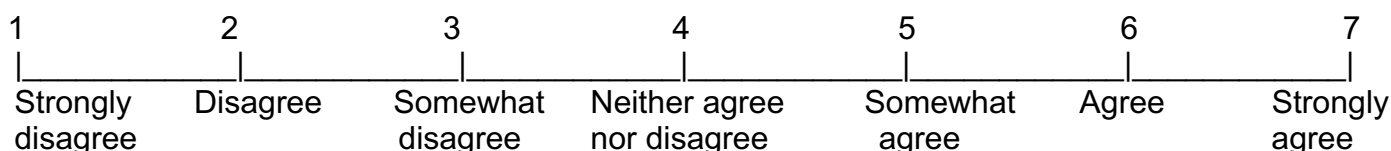


THERAPEUTIC ENVIRONMENT SCALES (PART 1: YOUR RELATIONSHIP WITH STAFF)

The statements below ask about your experience with **STAFF IN THIS COMMUNITY OR SERVICE**. Please read each statement carefully and circle the number according to how much you disagree or agree with the statement **in the past week including today**. The aim is to obtain a “snapshot” of your experience in this community. The questionnaire is anonymous and there are no “right” or “wrong” answers.



A. ACTS OF COURAGE SCALE *These statements refer to the reaction you receive from staff when you make an effort to do things which are difficult or anxiety provoking and are related to your goals*

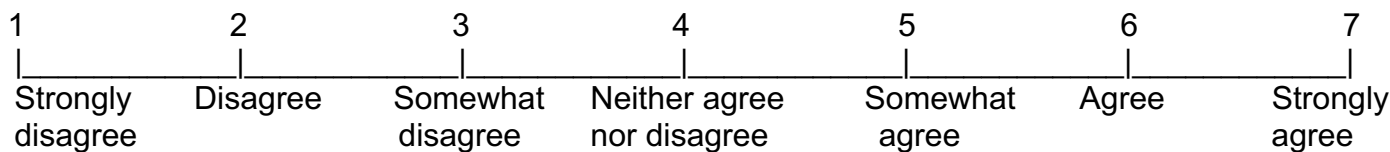
1) Staff reacted naturally (e.g. smiling; not being false) when I made an effort to do things which are difficult or anxiety provoking at the <i>time</i> that I made it.	1	2	3	4	5	6	7
2) Staff took an interest in my efforts to improve my behaviour.	1	2	3	4	5	6	7
3) I recieved encouragement from staff at the time I tried to tackle things I found difficult.	1	2	3	4	5	6	7

B. UNHELPFUL BEHAVIOURS *In the statements below, the term “unhelpful behaviours” refers to things you might do that make it more difficult to achieve your goals (for example isolating yourself; self-harming; ritualizing, raising your voice, verbally attacking others; avoiding certain members or duties; drinking) and the reaction your receive from staff after the event.*

1) Staff responded to my unhelpful behaviours in a way that supported me	1	2	3	4	5	6	7
2) Staff responded to my unhelpful behaviours in a way that made me want to stop or reduce them	1	2	3	4	5	6	7
3) Staff reacted to my unhelpful behaviours in a way that upset me and and made me feel uncared for	1	2	3	4	5	6	7
4) Staff helped me reflect on my motivation to engage in unhelpful behaviours	1	2	3	4	5	6	7

C. COMMUNICATION, HONESTY, GENUINENESS SCALE *- in the statements below we are interested in your experience of how staff helped to enable honest and genuine communication*

1) Staff helped me reflect on how I could improve the way that I connect with them.	1	2	3	4	5	6	7
2) Staff seemed open and natural in the way they communicated with me.	1	2	3	4	5	6	7
3) Staff were honest when they expressed what they felt towards me	1	2	3	4	5	6	7



D. SAFETY SCALE

1) I was scared to express my needs to some staff	1	2	3	4	5	6	7
2) I felt safe amongst staff to talk about difficult topics.	1	2	3	4	5	6	7
3) I felt safe amongst staff to try out new behaviours	1	2	3	4	5	6	7
4) I felt some staff were rather bullying and intimidating	1	2	3	4	5	6	7

E. BELONGINGNESS & SHARED RESPONSIBILITY SCALE – the statements below refer to whether you feel supported and safe with staff and believe they are motivated to care for you

1) Staff make me feel a sense of belonging here	1	2	3	4	5	6	7
2) I felt the staff would take some shared responsibility for me if I was in trouble	1	2	3	4	5	6	7
3) I felt staff were working as a team to support and help members	1	2	3	4	5	6	7
4) I felt the staff have a shared purpose in being in this community	1	2	3	4	5	6	7

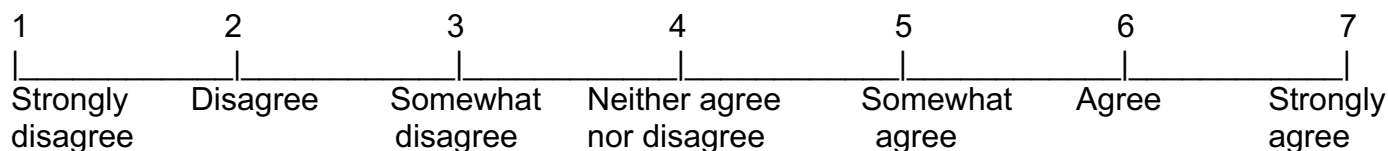
F. COMPASSION - the statements below refer to the degree to which the staff generally have a compassionate understanding of your difficulties

1) I felt staff were motivated to help me	1	2	3	4	5	6	7
2) I felt staff were attentive to my needs including those for getting better	1	2	3	4	5	6	7
3) I felt staff could tolerate my distress without trying to just rescue me	1	2	3	4	5	6	7
4) I felt staff cared about me	1	2	3	4	5	6	7
5) I felt staff could understand me	1	2	3	4	5	6	7
6) I felt staff did not have time for my problems	1	2	3	4	5	6	7
7) When staff confronted a problem behaviour, they did so in a compassionate manner	1	2	3	4	5	6	7

	1	2	3	4	5	6	7
	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
8) Staff did not judge me as a person	1	2	3	4	5	6	7
9) Staff gave me hope when I needed it	1	2	3	4	5	6	7
G. INCONSISTENCY IN BEHAVIOUR							
1) Staff have said different things regarding what they wanted from me	1	2	3	4	5	6	7
2) Staff were inconsistent in the way they reacted to me when I was struggling or upset	1	2	3	4	5	6	7
3) I found it hard to know how staff would react to me	1	2	3	4	5	6	7
H. ACCOMODATION / BEING UNHELPFUL							
1) Staff did things or watched over me when it would have been better if I had done them by myself	1	2	3	4	5	6	7
2) Staff gave me excessive reassurance	1	2	3	4	5	6	7
3) Staff have allowed me to avoid thinking about what I need to focus on.	1	2	3	4	5	6	7
4) Staff have allowed me to avoid doing activities that I need to do.	1	2	3	4	5	6	7
5) Staff have made decisions for me that I should have taken	1	2	3	4	5	6	7
I. EMOTIONAL EXPRESSION - <i>the statements below explore the ways that the staff express their emotions in the community</i>							
1) I felt staff were tense and on edge around members	1	2	3	4	5	6	7
2) I felt staff confronted members in a way that was unhelpful	1	2	3	4	5	6	7
3) Staff expressed their frustration and anger easily	1	2	3	4	5	6	7

THERAPEUTIC ENVIRONMENT SCALES (PART 2: YOUR RELATIONSHIP WITH NON-STAFF MEMBERS)

The statements below ask about your experience with **OTHER MEMBERS OF THIS COMMUNITY WHO ARE NOT STAFF** (that is other “MEMBERS”, “RESIDENTS” OR “SERVICE USERS”). The questionnaire is anonymous and there are no “right” or “wrong” answers. The aim is to obtain a “snapshot” of your experience in this community. Please read each statement carefully and circle the number according to how much you disagree or agree with the statement **in the past week including today**.



A. ACTS OF COURAGE SCALE

These statements refer to the reaction you receive from non-staff members when you make an effort to do things which are difficult or anxiety provoking and you act towards your goals

1) Members reacted naturally (e.g. smiling; not being false) when I made an effort to do things which are difficult or anxiety provoking at the <i>time</i> that I made it.	1	2	3	4	5	6	7
2) Members took an interest in my efforts to improve my behaviour.	1	2	3	4	5	6	7
3) I recieved encouragement from members at the time I tried to tackle things I found difficult.	1	2	3	4	5	6	7

B. UNHELPFUL BEHAVIOURS SCALE

In the statements below, the term “unhelpful behaviours” refers to things you might do that make it more difficult to achieve your goals (for example isolating yourself; self-harming; ritualizing, raising your voice, verbally attacking others; avoiding certain members or duties; drinking etc)

1) Members responded to my unhelpful behaviours in a way that supported me	1	2	3	4	5	6	7
2) Members responded to my unhelpful behaviours in a way that made me want to stop or reduce them	1	2	3	4	5	6	7
3) Members reacted to my unhelpful behaviours in a way that upset me or made me feel uncared for	1	2	3	4	5	6	7
4) Members helped me reflect on my motivation to engage in unhelpful behaviours	1	2	3	4	5	6	7

C. COMMUNICATION, HONESTY, GENUINENESS - *in the statements below we are interested in your experience of how members helped to enable honest and genuine communication*

1) Members helped me reflect on how I could improve the way that I connect with them.	1	2	3	4	5	6	7
2) Members seemed open and natural in the way they communicated with me	1	2	3	4	5	6	7

1	2	3	4	5	6	7	
Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree	
3) Members were honest when they expressed what they felt towards me	1	2	3	4	5	6	7
D. SAFETY – <i>the statements below to how safe you feel with other non-staff members</i>							
1) I was scared to express my needs to some members	1	2	3	4	5	6	7
2) I felt safe amongst members to talk about difficult topics.	1	2	3	4	5	6	7
3) I felt safe amongst members to try out new behaviours	1	2	3	4	5	6	7
4) I felt some members were rather bullying and intimidating	1	2	3	4	5	6	7
E. BELONGINGNESS & SHARED RESPONSIBILITY							
1) Members make me feel a sense of belonging here	1	2	3	4	5	6	7
2) I felt members would take some shared responsibility for me if I was in trouble	1	2	3	4	5	6	7
3) I felt members were working as a team to support and help one another	1	2	3	4	5	6	7
4) I felt members have a shared purpose in being in this community	1	2	3	4	5	6	7
F. COMPASSION - <i>the statements below refer to the degree to which the non staff-members generally have a compassionate understanding of the difficulties in the community</i>							
1) I felt members were motivated to help me	1	2	3	4	5	6	7
2) I felt members were attentive to my needs including those for getting better	1	2	3	4	5	6	7
3) I felt members could tolerate my distress without trying to just rescue me	1	2	3	4	5	6	7
4) I felt members cared about me	1	2	3	4	5	6	7
5) I felt members could understand me	1	2	3	4	5	6	7
6) I felt members did not have time for my problems	1	2	3	4	5	6	7

	1	2	3	4	5	6	7
	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
7) When a member confronted a problem behaviour, they did so in a compassionate manner	1	2	3	4	5	6	7
8) Members did not judge me as a person	1	2	3	4	5	6	7
9) Members gave me hope when I needed it	1	2	3	4	5	6	7
G. INCONSISTENCY IN BEHAVIOUR							
1) Members have said different things regarding what they wanted from me	1	2	3	4	5	6	7
2) Members were inconsistent in the way they reacted to me when I was struggling or upset	1	2	3	4	5	6	7
3) I found it hard to know how members would react to me	1	2	3	4	5	6	7
H. ACCOMODATION / BEING UNHELPFUL							
1) Members did things or watched over me when it would have been better if I had done them by myself	1	2	3	4	5	6	7
2) Members gave me excessive reassurance	1	2	3	4	5	6	7
3) Members have allowed me to avoid thinking about what I need to focus on.	1	2	3	4	5	6	7
4) Members have allowed me to avoid doing activities that I need to do.	1	2	3	4	5	6	7
5) Members have made decisions for me that I should have taken	1	2	3	4	5	6	7
I. EMOTIONAL EXPRESSION - <i>the statements below explore the ways that non-staff members express their emotions in the community</i>							
1) I felt members were tense and on edge with one another	1	2	3	4	5	6	7
2) I felt members confronted one another in a way that was unhelpful	1	2	3	4	5	6	7
3) Members expressed their frustration and anger with one another easily	1	2	3	4	5	6	7

THERAPEUTIC ENVIRONMENT SCALES (PART 3: YOUR OWN BEHAVIOUR)

In this section, we are interested in how **you** have acted in this community. Please read each statement carefully and circle one according to how much the statement was true for you **in the past week including today**. Please read each statement carefully and circle the number according to how much you disagree or agree with the statement in the past week including today.

1	2	3	4	5	6	7
Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree

J. STRENGTHENING HELPFUL BEHAVIOURS

These statements refer to how you react when other members in the community try to change or reach their goals

1) I reacted naturally to members when they made an effort to change at the <i>time</i> that they made it.	1	2	3	4	5	6	7
2) I took an interest in members' efforts to improve their behaviour.	1	2	3	4	5	6	7
3) I encouraged members at the time that they tried to tackle things that they found difficult.	1	2	3	4	5	6	7
4) I motivated members to change by acting as a role model.	1	2	3	4	5	6	7

K. REDUCING UNHELPFUL BEHAVIOURS

In the statements below, the term "unhelpful behaviours" refers to things that make it more difficult for other members to achieve their goals (for example isolating themselves; self-harming; ritualizing, verbally attacking, drinking).

1) I responded to members' unhelpful behaviours in a way that they say supported them	1	2	3	4	5	6	7
2) I responded to members unhelpful behaviours in a way that helped them to stop or reduce them	1	2	3	4	5	6	7
3) I reacted to the unhelpful behaviours of other members in a way that upset them	1	2	3	4	5	6	7

L. COMMUNICATION, HONESTY, GENUINNESS

1) I told members how they could improve the way they connect with me	1	2	3	4	5	6	7
2) I was open and natural when I communicated with other members	1	2	3	4	5	6	7
3) I was honest when I expressed what I felt to members	1	2	3	4	5	6	7
4) I was able to disclose and share personal information to other members	1	2	3	4	5	6	7

1	2	3	4	5	6	7
Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree

M. BELONGINGNESS & SHARED RESPONSIBILITY

1) I help members feel they have a sense of belonging here	1	2	3	4	5	6	7
2) I feel I would take some shared responsibility for other members if they were in trouble.	1	2	3	4	5	6	7
3) I worked hard to support and help other members	1	2	3	4	5	6	7
4) I felt I had a shared purpose in being on this ward	1	2	3	4	5	6	7

N. COMPASSION - the statements below refer to the degree to which you generally have a compassionate understanding of the difficulties on the ward

1) I was motivated to help other members	1	2	3	4	5	6	7
2) I was attentive to the needs of others including those for getting better	1	2	3	4	5	6	7
3) I was able to tolerate the distress of other members without trying to just rescue them	1	2	3	4	5	6	7
4) I cared about other members	1	2	3	4	5	6	7
5) I felt I was able to understand other members	1	2	3	4	5	6	7
6) I did not have time for other members' problems	1	2	3	4	5	6	7
7) When I confronted a problem behaviour in another member, I did so in a compassionate manner	1	2	3	4	5	6	7
8) I did not judge other members	1	2	3	4	5	6	7
9) I gave hope to other members when they needed it	1	2	3	4	5	6	7

--

1	2	3	4	5	6	7
Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree

O. EMOTIONAL EXPRESSION - - the statements below explore the ways that you express your emotions on the ward

1) I was tense and on edge with other members	1	2	3	4	5	6	7
2) I confronted other members when I was frustrated with them.	1	2	3	4	5	6	7
3) I expressed my frustration and anger with other members easily	1	2	3	4	5	6	7

P. FOCUS ON GOALS AND TASKS

1) I have agreed clearly defined goals that I am working towards	1	2	3	4	5	6	7
2) I have tried out new ways of acting	1	2	3	4	5	6	7
3) I have taken risks and tested out my predictions and fears	1	2	3	4	5	6	7
4) I have been practicing ways to overcome my fears and difficulties rather than avoid them	1	2	3	4	5	6	7

Q. ACTIVITY

1) I did things together socially with others here	1	2	3	4	5	6	7
2) I took part in activities (for example cooking, gardening, exercising, occupational therapy) with others here	1	2	3	4	5	6	7
3) I planned and followed a daily timetable for myself	1	2	3	4	5	6	7
4) I did things here that are important for me	1	2	3	4	5	6	7

	1	2	3	4	5	6	7
	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
1) I was involved in decision-making for shared activities and social events	1	2	3	4	5	6	7
2) I could have some influence over the way the community is run	1	2	3	4	5	6	7
3) Members and staff treated each other as equals	1	2	3	4	5	6	7
4) Members and staff could be informal with one another	1	2	3	4	5	6	7
S) BOUNDARIES							
1) I got to therapy groups or activities on time	1	2	3	4	5	6	7
2) I kept to myself what I heard in therapy groups	1	2	3	4	5	6	7
3) I followed the limits or policies of the community (for example relationships, drink, drugs, food)	1	2	3	4	5	6	7
4) If I felt unhappy about a rule or a policy, I would feel comfortable raising this at a meeting	1	2	3	4	5	6	7
5) I had the space to try out ways of doing things differently	1	2	3	4	5	6	7