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THE DEVELOPMENT OF THE HOMEWORK ADHERENCE AND
COMPETENCE SCALE (HAACS): A MEASURE FOR ASSESSING
THERAPIST ADHERENCE AND COMPETENCE IN
ADMINISTERING HOMEWORK ASSIGNMENTS
WITHIN COGNITIVE BEHAVIOUR THERAPY

A thesis presented in partial fulfilment of the requirements
for the degree of Master of Arts in Psychology
at Massey University, Albany

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2005
ABSTRACT

Homework assignments are considered an integral feature of Cognitive Behaviour Therapy (CBT) and are believed important in producing and maintaining treatment gains. Accordingly, increasing attention has been focused on measuring therapist adherence and competence in administering homework assignments in CBT. Existing measurement instruments have been criticised for, among other things, having a limited homework focus. The present study describes the development of the Homework Adherence And Competence Scale (HAACS), a new measure for specifically assessing therapist adherence and competence in administering homework assignments within CBT. An empirically and theoretically based guiding model for practice is described, which underpinned the development process. The detailed pilot testing and measure revision process is also described. The final version of the HAACS has evidence for face and content validity, and had excellent interrater reliability for both the adherence and competence constructs.
ACKNOWLEDGEMENTS

Firstly, I acknowledge Massey University for their funding contributions that made this project possible. The Post Graduate Research Fund payment that enabled the rater training and first pilot study to proceed. My supervisor’s research grant which funded the second pilot study, and the Masterate Scholarship award which enabled me to pay the bills throughout the year.

My sincerest and warmest appreciation is extended to my supervisor, Dr. Nikolaos Kazantzis for his support, encouragement, enthusiasm, commitment, and expertise. I particularly appreciated his patience and ability to stay calm when I was not! My thanks are also extended to Professor Keith Dobson, international collaborator for this project, for gaining access to the archived data from the National Institute of Mental Health (NIMH) study, and for his valuable expert feedback during the development of the measure. I also thank Kevin Ronan for a useful conceptual discussion which culminated in the decision to run a second pilot study, and Bev Harhoff for her valuable feedback on an early version of the measure.

A huge thank you to Amber, Gillian, Greg, Kay, and Mette, the five raters who gave up their weekends to participate in the project. Their commitment to the project and specific feedback was invaluable in producing a highly reliable measure. Thank you to the members of the research lab group for useful discussions about homework, the thesis process in general, and my study specifically. I took away many ideas which were implemented in this thesis. In particular, I thank Margo for giving up her free time
to assist with the second pilot study, and becoming my sounding board, and providing invaluable statistical support!

I also acknowledge and thank Linda and Michelle Kemp for their administrative support and organising the technical aspects of using rooms, and equipment outside of normal hours.

I thank Neil for his enduring and supportive friendship, his wise counsel at various times through the year, and for undertaking the unenviable task of proof-reading the final document!

Finally and very importantly, I acknowledge my family for their patience and understanding throughout this project. To Delwyn who described herself as a “thesis widow” during various points of the process: thank you for your love, encouragement, support, sense of humour and infectious laughter. To Phoebe, Bella and Olivia: thank you for encouraging me to write my “book”, for being the wonderful children that you all are, and for reminding me on a daily basis what life is all about! I love you all.
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