

THE HELPING ALLIANCE QUESTIONNAIRE  
Patient Version

INSTRUCTIONS: These are ways that a person may feel or behave in relation to another person -- their therapist. Consider carefully your relationship with your therapist, and then mark each statement according to how strongly you agree or disagree. Please mark every one.

	strongly disagree	disagree	slightly disagree	slightly agree	agree	strongly agree
1. I feel I can depend upon the therapist.	1	2	3	4	5	6
2. I feel the therapist understands me.	1	2	3	4	5	6
3. I feel the therapist wants me to achieve my goals.	1	2	3	4	5	6
4. At times I distrust the therapist's judgment.	1	2	3	4	5	6
5. I feel I am working together with the therapist in a joint effort.	1	2	3	4	5	6
6. I believe we have similar ideas about the nature of my problems.	1	2	3	4	5	6
7. I generally respect the therapist's views about me.	1	2	3	4	5	6
8. The procedures used in my therapy are <u>not</u> well suited to my needs.	1	2	3	4	5	6
9. I like the therapist as a person.	1	2	3	4	5	6
10. In most sessions, the therapist and I find a way to work on my problems together.	1	2	3	4	5	6
11. The therapist relates to me in ways that slow up the progress of the therapy.	1	2	3	4	5	6
12. A good relationship has formed with my therapist.	1	2	3	4	5	6
13. The therapist appears to be experienced in helping people.	1	2	3	4	5	6
14. I want very much to work out my problems.	1	2	3	4	5	6
15. The therapist and I have meaningful exchanges.	1	2	3	4	5	6
16. The therapist and I sometimes have <u>unprofitable</u> exchanges.	1	2	3	4	5	6
17. From time to time, we both talk about the same important events in my past.	1	2	3	4	5	6
18. I believe the therapist likes me as a person.	1	2	3	4	5	6
19. At times the therapist seems distant.	1	2	3	4	5	6

THE HELPING ALLIANCE QUESTIONNAIRE  
Therapist Version

INSTRUCTIONS: These are ways that a person may feel or behave in relation to another person -- their therapist. Consider carefully your relationship with your patient, and then mark each statement according to how strongly you agree or disagree. Please mark every one.

	strongly disagree	disagree	slightly disagree	slightly agree	agree	strongly agree
1. The patient feels he/she can depend upon me.	1	2	3	4	5	6
2. He/she feels I understand him/her.	1	2	3	4	5	6
3. The patient feels I want him/her to achieve the goals.	1	2	3	4	5	6
4. At times the patient distrusts my judgment.	1	2	3	4	5	6
5. The patient feels he/she is working together with me in a joint effort.	1	2	3	4	5	6
6. I believe we have similar ideas about the nature of his/her problems.	1	2	3	4	5	6
7. The patient generally respects my views about him/her.	1	2	3	4	5	6
8. The patient believes the procedures used in his/her therapy are <u>not</u> well suited to his/her needs.	1	2	3	4	5	6
9. The patient likes me as a person.	1	2	3	4	5	6
10. In most sessions, we find a way to work on his/her problems together.	1	2	3	4	5	6
11. The patient believes I relate to him/her in ways that <u>slow up</u> the progress of the therapy.	1	2	3	4	5	6
12. The patient believes a good relationship has formed between us.	1	2	3	4	5	6
13. The patient believes I am experienced in helping people.	1	2	3	4	5	6
14. I want very much for the patient to work out his/her problems.	1	2	3	4	5	6
15. The patient and I have meaningful exchanges.	1	2	3	4	5	6
16. The patient and I sometimes have unprofitable exchanges.	1	2	3	4	5	6
17. From time to time, we both talk about the same important events in his/her past.	1	2	3	4	5	6
18. The patient believes I like him/her as a person.	1	2	3	4	5	6
19. At times the patient sees me as distant.	1	2	3	4	5	6