



SCORE-15:

EXPLORATORY STUDY OF PRELIMINARY DATA IN A SAMPLE
OF PORTUGUESE FAMILIES

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Summary



- o What is SCORE-15?
- o SCORE Project in Portugal
- o Steps / Tasks performed until today
- o Pilot Study: Descriptive results and qualitative item analysis
- o Conclusions



I. WHAT IS SCORE-15?

I. What is SCORE-15?

(Stratton, Bland, Janes & Lask, 2010)



Is a questionnaire that helps measure families' change as a result of “**systemic family therapy**”



SCORE focuses on **relationships** (e.g. the parent-child system, the parental couple system and the wider social, environmental and cultural systems that families are part of) and **family functioning**.

I. What is SCORE-15?

(Stratton, Bland, Janes & Lask, 2010)



- **Title:** Systemic Clinical Outcomes and Routine Evaluation (15 items) – The authors have been working for 3 years to create SCORE;
- **Authors:** Startton, P., Bland, J., Janes, E. & Lask (2010);
- **Target Population:** Family members aged 12 years old and upward (adolescents and adults);
- **Versions:** Clinical population; non-clinical population; several versions (SCORE-40; SCORE-15, SCORE-28; SCORE-29);
- **Scale Type:** Self-report Likert scale (1 – *Extremely well* to 5 – *Not at all*) and some qualitative questions;
- **Dimensions Development:** It can be used as an overall measure of family functioning but will also generate “sub-scale” scores from 5 items on each of 3 dimensions:
 - I.** Strengths and adaptability;
 - II.** Overwhelmed by difficulties;
 - III.** Disrupted communication.



II. SCORE PROJECT IN PORTUGAL

II. SCORE Project in Portugal



- **EFTA research Committee** has developed an European and National research about **process and outcomes of systemic family therapy**;
- They propose to carry out research projects related to this matter in different countries (**goal**: to know how therapy operates in each country)...

... In this way, **Portugal had the opportunity to join this large research** and work in SCORE's adaptation and validation;

- Beyond this chance, the Portuguese research team was glad to participate in this project because it was an opportunity to learn more about the best way to help different families under different circumstances. We also want to listen and learn from family members' experience of being in therapy, so **we can continue to improve the services we provide.**

II. SCORE Project in Portugal



Research Team



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II. SCORE Project in Portugal



... So...

This project aims **to develop** and **test the validity** of SCORE-15, a measure usable by family therapy practitioners to evaluate the process and outcomes of therapy



III. STEPS / TASKS PERFORMED UNTIL TODAY

III. Steps/Tasks Performed until Today



- A.** Portuguese team follow, as much as possible, the EFTA research Committee recommendations **to translate SCORE-15** (this recommendations were given by a set of documents named pack b);
- B.** The research team organized a **translation protocol/plan** sent by e-mail to Peter Stratton and Mina Polemi-Todoulou;
- C.** We made **two translations** (1 lay person with significant experience of translation and one mental health professional with systemic training);
- D.** The research team developed a **new translated version** with four **independent translator's** collaboration (the item discussion was made - cf. Step E);

III. Steps/Tasks Performed until Today



- E.** Two independent translators organized **two back-translations** (one person with significant experience in translations and one systemic mental health professional). The Portuguese research team organized **one final back-translation**;
- F.** This version was **administered to 21 family members** (differentiated by gender, age, educational level...) to complete the **item discussion** and application difficulties. Little changes were made in the administered version;
- G.** The SCORE research group **decided on the Portuguese final version**. All **application protocol documents were translated** (see next slide) and already sent to the **Portuguese services** which want to collaborate with us:
 - Some individual therapists;
 - Unidade de Terapia Familiar (Faro);
 - Centro de Prestação de Serviços à Comunidade, Faculty of Psychology – University of Coimbra (CPSC, FPCE-UC);
 - Centro Integrado de Apoio Familiar de Coimbra (CEIFAC).

(We are waiting for the protocols to be filled)

III. Steps/Tasks Performed until Today



Other application protocol documents:

- Family Invitation;
- Consent Form (for therapists and for clients);
- Frequently Asked Questions;
- Systemic Family Therapy Definition;
- Family Code Table;
- Administration Protocol.



IV. PILOT STUDY: DESCRIPTIVE RESULTS AND QUALITATIVE ANALYSIS

IV. Pilot Study



*The main goal of this study is to present the **first SCORE-15 analysis** made with a Portuguese sample*

- Convenience sample of **21** non-clinical subjects;
- Middle socio-economic class;
- Without mental or physical disorder;
- Family members classify their family like functional, “normal”.



