again remembering it must be the same question each time, so indicate your chosen question.

1 2 3 4 5 6 7 8 9 10	Date:
1 2 3 4 5 6 7 8 9 10	Date:
1 2 3 4 5 6 7 8 9 10	Date:
1 2 3 4 5 6 7 8 9 10	Date:
1 2 3 4 5 6 7 8 9 10	Date:
1 2 3 4 5 6 7 8 9 10	Date:
1 2 3 4 5 6 7 8 9 10	Date:
1 2 3 4 5 6 7 8 9 10	Date:

NOTES:

'Evidence based practice' is an important concept in clinical interventions. And while part of the 'evidence' will come from published research, another vital part comes from the client. So, whilst our interventions will be predominantly based on what the research tells us is likely to be effective, the ultimate measure is whether or not it is working for the client. Hence the importance of forms such as this.

The form overleaf is elegant in its simplicity. Moreover it provides a perfectly valid measure providing the same question is asked by the same person in the same context every time. This is why there is a space on the form to write down the chosen question. Example questions might include:

1. How good or bad has the last week been, where 1 is bad and 10 is good?
2. What has been your lowest point this week, where 1 is as low as it is possible to go and 10 is as high as it is possible to go?
3. What is the angriest you have been this past week, where 1 is not at all angry and 10 is as angry as is possible for anybody to be?
4. Overall, how worried/anxious/stressed-out have you been this past week out of 10, where 1 is not at all stressed out and 10 is as stressed out as is possible for anyone to be?
5. Taking your worst panic attack this week, just how bad was it out of 10, where 1 is not at all bad and 10 is as bad as it is possible to be?
6. Over the past week, how well or badly have the children behaved in your opinion, where 10 is really good and 1 is really bad?

It is advisable, if you can do it without appearing furtive, for the client not to see their previous ratings. This avoids the desire that some people have to please you by (appearing to) make progress.