



# Client Functioning in Treatment

(see [www.ibr.tcu.edu](http://www.ibr.tcu.edu) for more information)

## Assessment Fact Sheet

### **TCU Client Evaluation of Self & Treatment (CEST)**

This assessment of client needs and performance in treatment can be self-administered or completed in an interview by program staff. It includes short scales for treatment motivation (desire for help, treatment readiness, needs, and pressures), psychological functioning (self-esteem, depression, anxiety, decision-making, self-efficacy), social functioning (hostility, risk-taking, social consciousness), therapeutic engagement (treatment satisfaction, counseling rapport, treatment participation), and social network support (peer support, social support). These measures are used for monitoring client performance and psychosocial changes during treatment (as well as program-level functioning), and are interim criteria for evaluating treatment interventions as conceptualized in the *TCU Treatment Model* (Simpson, 2004).

**Evidence.** A national sample of over 1700 clients from 87 programs was used to study reliability and validity of the CEST (Joe et al., 2002). The 16 scales contain an average of 9 items each, and they require about 25 minutes to complete. Confirmatory factor analysis was used to verify the CEST factor structure, coefficient alpha reliabilities were computed as measures of internal consistency, and relationships of scales with selected client and program functioning indicators document their predictive validities. The **program-level coefficient alpha** for each scale is reported below, summarizing general psychometric evidence for the credibility of this assessment.

<b>Treatment Motivation</b>	
Desire for Help	.88
Treatment Readiness	.90
Treatment Needs	.90
Pressures for Treatment Index	N/A
<b>Psychological Functioning</b>	
Self-Esteem	.91
Depression	.87
Anxiety	.93
Decision Making	.87
Self-Efficacy	.80

<b>Social Functioning</b>	
Hostility	.91
Risk Taking	.87
Social Consciousness	.71
<b>Therapeutic Engagement</b>	
Treatment Satisfaction	.88
Counseling Rapport	.96
Treatment Participation	.92
<b>Social Network Support</b>	
Peer Support	.94
Social (outside) Support	.84

**Graphic Display and Interpretation.** Score profiles for the CEST scales, including mean scores and 25%-75% norms, are presented graphically on the next page. The CEST Scoring Guide found at the IBR website explains scoring procedures for the scales, which range in value from 10-50 (midpoint of 30). The chart is created using the accumulated set of CEST assessments contained in the TCU/IBR data files and is updated periodically as an interpretive framework for individual and program level results. By plotting the averaged scores from a program into this chart, direct comparisons can be made with clients from other programs tested previously and scale scores that fall above or below the middle 50% of clients can be identified. (Note. The scores for some scales are 'positive' and others are 'negative' for making interpretations about clinical functioning and progress). By re-administering the CEST over time, changes in client-level and program-level performance can be assessed for treatment planning and management.

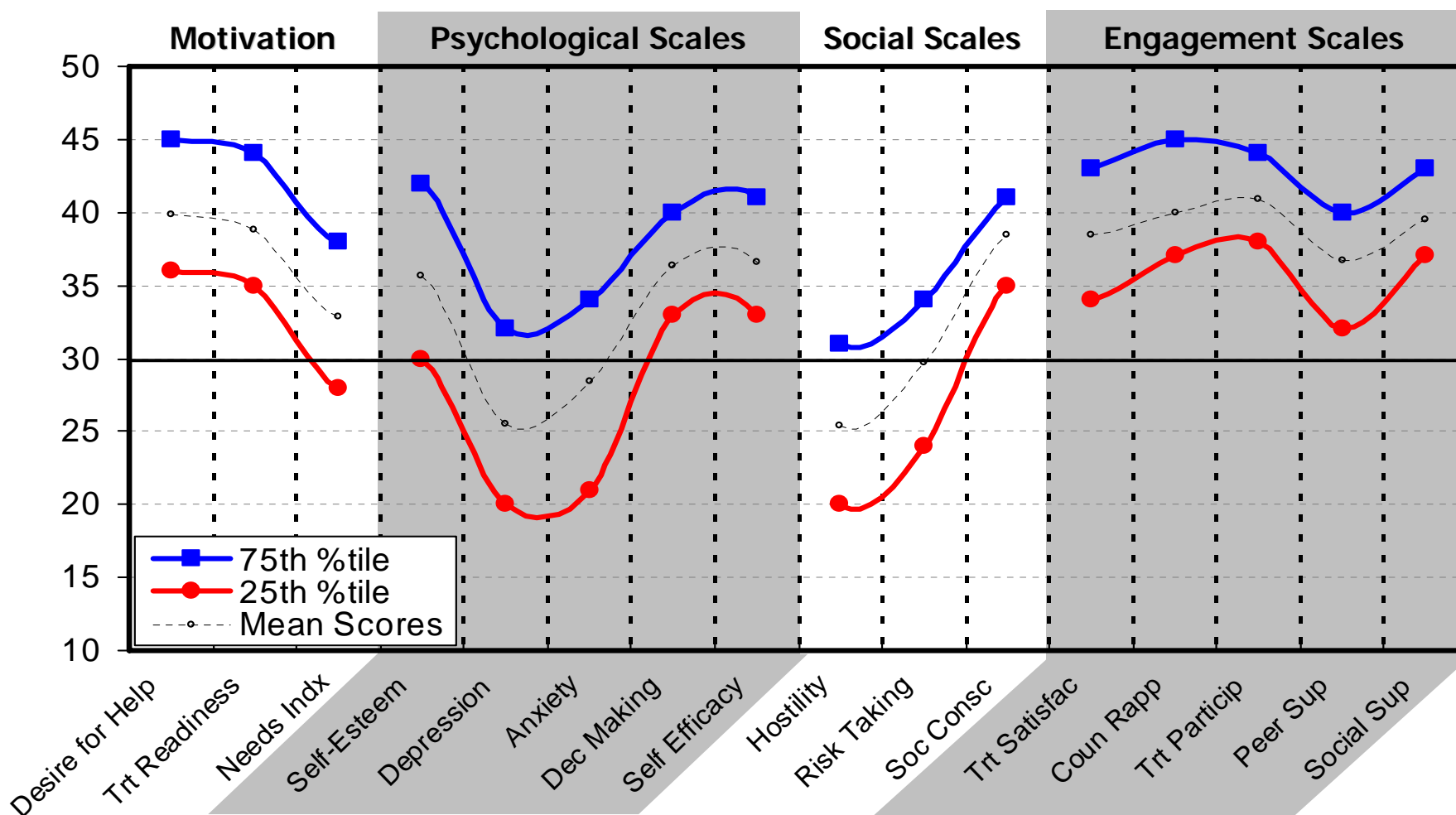
**Limitations.** The graphic display of CEST score profiles was calculated for total clients studied to date, which are highly diverse in socio-demographic characteristics, problem severity, treatment settings, and therapeutic progress. Client functioning information based on more specific subgroups is needed for better comparison norms, and work is in progress to make these refinements.

### **Key References**

- Joe, G. W., Broome, K. M., Rowan-Szal, G. A., & Simpson, D. D. (2002). Measuring patient attributes and engagement in treatment. *Journal of Substance Abuse Treatment, 22*(4), 183-196.
- Simpson, D. D. (2004). A conceptual framework for drug treatment process and outcomes. *Journal of Substance Abuse Treatment, 27*, 99-121.

# Means & Norms for Client Functioning

25<sup>th</sup>-75<sup>th</sup> Percentile CEST Score Profiles (N=8,933)



TCU Client Evaluation of Self & Treatment (CEST) Scales