(We intent to match socio-demographic variables)

IV. Pilot Study



- The research team asked the subjects to complete SCORE-15 and make notes about items comprehension and adequacy. With this instruction we pretend gather opinions about the measure;
- This application was always made in the presence of one team research member.

This study has:

I. Quantitative data analysis:

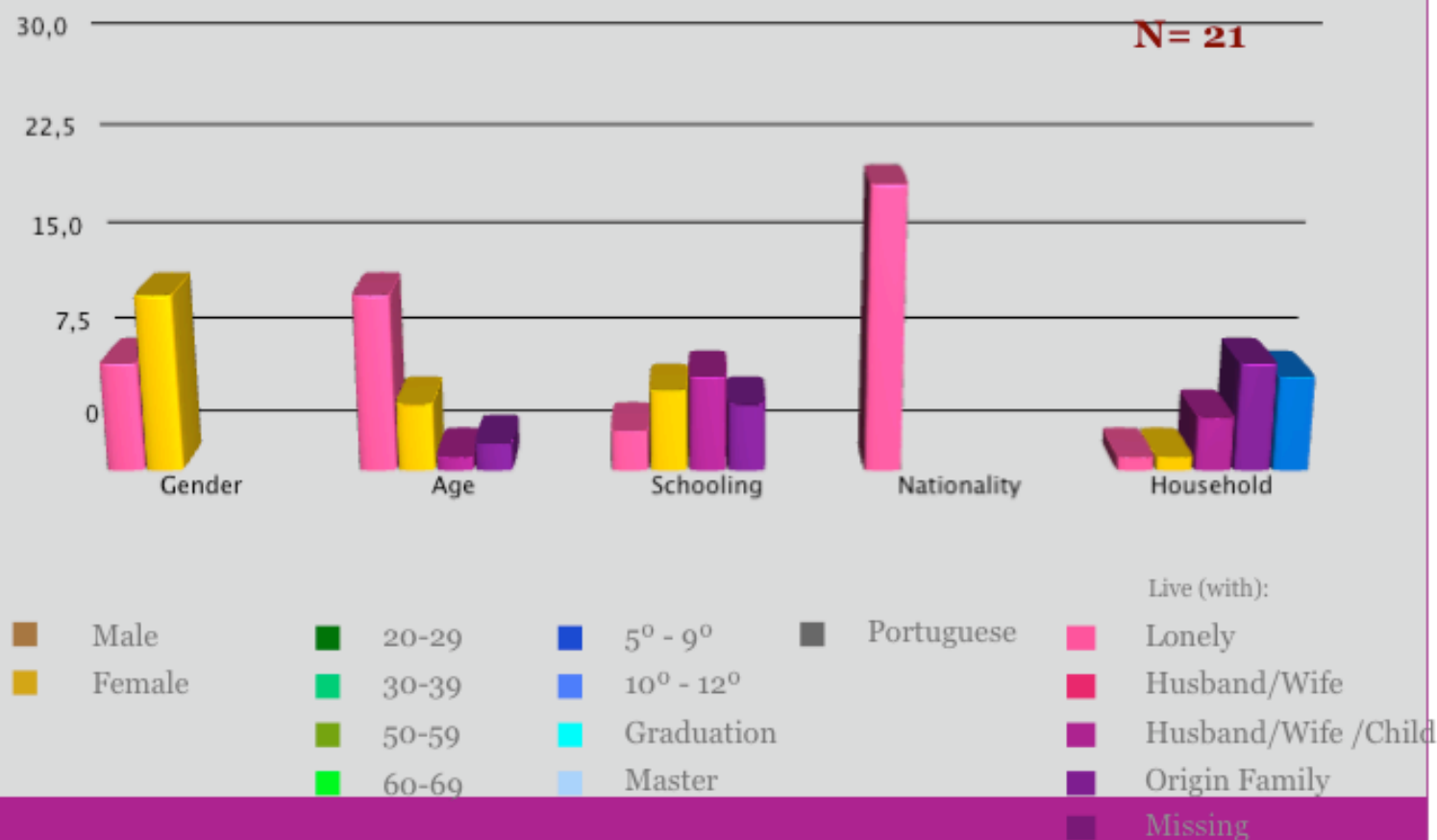
Descriptive analysis about subjects socio-demographic characteristics (according to SCORE variables requested) and items frequency (mode, minimum and maximum);

II. Qualitative data analysis:

The research team discussed the comments made by subjects (cf. table with comments of subjects) about some SCORE-15 contents.

The detail of their quantitative responses was analyzed by SPSS.17 and the qualitative ones were analyzed by the Portuguese research team

IV. Pilot Study: Socio-demographical data



IV. Pilot Study: Quantitative Data Analysis Results



- **There is no missing values**
- **Mode – (score most frequent):**
 - *Item 2* (People often don't tell each other the truth in my family) and *item 4* (It feels risky to disagree in our family) = 5 (Describes us Not at All)
 - *Item 6* (We trust each other) = 1 (Describes us Very Well)
- **Minimum and Maximum (1-5):**
 - SCORE-15 has a *Likert* scale of 5 points.
 - However...

... the responses to the *items 1* (In my family we talk to each other about things which matter to us), *3* (Each of us gets listened to in our family), *6* (We trust each other) and *10* just varies in a three point scale (Score range from 1 to 3:
Describes us: Very Well, Well, Partly)

IV. Pilot Study: Quantitative Data Analysis Results



(There must be caution in generalizing this analysis because it was done in a small sample)



**We can think that this trend
could mean that:**

- **Family members are very satisfied with their family functioning!**
This idea is coherent with subjects perception of family characteristics;

and/or
- Family members' perception of functioning is idealized;

and probably
- Some social desirability is present in our subjects (something cultural).

IV. Pilot Study: Qualitative Data Analysis Results



Some subjects made a few suggestions/comments about the items

- Change initial questions and fill instructions (see next slide):

- Replace “ethnicity” by “nationality” ✓
- Improve household question – “People living in your household (type, such as ‘daughter age 12’, no names please)” ✓
- Improve the initial fill instructions of the questionnaire ✓

- Change some items formulation:

- Change some ambiguous items - 5, 12 and 13 (we clarify item 13) ✓
- Replace the expression “We are good” by “We can” in item 15 (We do not change this item because it has different meanings) ✗

Table with the Subjects Comments



Subjects	Score Items			
	Instructions	Item 5	Item 15	Other Questions
2				Change “ethnicity” by “nationality”
4	Confusing and unneded			
15		To become more objective	Change the expression “we are good”	
17				Change the way of asking about household

<p align="center">Obrigado por participar neste estudo! Responda às seguintes questões de forma honesta e clara. Iniciaremos com algumas questões bastante simples.</p>			
D1	Código do caso (a preencher pelo serviço):	Código: PT/ / PT / Código Local / Nº Família / Elemento da Família	X
D2	Sexo (coloque um X à frente da resposta correcta)	Feminino Masculino	
D3	Qual o seu estado civil?		
D4	Qual a sua nacionalidade?		
D5	Qual o seu local de residência?		
D6	Qual a sua idade?	Anos Meses	
D7	Qual a escolaridade que concluiu? (coloque um X à frente da resposta correcta)	Nenhuma	
		Escola Primária	
		Secundário Incompleto	
		Secundário Completo	
		Curso Profissional	
		Licenciatura	
D8	Qual a sua profissão?	Mestrado Doutoramento	
D9	Qual a sua posição no seu agregado familiar?	Mãe	
		Madrasta	
		Pai	
		Padrasto	
		Filha	
		Filho	
D10	Quais os elementos do seu agregado familiar? (por ex.: mãe, padrasto, filho de 12 anos, filha de 15 anos, etc).	Outra:	
D11	Já alguma vez recebeu algum tipo de ajuda psicológica?	Não	
		Sim (Em caso de resposta afirmativa, por favor preencha abaixo):	
		a) Qual o motivo do pedido?	
		b) Tipo de intervenção realizada (terap. familiar, terap. de casal, terap. individual)?	
D12	A preencher pelo serviço:	c) Resultados obtidos?	
		Nome dos Co-terapeutas:	
		T1: T2:	
D13		Etapa do Ciclo Vital:	
D14		Nível Sócio-económico:	

Socio-demographical characteristics requested:

- Family Code;
- Sex/Gender;
- Marital Status;
- Nationality;
- Residence;
- Education achieved;
- Main Occupation;
- Household Position;
- Household members and their age;
- Psychological support.



V. CONCLUSIONS

V. Conclusions



- SCORE-15 seems to be an **accessible** questionnaire and **shortly** to fill (It's **response time** vary between 5 and 10 minutes);
- Beside all the comments, the questionnaire filling does not raise significant doubts

There are no missing values;



The next step is to develop psychometric studies with the Portuguese population (validation, reliability)



V. BIBLIOGRAPHY

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Thanks for your attention!

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