

Alternate BRIEF CBT-A FIDELITY FORM

MC-7e Cognitive Behavioral Treatment for Anxiety (CBT-A) Summative Assessment

CBT-A Role Play and Fidelity Checklist

Directions to student:

Practice behavioral activation with a role play client for 15 minutes, record session and upload into CANVAS or LMS.

Guidance for instructor:

Provide students with the fidelity checklist as guidance for the role play. Review recorded sessions. For each item, assess the student on a scale of 0-5 and record the rating.

0	1	2	3	4	5
Very Poor	Poor	Borderline	Satisfactory	Good	Very Good

Fidelity Checklist

Student Name: _____
Rater: _____

Date of Role Play: _____

Notes:

____ 1. Socialized patient to CBT-A and Reviewed Symptoms

Introduced self and role
Set agenda collaboratively
Brief review of GAD-7 symptoms
Inquired about patient's goals

____ 2. Educated patient about anxiety, and engaged in CBT-A

Provided psychoeducation
Linked symptoms to underlying anxiety
Described how CBT-A works
Reviewed and listed a variety of strategies for anxiety including worry management.
Rated degree of difficulty

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___3. Applied exposure or worry management strategies and assigned homework

- Introduced Activity Form
- Helped patient pick feasible daily activities
- Helped specify details (what, when, where, with whom)
- Discussed and addressed obstacles

___4. Process Tasks

- Set and kept to agenda
- Facilitated independence in guiding CBT-A process
- Ensured patient access to education materials and completed Activity List (Form C) and Weekly Activity Schedule (Form D)
- Discussed where to put materials to serve as a reminder
- Discussed importance of follow through and rating satisfaction

___5. Communication and Interpersonal Skills

- Facilitated communication (supportive vocalizations / non-verbals)
- Used patient's own language and phrases
- Warm / Confident / Professional
- Tactfully limited peripheral and unproductive discussion

___6. Global Rating

How would you rate the student overall in this session?

ADDITIONAL COMMENTS AND SUGGESTIONS FOR THE STUDENT'S IMPROVEMENT: