

APPENDIX A. Scales developed to assess change in dynamic psychotherapy

QUALITY OF FRIENDSHIPS/FAMILY RELATIONS

Quality of nonsexual interpersonal relationships involves appropriate mutuality such as ability to give to and take from others, adequate commitment, ability to trust and be trustworthy, emotional responsiveness, ability to take the other's perspective, ability to vividly describe others across external and internal dimensions. Involves a feeling of being needed and a sense of belonging.

- 100-91 Superior quality of relations to close friends and all close family members. Relationships are secure, warm, open, with respect and concern. Several long-term relationships and also openness towards new friends. Subject admired for ability to be emotionally responsive and understand the perspective of others. Others are described clearly and vividly as unique individuals across a wide range of internal and external dimensions. Transient episodes of conflict or frustration justified by circumstances and easily resolved.
- 90-81 Warm, open, and reciprocally rewarding relationships with friends and family. Other people are generally seen as accepting, trustworthy, and responsive. Conflicts or frustrations justified by circumstance and easily resolved.
- 80-71 Good, stable, reciprocally rewarding relationships. Problems of short duration or limited to one significant person (sibling/parent/child/friend). Conflicts with others may be painful without compromising basic commitment and security.
- 70-61 Some relationships experienced as problematic by subject but may seem normal to others. Can describe significant others as separate beings in terms of functions and also their feelings, attitudes, and values. A tendency to be mildly self-sacrificing or exploitative, overinvolved or underinvolved, mildly suspicious or gullible, dependent or counterdependent in problematic situations. May be preoccupied with gaining acceptance from some others.
- 60-51 Have one or more long-term friendships. A tendency to take controlling and/or submissive roles. Limited experience of warmth, openness, gratification, and trust. Avoids dramatic conflict or personal pain by keeping distance, or by passive or self-sacrificing behavior. Describes significant others such that it is difficult to visualize and recall the person being described.
- 50-41 Mostly short-term intermittent or distant friendships. Self-sacrificing or exploitative, markedly suspicious or gullible, very easily upset by demands, or emotionally detached. Severe difficulty understanding others. Describes others superficially, stereotypically, or inconsistently.
- 40-31 Minimal contact with family/friends. No mutual gratification; exploitation, emotional detachment, severe suspicion. Others described globally and concretely or from a highly egocentric perspective. May have long-term severely dependent relationship to parental figures.
- 30-21 Strong fear of contact. Very isolated. Some contact with family or social service if they are tolerant of subject.
- 20-11 Total social withdrawal. Extreme suspicion or delusional influence on others. Cannot live with family.
- 10-1 Disorganized mental functioning makes communication impossible.

ROMANTIC/SEXUAL RELATIONSHIPS

If no current romantic relationship due to death or divorce, the patient's capacity to establish relationships as judged from earlier experiences should be evaluated. Quality of romantic relationships involves sexual interest, arousal, pleasure, initiative, and flexibility. A basic sense of security and emotional significance and trust. Mature dependency involves ability to become emotionally dependent upon partner, but also ability to come to terms with losses. To see the partner as a unique personality involves ability to describe the other across a wide range of internal and external dimensions and development over time.

- 100-91 Able to establish a long-term relationship characterized by deep mutual exchange of love, trust, and mature dependency. Willing to allow emotional vulnerability. Active sexual interest, initiative, and surrender to pleasure. The other's unique personality essential and described well by subject. A sense of development and deepening of the relationship over time. Problems and conflicts easily resolved. The quality of the relationship inspires subject in other life areas as well. May involve unusual ability for mutual support in times of crisis.
- 90-81 Able to establish long-term relationship characterized by love, trust, and reciprocal mature dependency and active, flexible sexual pleasure. Transient episodes of frustration and doubt justified by circumstances and easily overcome. Good ability for mutual support in times of crisis.
- 80-71 Basically stable, mutual relationship with sexual pleasure. Emotional responsiveness and reciprocal understanding in most areas. Circumscribed area of inhibition or conflict may exist. Outside stress can lead to periods of conflict, doubt, or minor dysfunctions.
- 70-61 Can establish romantic relationship with reasonable stability, trust, and mutual support and understanding, but ambivalence and fluctuations in the emotional climate exist. May fantasize about or even occasionally seek out another partner, or apprehensive that partner will prefer someone else. Sexual inhibitions/dysfunctions in times of stress. Generally not shaken in basic commitment to partner despite some limitations in quality of relationship.

