

Appendix F: 1

Vignette one: "Elizabeth"

Percentage of participant agreement with "benchmark" case conceptualisation on specific aspects and general themes vignette one

	Participant agreement
1. Relevant childhood data	
Father a fussy perfectionist	69.2%
Father explosive and unpredictable	61.5%
Sister bulimia and brother a loner	57.7%
Protected childhood	19.2%
Hated school and teased	73.1%
<u>Average percentage agreement</u>	<u>56.14%</u>
2. Core beliefs	
I'm vulnerable	53.8%
Others are unpredictable	7.7%
Others are critical	7.7%
<u>Average percentage agreement</u>	<u>23.07%</u>
3. Underlying assumptions	
If I do what others want they will accept me	26.9%
If I let others get too close they will reject me	30.8%
<u>Average percentage agreement</u>	<u>28.85%</u>
4. Compensatory Behaviours	
Drinking	57.7%
Keeping people at a distance	30.8%
<u>Average percent agreement</u>	<u>44.25%</u>
5. Problem List	
Extreme fear of the dentist	42.3%
Anxiety waves	23.1%
Worries	11.5%
<u>Average percent agreement</u>	<u>23.1%</u>
6. Diagnosis	
Generalised anxiety disorder	61%
Avoidant traits	23.1%
<u>Average percentage agreement</u>	<u>42%</u>
7. Therapy interfering behaviour	
Avoidance	0%
Keeps therapist at a distance	0%
<u>Average percentage agreement</u>	<u>0%</u>

Appendix F: 2

Vignette two: "Joan"

Percentage of participant agreement with "benchmark" case conceptualisation on specific aspects and general themes vignette one

	Participant agreement
1. Relevant childhood data	
Parents divorced when three	57.5%
Mother pregnant from an affair	19.2%
Separated from brother	42.3%
Raised by grandmother	46.2%
Isolated childhood	34.6%
Father often absent	53.8%
<u>Average percentage agreement</u>	<u>42.28%</u>
2. Core Beliefs	
I'm not good enough	19.2%
Others can't be trusted	15.45%
<u>Average percentage agreement</u>	<u>17.30%</u>
3. Underlying assumptions	
If I do what others want they will accept me	15.4%
If I am in control the I won't get hurt	7.7%
<u>Average percentage agreement</u>	<u>11.55%</u>
4. Compensatory behaviours	
emotional disconnection	30.8%
over focus on work	30.8%
<u>Average percentage agreement</u>	<u>30.80%</u>
5. Problem list	
depressed	26.9%
low motivation	38.5%
life out of balance	26.9%
<u>Average percentage agreement</u>	<u>30.77%</u>
6. Diagnosis	
Major depressive episode	53.8%
Dependant avoidant traits	7.7%
<u>Average percentage agreement</u>	<u>30.75%</u>
7. Therapy interfering behaviour	
avoidance	3.8%
emotional avoidance	0%
<u>Average percentage agreement</u>	<u>1.92%</u>

Appendix F: 3

Vignette three: "Mary"

Percentage of participant agreement with "benchmark" case conceptualisation on specific aspects and general themes

	Participant agreement
1. Relevant childhood date	
Family staunchly Roman Catholic	57.7%
Frequent changes in schools	46.2%
Eldest of three daughters	26.9%
Father very critical, no affection	80.8%
mother had grand mal seizure	65.4%
<u>Average percentage agreement</u>	<u>55.40%</u>
2. Core beliefs	
I am vulnerable	38.5%
Others are unreliable	7.7%
<u>Average percentage agreement</u>	<u>23.10%</u>
3. Underlying Assumptions	
If anything goes wrong it is my responsibility	53.8%
<u>Average percentage agreement</u>	<u>53.8%</u>
4. Compensatory behaviours	
Seeks reassurance	26.9%
Overly responsible	50%
Gives children everything	23.1%
<u>Average percentage agreement</u>	<u>33.33%</u>
5. Problem List	
anxiety	19.2%
worrying a lot and expecting the worst	19.2%
believes that she does not fit in	3.85
Hates being alone	11.5%
<u>Average percentage agreement</u>	<u>13.44%</u>
6. Diagnosis	
Generalised anxiety disorder	50%
Dependent traits	3.8%
<u>Average percentage agreement</u>	<u>27%</u>
7. Therapy interfering behaviour	
Reassurance seeking	3.8%
Dependency on therapist	3.8%
<u>Average percentage agreement</u>	<u>3.8%</u>

Appendix F: 4

Vignette four: "Belinda"

Percentage of participant agreement with "benchmark" case conceptualisation on specific aspects and general themes

	Participant agreement
1. Relevant childhood data	
Middle class well educated family	73.1%
Eldest of four	50%
Brother and father both suffer from depression	76.9%
Father very high standards and a worrier	57.7%
Has always worried about not measuring up	23.1%
<u>Average percentage agreement</u>	<u>56.16%</u>
2. Core beliefs	
I am inferior	38.5%
I am not good enough	53.8%
I am not important	34.6%
Other people are critical	3.8%
Others are superior	7.7%
<u>Average percentage agreement</u>	<u>27.68%</u>
3. Underlying assumptions	
If I make a mistake others will be angry/ of me	30.8%
If I excel then I am special	3.8%
<u>Average percentage agreement</u>	<u>30.80%</u>
4. Compensatory behaviour	
Tries very hard	30.8%
Pushes self to do challenging things	53.8%
<u>Average percentage agreement</u>	<u>42.30%</u>
5. Problem list	
Depressed	30.8%
Negative view of self not measuring up	11.5%
<u>Average percentage agreement</u>	<u>21.15%</u>
6. Diagnosis	
Major Depressive episode	57.7%
Narcissistic traits	3.8%
<u>Average percentage agreement</u>	<u>30.75%</u>
7. Therapy interfering behaviour	
Emphasis on the therapeutic relationship	7.7%
Mutual respect	7.7%
Look out for Belinda wanting to be special and impress the therapist	0%
<u>Average percentage agreement</u>	<u>5.13%</u>