- 60-51 Can establish long-term relationships, but characterized by less mutuality and gratification. Prone to devaluation or overinvolvement in relationship in times of moderate difficulty. Fears being trapped or rejected by partner. Inhibited sexual desire, function, or initiative. Partner described as separate being, but less may be conveyed of him/her as unique individual. Tendency to split romantic and sexual relationships. Patterns of submission, dominance/control.
- 50-41 Difficulty establishing long-term sexual relationships. Lack of commitment, trust, and reciprocity. Only occasional sexual interest or promiscuous behavior. Seeks out inappropriate partners. Tentative (short-term), nonreciprocal relationships.
- 40-31 Only brief encounters, accompanied by severe ambivalent feelings. Desire/gratification dependent on perversions or erotic props. Describes potential partners in terms of own frustration or gratification.
- 30-21 Cannot initiate sexual relationships. Fantasy rather than real relationships. Fear of engulfment. Experiences no interest in sex, or severe disturbances lead to avoidance of intercourse. Occasional sexual experiences with prostitutes.
- 20-11 Very fragile sexual identity. No relationships. Perverse fantasies.
- 10-1 No sexual identity. Primitive, undifferentiated, fragmented fantasy.

TOLERANCE FOR AFFECTS

This dimension covers the ability to experience, differentiate, and express (verbally and nonverbally) various affects. Includes ability to establish temporal gap between feelings and execution of defenses or automatic behavior. Impulse control and frustration tolerance are part of this dimension. Variables such as alexithymia and inauthenticity are partially related to this dimension.

- 100-91 Unusual ability to experience the richness, differentiate accurately, and express in an adequate and varied way even the strongest affects, such as anger, sadness, contempt, fear, joy, excitement, shame, anguish, and sense of attachment. High tolerance for mixed feelings and ambiguity.
- 90-81 Even strong affects are well differentiated and flexibly expressed. Symptoms almost never develop (anxiety, depression). Some avoidance or restriction of affect occasionally occurs under heavy stress, but generally high access to emotionality.
- 80-71 Can experience strong affects with a reasonable ability to differentiate and express feelings. Transient symptoms or avoidance occurs, or some restriction of goals, or diminished concentration.
- 70-61 Severe disappointments may lead to mild symptoms, some avoidance, restricted experience, and less differentiation (frustration, worrying, uncertainty, indecisive rumination, blunted joy). Inadequate expressions (outbursts, hopelessness) and restriction of ambitions and goals occur.
- 60-51 Disappointments relatively often lead to restriction or denial of affects, outbursts or passive complaining, or symptoms (anxiety, depression, phobias, conversion), and less differentiation of feelings. Avoidance of expression and/or restriction of goals occurs.
- 50-41 Potential disappointments, setbacks, or changes often lead to avoidance, restriction of goals, and more severe and lasting symptoms. Relatively undifferentiated experience of feelings (aloof, devastated, lifeless, frantic, defective, numb) and maladaptive expression such as hopeless complaining, frequent inadequate outbursts, or acting out occur.
- 40-31 Disappointments lead regularly to despair, acting out, or severe symptoms. Lacks ability to differentiate affects.
- 30-21 Even minor or potential disappointments lead to severe reactions of hopelessness and despair. Chaotic expression of affects. Psychotic symptoms may develop.
- 20-11 Cannot express any coherent feelings, very severe acting out, manic excitement. Needs some outside assistance.
- 10-1 Continuously disorganized psychotic mental functioning. In need of constant assistance.

INSIGHT

This dimension covers cognitive and emotional understanding of the main dynamics of inner conflicts, the related interpersonal patterns and repetitive behaviors, and connection to past experiences. Ability to understand and describe own vulnerability, reactions to stress, and coping abilities.

- 100-91 Unusual ability to describe genuinely personal wishes, fears, defenses, and the related behavior and connections to earlier (childhood) experiences. High awareness of own vulnerability, attitudes, and interpersonal patterns, secondary gains. Open and curious about and reflects on the multiple levels and meanings of experience. Realistic judgment of self and others.
- 90-81 Can account for inner conflicts, the related problems and repetitive behaviors, and connections to earlier experience. Aware of own vulnerability and reactions to stress. A tolerant and realistic sense of self and others in interpersonal disputes. May feel disillusionment, but no bitterness or hopelessness.
- 80-71 Can account for most important inner conflicts, related problems and repetitive behavior patterns, and personal attitudes. Connections to earlier experience may be partly forgotten. Aware of own vulnerability, stress reactions, and coping abilities. May blame self or others too much in interpersonal disputes, but reflects freely and observes own reactions and learns from them (integration). Generally curious and tolerant. Realistic expectations about the future.

- 70-61 Recognizes but cannot clearly describe the complex association between past experience, inner conflicts, and present problems and repetitive patterns. Reasonably aware of own vulnerability and strength and reactions to stress. Tendency to blame self or others too much in disputes. Occasionally behavior and attitude may be unrecognized, but reflects and observes self in other areas.
- 60-51 Understanding of inner conflicts and associations to past and present experience and behavior is somewhat unclear, or less emotionally integrated, or "learned." Inadequate judgment of self and others, but ability to observe and reflect with time. Vulnerability and stress reactions sometimes a surprise. Some defensive, unrecognized attitudes and behaviors. Rigid views of rights and wrongs. May look for superficial solutions. Recognizes symptoms as sign of disturbance.
- 50-41 Superficial "learned" or misleading ideas of inner conflicts and past and present experience. Distortions of judgment of self versus others even when no disputes. Painful feelings accompanied by harsh self-blame or incorrectly ascribed to external factors. Little or no reflection on personal motives, unaware of important aspects of attitudes and behaviors (fundamentalism). May deny symptoms as sign of disturbance. Excessive pessimism or optimism.
- 40-31 Does not recognize associations between behavior and internal dynamic components. Severely distorted perceptions/judgment of self or others. Disavows painful personal reactions. Can describe internal experiences but in stereotyped, confusing, or misleading way. Denies signs of mental disturbance.
- 30-21 Great difficulty describing internal experiences. Does not acknowledge associations between internal experiences and own behavior. Severe distortions/delusional ideas may be present.
- 20-11 Disorganized or fragmented mental functioning. Breakdown of reality testing. Needs outside assistance.
- 10-1 Continuously disorganized, in need of constant assistance for days.

PROBLEM-SOLVING AND ADAPTIVE CAPACITY

This dimension covers the ability to flexibly handle any difficult situation and assert self without developing symptoms, avoidance, or inadequate actions. Self-observation and planning may or may not be used to enhance performance. Ability to integrate the habitual and also to explore new areas, indulge with pleasure in playful activities and recreation, and pursue meaningful goals.

- 100-91 Unusual ability for resourceful and flexible problem solving in all areas, career, current family, family of origin, friends, leisure time, life goals. Admired for warmth, integrity, wisdom, initiative, and joyfulness.
- 90-81 High adaptive functioning in all areas. May sometimes feel apprehensive or discouraged in difficult situations, but uses self-observation, reflection, affiliation, and planning to solve problems; humor, creativity.
- 80-71 May occasionally feel anxious or tend to avoid critical situations. May back off or be overcompetitive but worried in situations of rivalry. Sometimes curbs own ambitions or is driven towards overachievement. Sense of direction and pursuit of goals sometimes unclear. May stay too much with the habitual or try to explore too many new areas. Engages with pleasure in social and recreational activities.
- 70-61 Sometimes anxious or depressed in critical situations. Occasional inadequate actions in response to stress (aggression or inhibition of appropriate anger). May avoid one or two areas, e.g., fails to apply for promotions or unable to change an unsatisfactory intimate relationship. May have few hobbies or interests or somewhat inhibited pleasure in recreational activities. May confine activities to the habitual and well known, or indulge in too many new areas.
- 60-51 Develops symptoms, avoids or acts inappropriately (aggressively or submissively) in critical and difficult situations, or fails to pursue meaningful goals. Does not dare to initiate desired romantic relationships or fails to pursue realistic career goals. May show rigidity or continue maladaptive habits, or fails to free self from inhibiting or destructive situations. Restricted pleasure or aimless (compensatory) actions, marked selfishness.
- 50-41 Severe symptoms, avoidance, or antisocial behavior/acting out or other highly inappropriate actions in response not only to critical situations but also to more ordinary challenges. Inhibited pleasure, life restrictions in several areas. Lack of sense of direction and self-realization.
- 40-31 Overwhelmed by ordinary life challenges in several areas. Withdraws from most difficult situations and takes on almost no responsibilities. Severe symptoms; passive, dependent, or extremely rigid performance. Unclear communication. Severe disturbance in family life and very restricted leisure activities.
- 30-21 Very limited or no adaptive capacity. Cannot function adequately in almost any area. Overwhelmed by ordinary daily activities, severe disturbances in the ability to communicate.
- 20-11 Needs assistance to solve problems of daily living. Severe self-destructive or dangerous actions.
- 10-1 Continuous disorganized mental functioning.